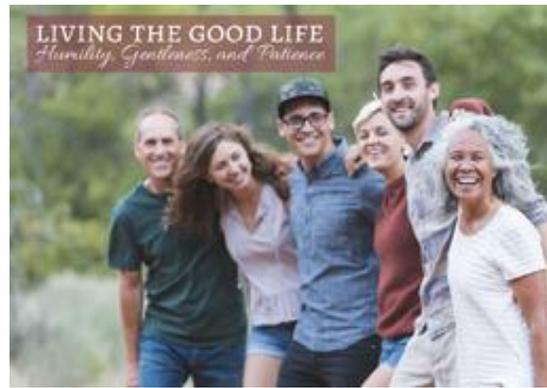


**Daily Reflection on Scripture**  
**Week of February 17**  
**Living the Good Life Week 1**  
**Humility**



**Sunday February 17**

*Scripture: Ephesians 4:1-2 Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.*

**Morning Prayer:** God, I read the words, always be humble, gentle and patient and I think of people in my life who portray those qualities. I think about how much I like to be with people who are humble, gentle and patient. And then I look at my own life and realize how many times I am challenged to live into those qualities. And then I read that this is how You love me. You are humble - You are slow to anger. You are gentle - You are like a mother who cares for her children. You are patient - Your love never runs out. Help me to love others the way you love me. In that way I will be living a very good life today. May it be so.

**Noon Text:** Practicing humility, gentleness and patience are three ways that you can improve the quality of your life. Which one needs your greatest attention today?

**Evening Text:** God, You humbly, gently and patiently love me. Help me to soak in that love. Help me to rest in it so that I can rise up tomorrow to offer such love to others.

**Monday February 18**

*Scripture: Philippians 2:3-4 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Morning Prayer:** God, as I begin a new week I pray for a humble heart. With Your help, I will remember to put other people's interests and their well being above my own. I want to live generously and see the beauty and value of every human being. I know that in this way I will experience the fullness of Your love, and see Your reflected image in the uniqueness of all those with whom I interact. May it be a week of living in humble gratitude for every situation in which I find myself, knowing that each one is an opportunity to practice genuine humility. May it be so.

**Noon Text:** No matter what you encounter this afternoon try to humbly see others as your teachers. As a humble student you will see Jesus in those around you.

**Evening Text:** God, I am thankful for all that You have shown me today. I know that each day offers ways to grow in humility and gratitude so that others will see You in me.

**Tuesday February 19**

*Scripture: Proverbs 11:2 Pride leads to disgrace, but with humility comes wisdom.*

**Morning Prayer:** God, in our culture it seems like a lot of emphasis has been on pride. From a young age we are taught to be proud of ourselves and proud of our accomplishments. Have I allowed that pride to affect how I act and how I treat others? Does pride mean that I look down on others or judge

them as less worthy than myself? Because that is a disgrace. The humility comes when I can recognize my own strengths and acknowledge my own weaknesses. When I can do that I can also acknowledge the gifts and strengths of others. Let me act in humility today. Help me find wisdom by recognizing the worth of all people, all who are created in Your image. May it be so.

**Noon Text:** Are your words and actions coming from a place of pride or humility? Choose your words and act wisely. You will walk in step with God and be at peace.

**Evening Text:** God, it is easier to sleep knowing that I have been able to walk humbly in step with You and Your desires for me. Thank you for the gift of wisdom.

### **Wednesday February 20**

*Scripture: Romans 12:16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!*

**Morning Prayer:** Lord, thank you for Your words. Help me live them out daily by looking at others as You look at me. Help to keep my mind open to looking at issues and problems in new ways and not always accepting of what I think is best. Each day there are people in front of me who come from different backgrounds with different ideas. Help me to listen and not just hear. Help me to discern Your truth to guide the way. May it be so.

**Noon text:** In You, there is nothing ordinary. There is only extraordinary. Each of us, made in Your image by Your loving hands.

**Evening Text:** God, tonight I am thankful for my many communities, each impacting my life in different ways. My path is filled with right people at the right time. Thank you.

### **Thursday February 21**

*Scripture: 1 Peter 3:8 Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.*

**Morning Prayer:** God, teach me the humility to love others in community and not try to impose my will on my brothers and sisters. Let love guide my interactions with others through compassion sacrifice, and forgiveness. Remind me always that your grace is present in all of my relationships. May it be so.

**Noon Text:** God, teach me that showing love in community requires humility, compassion and forgiveness. It means swallowing my pride and putting others in front of me.

**Evening Text:** God, as the day comes to a close, let me think back on the ways that I could have approached a relationship with greater humility, compassion and forgiveness.

### **Friday February 22**

*Scripture: James 4:10 Humble yourselves before the Lord, and he will lift you up in honor.*

**Morning Prayer:** God, I wake this morning and sit quietly before You, listening for your guidance as my day begins. I present myself to You with all of my faults and failures. I pray that I can continue my day in a posture of humility as I begin my interactions with others. If I am honest at times this is something of a challenge. When I feel that challenge today help me to pause and remember the lesson of this scripture. The more I humble myself the more You lift me up. Let me be lifted up in Your love today by humbling myself before You and others. May it be so.

**Noon Text:** God loves you unconditionally but it is easier to experience the full expression of that love when you speak and act humbly and release false pride.

**Evening Text:** God, the week is drawing to a close. I am grateful that You have guided me on a path to greater humility this week. Tonight I can rest peacefully. Thank you.

### **Saturday February 23**

*Scripture: Micah 6:8 O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.*

**Morning Prayer:** God, all week long I have been challenged to be more humble. What I have learned is humility is not a weakness but a strength. It takes a lot of strength to be humble. So today I humbly confess that I still have a ways to go. I realize what I once thought was a confession of weakness is now a sign that I am growing stronger in Your love for me and others. Help me today to walk more humbly. Help me to show mercy. Help me to move from a confession of words this morning, to a profession of my faith through humble acts of service. In that way I will be living a great life. May it be so.

**Noon Text:** Humility doesn't ask you to think less of yourself, instead it leads you to thinking about yourself less. That's the way of Jesus - the way to a great life.

**Evening Text:** God, thank you for the gift of this day. I now prepare to rest by reflecting on what I have learned today. Through ups and downs Your love never let go of me.