

**Daily Reflection on Scripture**  
**Week of November 25**  
**Life Is a TREK Week 12**  
**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's love grows in us and around us by joining times of quiet with times of service.**

**Sunday November 25**

*Scripture: Galatians 3:28 In Christ's family there can be no division into Jew and non-Jew, slave and free, male and female. Among us you are all equal. That is, we are all in a common relationship with Jesus Christ.*

**Morning Prayer:** God, Thanksgiving has come and gone; I am tired from all of the many things that had to be done. I confess that I was irritated at times by those who just wanted to be served and didn't offer to help with the preparations. Maybe instead of being irritated I need to be more thankful. Maybe they are my teacher trying to teach me how important it is to integrate times of work with times of rest. Today gives me the opportunity to put both into practice. May it be so.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** God, the hour for rest has come. May I set aside the concerns of today and rest in Your love that holds me and will prepare me to face the concerns of tomorrow.

**Monday November 26**

*Scripture: Ecclesiastes 4:6 Better to have one handful with quietness than two handfuls with hard work and chasing the wind.*

**Morning Prayer:** God, I see the wisdom of this saying. Often I long for quietness and a calmer pace of life, but everything around me says all success is measured by how much I produce and all that I accomplish. These two forces are always at war within me. At times it feels as if I am always chasing the wind. There is no destination, only the constant striving to get there. I need to find the courage to break free of this pattern and remember that it is in the quietness that I experience You. Today I will chose quietness, time for contemplation and nurturing my spirit. May it be so.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** I prepare to release all I have experienced today. I remember that there is much that I cannot change, but I can change my priorities. With Your help I will.

## **Tuesday November 27**

*Scripture: Lamentations 3:25-26 God proves to be good to the man who passionately waits, to the woman who diligently seeks. It's a good thing to quietly hope, quietly hope for help from God.*

**Morning Prayer:** God, waiting does not come easy. More and more we live in an environment of instant gratification and waiting seems to be a lost trait. Even when making important decisions I often do not have the patience to practice discernment in the decision making. Today as I make decisions large and small, help me seek wisdom from You. Help me to not think I am so busy that I can't pause to listen to Your still small voice. Help me to listen and to put my trust in You. May it be so.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** God, I come to the end of my day, secure in the knowledge that Your help is only a breath away. I am grateful for this reassurance and can rest easy tonight.

## **Wednesday November 28**

*Scripture: Psalm 37:7a Be still in the presence of the Lord, and wait patiently for him to act.*

**Morning Prayer:** God, despite my best efforts, stillness and patience elude me, but my desire for peace and quietness is growing. What began as a tiny seed of an idea is growing into a longing for more quietness in my life. This can only happen as I seek to achieve balance between endeavor and rest, peace and busyness. My desire to make these changes is strong and with you help I will seek stillness and practice patience. May it be so.

**Noon text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** Tonight I am weary from the work of the day. I will rest this night in Your love, knowing Your gentle presence will refresh my body, mind and spirit.

## **Thursday November 29**

*Scripture: James 2:18 You can no more show me your works apart from your faith than I can show you my faith apart from my works. Faith and works, works and faith, fit together hand in glove.*

**Morning Prayer:** God, I am thankful for the gift of this new day. This is the day you have given for me to join my faith in Your unconditional love with an unlimited welcome for everyone I meet. It is easy for me to accept Your love for me but it is often a challenge to offer an unlimited welcome to people whom I struggle to appreciate. Yet what good is Your unconditional love for me if I am not willing to try and love others with the same kind of love? May I wed my faith with my actions. May I see how faith and action fit together like hand and glove. As You bless me, may I be a blessing to others. May it be so.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** God as I prepare to rest I think of those who are struggling. I join my faith with action and hold them in my heart just as You hold me in Your arms of love.

**Friday November 30**

*Scripture: Luke 5:16 But Jesus often withdrew to the wilderness for prayer.*

**Morning Prayer:** God, too often I get caught in the trap of thinking that my life is too busy and too hectic to step away for a moment of quiet reflection and prayer. And yet that is what I need most in my life – those quiet times spent with You. So as I begin this day help me to simply stop what I am doing for a moment, quiet myself and spend time in prayer with You. Help me to take that time to surrender and trust in You for in You I will find my joy. May it be so.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** God, my week has come to an end. For the times spent in the wilderness I give You thanks. Although it wasn't always comfortable, it was just what I needed.

**Saturday December 1**

*Scripture: Psalm 46:10 "Be still, and know that I am God!"*

**Morning Prayer:** Slowly repeat these lines as your morning prayer.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

May it be so all day long.

**Noon Text:** God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Evening Text:** God, in this hour, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.