

**Daily Reflection on Scripture**  
**Week of December 2**  
**Advent Series - Peace**



**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:  
**There is peace and tranquility inside all of us just waiting to be born.**

**Sunday December 2**

*Scripture: Isaiah 9:6 – For unto us a child is born, to us a son is given, and the government will be upon his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*

**Morning Prayer:** God with all the expectations and excitement of Christmas it's easy to forget that today begins the season of Advent. With all the hype of Christmas it's easy to ignore this season. Yet for centuries it has been set aside as a gift in time to go inward and there discover the peace that Christ has birthed in me. These days I am feeling more fearful than peaceful. I need to discover the gift of inner peace this Advent season. May I honor this season by spending time each day to prepare for the coming of Christ into my everyday life. Then I will truly be ready to celebrate the birth of the Prince of Peace on Christmas. May it be so.

**Noon Text:** If you can, stop what you're doing for 60 seconds. Take in a deep breath and say peace is inside me. Release your breath while saying, waiting to be born.

**Evening Text:** God, as I prepare to rest I take in a deep breath saying, let there be peace on earth. Slowly I release my breath saying, let it begin in me. Now I can rest.

**Monday December 3**

*Scripture: Colossians 3:15 - Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

**Morning Prayer:** God, at this season known as the season of peace, joy and love, I take this verse to heart. I want to live every day allowing the peace of Christ to rule in my life, my heart, my home, my relationships and every area in my life. My heart yearns for peace, but it is fleeting and something quickly disrupts my peace of mind and heart. Help me to remember that lasting peace can only come from within the deep core of my being, nurtured every day by prayer, silence and meditation to still the raging thoughts of my mind. I will look inward to find Christ at the center of my being, and find peace that truly transcends my human understanding. May it be so.

**Noon Text:** Only by trusting in the great mystery that is God can we find true peace. Breathe in peace, and look for opportunities to practice peace today.

**Evening Text:** I release the experiences of the day and pray for a peaceful night to rest so that I can practice peace tomorrow. May I be the peace I want to see in the world.

## **Tuesday December 4**

*Scripture: Hebrews 12:14 – Make every effort to live in peace with everyone and to be holy.*

**Morning Prayer:** God, It seems like every time I turn on the news or the radio what I see and hear is about conflict, near and far. So much so that it can be hard to experience peace of mind and spirit. What I know is that peace has to start within me. Only then will I be able to begin to live in harmony with those around me. I need Your help to step away from the activities of the day, the television and radio and even some conversations and stop and center myself in You. When I begin to feel overwhelmed with the news and activities of my day, help me to step back and focus on You. May it be so.

**Noon Text:** If you are unsettled and having trouble finding peace within, take a moment and reflect on the loving goodness of God. In Him you will find peace.

**Evening Text:** I come to rest at the end of my day, grateful for Your loving presence that has sustained me through the day and will remain with me through the night.

## **Wednesday December 5**

*Scripture: Psalm 37:7a Be still in the presence of the Lord, and wait patiently for him to act. Romans 12:18 – If it is possible, as far as it depends on you, live at peace with everyone.*

**Morning Prayer:** God, sometimes it is challenging to live at peace with everyone, but I know that this is what God intends for me. Today I resolve to be mindfully aware of my words and actions, and that all I do and say will convey peace, and the intention of good will toward all people. May it be so.

**Noon text:** At this moment pause and reflect on the word humility. Seek God's wisdom to practice living humbly and peacefully with everyone today.

**Evening Text:** The demands of the season bring both joys and challenges. God, I am weary tonight. May I find rest and the peace of mind and heart only found in You.

## **Thursday December 6**

*Scripture: Proverbs 12:20b Those who promote peace have joy.*

**Morning Prayer:** God, conflict sometimes follows me around wherever I go, especially during the holidays. Although I sometimes blame others for this conflict, I know that I am often responsible. Teach me to recognize my role in conflict and grant me the abiding peace that only You can give.

**Noon Text:** God, may the mercy of Your forgiveness give me peace and comfort.

**Evening Text:** God, as this busy and stressful day ends, thank you for Your gift of peace and joy that can bring healing and hope to my stress filled day.

## **Friday December 7**

*Scripture: Romans 14:19 Let us therefore make every effort to do what leads to peace and to mutual edification.*

**Morning Prayer:** God, today help me to be mindful of my words and my actions. When I get caught up in the busyness of the season of Christmas it is all too easy to speak too quickly and too harshly. Let my words cultivate peace. Let me remember that this can be a stressful season for so many and help me to be mindful of whether I am helping others alleviate their stress or if I am somehow contributing to it. Help me model the loving compassion of Jesus today. May it be so.

**Noon Text:** Pause a moment and reflect on the joy of the season. Now share that joy with those you encounter who may be struggling with the challenges of the season.

**Evening Text:** God, I lay down to sleep tonight in anticipation of a busy weekend. Thank you for the ability to rest peacefully, secure in Your love, to prepare for tomorrow.

**Saturday December 8**

*Scripture: Galatians 5:22,23a ...the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness gentleness and self-control.*

**Morning Prayer:** God, this morning I read about the fruit of the Spirit and realized that I need more of each. I have allowed myself to be swept up in the busy season of Christmas while giving too little attention to the season of Advent, a time to prepare my heart for Christmas. So today I pray for more love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. My greatest desire is to live in peace with myself and others. Help me to celebrate and honor the season of Advent before I become so tired and forget the reason of Christmas. May I bear the fruit of the spirit in my heart and then share my heart with others. May it be so.

**Noon Text:** One of the best ways to be loving, joyful, peaceful, patient, kind, faithful, gentle and have self-control is through acts of serving others. How are you doing?

**Evening Text:** God, You are so good to me. All day long Your goodness has served me as I have tried to serve others. Now You serve me with peace so I can I rest in Your love.