

Daily Reflection on Scripture
Week of November 18
Life Is a TREK Week 11
A Journey of Trust, Resilience,
Engagement and Knowledge



This Week's Affirmation of Trust:

Before you begin your day take a slow breath in and then release it as you speak this affirmation:
God is experienced in body, mind, soul and spirit to provide loving consolation and guidance.

Sunday November 18

Scripture: James 1:2-4 Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

Morning Prayer: God, today is a gift. No matter what comes or doesn't come my way it's a priceless gift to be alive on this planet on this day. I know there will be disappointments, maybe even heartbreak, but even so, today it is my gift from You to be fully alive. May I show the real colors of my faith in You today. May I stay with any struggles that come, knowing that to run away from them would be to miss an opportunity to learn an important lesson that I may need to hold onto for the rest of my days. May I be mature in my faith by trusting in Your promise of unwavering hope. From morning to night may I remember that today is a gift to be fully alive. May it be so.

Noon Text: To face your struggles take in a deep breath and say, God, it's great to be alive. Slowly release your breath and say, Thank you God for giving me life. Repeat.

Evening Text: God, through all of today's challenges You were with me. Now, You're giving me the gift of rest. Thank you for Your endless gifts of love that lead me to hope.

Monday November 19

Scripture: Psalm 27:1 The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?

Morning Prayer: Good morning God. This verse reminds me of the magnitude of Your God force. The very force that is constantly creating, and recreating the universe is also the source and strength of my life. That gives me great hope and courage. When the fears and insecurities of my life threaten to overwhelm me, I will remember that You are my light and my salvation. I am never alone and always have the comfort, the encouragement and the power of your spirit within me to guide me and lift my heart. When I remember that, then indeed, whom shall I fear? May it be so.

Noon Text: Pause at this point in your day to consider your own fears and insecurities. Whatever causes concern or stress is not bigger than God. God is with you always.

Evening Text: I am thankful for the strength and courage to live this day. All that happened was a gift, another chance to experience your presence and power. I am grateful.

Tuesday November 20

Scripture: Isaiah 41:13 For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Morning Prayer: God, how comforting it is to wake with the realization that You are with me always, holding on to me, supporting and walking with me in good times and in challenging times. When I am struggling, help me to remember that You are with me in the midst of the struggle. All too often I let my fears overcome me, yet over and over You reassure me that I have nothing to fear because You are with me. Let me not lose sight of that when I begin to feel overwhelmed with life. May it be so.

Noon Text: Close your eyes for a moment. Know that God is with you, holding on to you, loving and supporting you in everything you face today. Fear not, God is with you.

Evening Text: I lay down now secure in the knowledge that just as you were with me through the day God, You are with me throughout the night. I can rest easy. Thank You God.

Wednesday November 21

Scripture: Romans 5:3-4 We know that troubles help us learn not to give up. When we have learned not to give up, it shows we have stood the test. When we have stood the test, it gives us hope.

Morning Prayer: God, none of us enjoys struggle. When we are in the middle of challenging times, tested to our limits, we forget that every situation that pushes and stretches us also helps us to grow stronger and more resilient. That is the nature of personal growth. We are tested and if we prevail, we learn from the experience, and emerge stronger and better able to withstand the next challenge. As we repeat this cycle we learn to trust the strength and courage that emerges in us, and that gives us hope for the future. I want to embrace this process with joy. May it be so.

Noon text: In good times and bad, we experience God in body, mind and spirit, providing loving consolation and guidance. I am grateful for the gift of God's presence.

Evening Text: I have experienced joys and challenges today, but I was never alone, and I was not defeated. May I rest in gratitude, and rise restored to face tomorrow.

Thursday November 22

Scripture: James 1:12 Anyone who meets a testing challenge head-on and manages to stick it out is mighty fortunate. For such persons loyally in love with God, the reward is life and more life.

Morning Prayer: God, give me the strength to meet life's challenges with a fortitude that is born of Your love and grace. Meet me in that place where I am close to letting these challenges overtake my life and rob my joy. With Your guidance, I will find peace and joy. May it be so.

Noon Text: God, do not let life's challenges rob my joy. Give me the strength to face these challenges with the knowledge that love will prevail.

Evening Text: God, as the day winds down, it is time to let go of my difficulties and bathe in Your love and peace.

Friday November 23

Scripture: I Peter 5:9-11 ...keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good. He gets the last word; yes, he does.

Morning Prayer: God, it is hard to stay with the suffering when I seem engulfed in the challenges of life. I want my pain, my anxiety, and my worries to end now. Even tomorrow seems too far away. So help me stay focused on the plan you have for me; help me keep my grip on my faith and my eyes on You. Help me to not be so overwhelmed with the challenges that I face that I lose sight of all the positive things I am experiencing and all of Your beauty around me. Let me remember Your steadfastness in the past and be reassured that You are with me always. May it be so.

Noon Text: If today you are feeling challenged, pause for a moment, breathe in God's grace and know that God is with you always and is greater than any challenge you face.

Evening Text: God, the day has ended. Now I fall into welcome sleep filled with gratitude that I was able to stay with the struggle and experience Your unwavering hope.

Saturday November 24

Scripture: Deuteronomy 31:8 God is striding ahead of you. God's right there with you. God won't let you down; God won't leave you. Don't be intimidated. Don't worry.

Morning Prayer: God, I look at my to-do list and it looks like another day of running from here to there. With my busy schedule, today's scripture gives me hope, for it assures me that no matter how fast I have to go today, You are striding ahead of me and meeting me wherever I go. Thank you for being there in my moments of struggle. You give me the confidence to stay with today's struggles because You instill in me the hope that all is well, and all that is well will be well indeed. May it be so.

Noon Text: Where are you right now? Not geographically but spiritually, where are you? Pause and center yourself in God's love before you take on any more challenges.

Evening Text: God, I have come to the end of my to-do list. All that is left to do is slow down and rest. Thank you for going before me today and now going beside to rest.