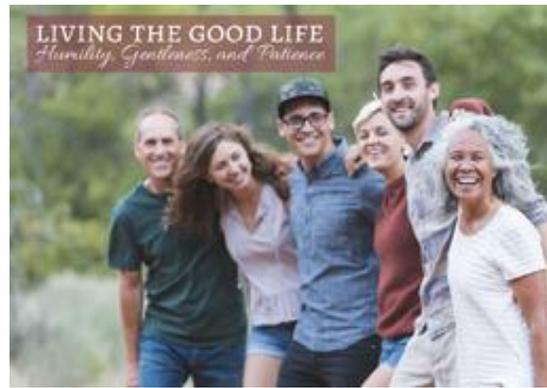


Daily Reflection on Scripture
Week of February 24
Living the Good Life Week 2
Gentleness



Sunday February 24

Scripture: Philippians 4:5 Let your gentleness show in your treatment of all people.

Morning Prayer: God, today is a gift. May I maximize the gift by practicing gentleness. May I be gentle with myself when I fall short. May I be gentle with others when they fall short. May gentleness be heard in my words. May gentleness be felt in my touch. May gentleness reveal to me how good life can be today and everyday. May it be so.

Noon Text: Gentleness. Gentle words. Gentle smile. Gentle touch. Gentleness. May you discover the sweetness, the goodness of life by practicing gentleness.

Evening Text: God, all day Your gentleness has been shown to me in gentle acts of others. As I prepare to rest I take a deep breath, smile and am thankful for a good life.

Monday February 25

Scripture: Isaiah 40:11 Like a shepherd, God will tend the flock...God will gently guide the nursing ewes.

Morning Prayer: God, I love this image of You as gentle shepherd, always lovingly present and guiding. Never pushing or demanding, but always patient, gentle and kind. It reassures me that I don't always have to be perfect. I can rest in Your loving care knowing that whatever happens to me I am not alone in it, because a good shepherd never leaves the sheep. I am also reminded that I can be a gentle shepherd to others, faithfully staying near them when they experience difficult times. My prayer today is that I will remember Your gentle, patient and faithful ways and strive to make them my ways too. May it be so.

Noon Text: Is there someone who needs you to be present to them in a patient, gentle and reassuring way? Pause and take a few moments to reflect on how you can best help.

Evening Text: I began this day mindful of Your gentle, guiding presence in my life. I will rest tonight reminded that You are still with me, even as I sleep. I am grateful.

Tuesday February 26

Scripture: Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up wrath.

Morning Prayer: God, I know that the day ahead means lots of interactions, with many questions or comments coming my way. Please help me be mindful of the tone of my responses. It is not that I intend to speak brusquely or in a harsh tone, but sometimes in the busyness of the day, I am not thinking about my words and how they are being received. Help me today to speak words that are compassionate, understanding, sympathetic, and loving. May it be so.

Noon Text: Reflect on your morning. Have your words today conveyed the gentle spirit of Jesus? Take care to think before you speak about how your words will be received.

Evening Text: God I come to rest in Your gentle embrace. I am grateful for a day where I experienced Your love and compassion at every turn and in so many ways.

Wednesday February 27

Scripture: Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against things like this.

Morning Prayer: God, life can certainly be a challenge. Sometimes it's the little things that can trip me up. Your words paint the picture of how I should respond. There is nothing too big You can't solve for me when I remember Your love for me and Your guiding hand. Today, if things don't go the way I planned, I pray Your spirit will guide my response to show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. This is Your plan shown to us in how Jesus lived his life. Lord help me to respond as Jesus responded. May it be so.

Noon text: Take a moment and breathe these words: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...God's spirit calms.

Evening Text: Today I used Your words in Paul's letter to provide the road map for each day of my life. The more I use them, the better my response to life's challenges.

Thursday February 28

Scripture: Ephesians 4:2 Conduct yourselves with all humility, gentleness, and patience. Accept each other with love.

Morning Prayer: God, may I have the strength to accept everyone that I encounter with love and grace. May I see how pride, hardness and impatience are barriers that block gentleness. When I feel prideful and impatient may I remember to take a breath and choose to respond with gentleness instead of react with harshness. It is only then that I will have the freedom to accept and love others just as they are. May it be so.

Noon Text: Gentleness is a key to opening the door to acceptance, love and grace. Be gentle and watch how others are more accepting and more apt to listen to your point.

Evening Text: God, as the day winds down, I prepare to rest in the gentleness of Your love. I pray that you will give me such grace to be gentle with others tomorrow.

Friday March 1

Scripture: Colossians 3:12. Therefore, as God's choice, holy and loved, put on compassion, kindness, humility, gentleness, and patience.

Morning Prayer: God, how incredible to wake to the reassurance that I am one of Your beloved children, that I am loved by You. Now may I go out and see everyone I encounter as a brother or sister. With all that I encounter today help me be filled with compassion. May I reach out in kindness, act with humility, be gentle in my speech and actions and practice patience. May it be so.

Noon Text: How did you cloak yourself this morning? With a cloak of gentleness? Are you speaking and acting gently? With Jesus as your model, be gentle with others.

Evening Text: God, I am filled with gratitude for the gentleness I have experienced through Your love and grace. I surrender to sleep wrapped in Your gentle embrace.

Saturday March 2

Scripture: James 3:17 What of the wisdom from above? First, it is pure, and then peaceful, gentle, obedient, filled with mercy and good actions, fair, and genuine.

Morning Prayer: God, as the week is wrapping up I am grateful for the good life that I am privileged to enjoy. Even in those times when I wish I had more I can still be grateful because I have everything I need for the moment. May I share my gratitude through gentleness, mercy and good actions toward others. May I find even greater joy today by sharing the benefits of the good life that I live with those who are struggling and need a gentle word, gentle smile, or gentle touch. May it be a good day in all that I experience.

Noon Text: STOP - **S**low down. **T**ake a breath. **O**bserve how you are feeling. **P**ractice gentleness for self and others. Stop and enjoy your good life. Now, share it with others.

Evening Text: God, as I prepare to lay myself down for sleep, I am thankful for Your gentleness. May Your gentle Spirit help me to rest. May I be ready for a new week.