

**Daily Reflection on Scripture**  
**Week of March 3**  
**Living the Good Life Week 3**  
**Patience**



**Sunday March 3**

*Scripture: Romans 5:4-5a Endurance (patience) produces character, and character produces hope. This hope doesn't put us to shame...*

**Morning Prayer:** God, many mornings I wake up feeling anxious about the day. I think about all the things I have to do and wonder how I can get them all done. In those moments I feel very impatient. My impatience leads me to worrying and feeling a lot of stress. And yet I know that my impatience doesn't help me get anything done. Actually it can immobilize me. So this morning I pray for patience. Today's scripture says that patience produces character and character produces hope. That's what I need. So today I begin by asking that You help me to be patient with all I have to do so that I can focus on what needs to be done and not be held back by impatience that leads me to anxiety and fear. May it be so.

**Noon Text:** By practicing patience in the small things you will have more patience for the big things that are to come. Patience produces character and hope. Be patient.

**Evening Text:** God, I release all that I just couldn't get done today. I retire from the day by practicing patience. Give me patience so I can rest well and rise up strong.

**Monday March 4**

*Scripture: Ecclesiastes 7:8 The end of something is better than its beginning. Patience is better than arrogance.*

**Morning Prayer:** God, I confess that I struggle with endings. Whether it be someone moving away, or the death of a dear friend or loved one, I find it difficult to say goodbye. It brings pain, and I want the pain to end quickly. Like many things in life, grieving requires patience. And so I pray for patience in many situations. I pray for patience with others and especially patience with myself when I cannot easily resolve feelings and situations. I know that some things take time, a lot of time. My prayer today is for the grace and patience to accept what comes of this day, knowing that every situation will bring an opportunity for me to grow in patience and my understanding of Your ways. May it be so.

**Noon Text:** Have you experienced moments of frustration today? Can you try to see these as opportunities for you to practice patience? Pause now and ask for God's help.

**Evening Text:** God, I have succeeded at some things today and failed at others. Tonight I can rest knowing that Your love for me doesn't depend on my success. I am grateful.

**Tuesday March 5**

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

**Morning Prayer:** God, as I awaken this morning I deliberately pause to be still before You. I remind myself that You are with me as I wake and prepare for the day ahead. Too often I am impatient to

start my day so I can start checking off my to-dos, neglecting to pause and start my morning in communion and prayer with You. Being with You in silence and listening for Your voice is an essential part of my morning to help me prepare and not be overwhelmed by the activities of the day ahead. So my prayer today is for patience to be in the moment. Throughout the day there will be times of challenges. Help me to respond to those moments with love and grace, without becoming upset or angry. May it be so.

**Noon Text:** If you find yourself feeling impatient and becoming frustrated with others, pause, step back, breathe in the presence of God and release your impatience.

**Evening Text:** God, as I prepare for sleep I release all that I experienced today. I still my thoughts of what will come tomorrow and simply rest in Your loving grace.

### **Wednesday March 6**

*Scripture: Proverbs 16:32 Better to be patient than powerful; better to have self-control than to conquer a city.*

**Morning Prayer:** God, each day life can present challenges and while my urge may be to lash out or use spiteful words, help me to immediately think of Jesus and his response to those who continually questioned his authority. Help me to think through the issue. Help me to think of your words. Help me to show patience and self-control. As my day moves along, there will be issues I did not expect that run counter to my plan for the day. Help me to find ways to make the best of each situation, showing others that trust in you is the best response. May it be so.

**Noon text:** Each day, when challenged, rather than react in the way of the world, I want to react in the way of the Word, trusting in Your plan and Your design for my life.

**Evening Text:** As I think back on my day, acting with patience and self-control has led to a less stressful day knowing that You “have this” and trusting in that promise.

### **Thursday March 7**

*Scripture: Psalm 103:8 he Lord is compassionate and merciful, slow to get angry and filled with unfailing love.*

**Morning Prayer:** God, I am so grateful for Your unfailing love, for Your unconditional acceptance of me. Continue to remind me that no matter how much I fail, no matter how many mistakes I make, You will be there for me, bathing me in Your compassion and mercy. May it be so.

**Noon Text:** God, thank you for your compassion and mercy. Let me truly experience your unconditional acceptance no matter how many mistakes I make.

**Evening Text:** God, as the day comes to an end, free me from the bondage of self-criticism. Let Your unconditional compassion and mercy give me peace.

### **Friday March 8**

*Scripture: James 1:2-3 Brothers and sisters, think of the various tests you encounter as occasions for joy. After all, you know that the testing of your produces endurance.*

**Morning Prayer:** God, every day seems to hold challenges, some greater than others. Occasionally I have felt joy when I have met these challenges, more often satisfaction, sometimes relief, sometimes I am simply weary. The challenges that strike at my own faith can be the worst. When those moments happen I am so grateful for Your patience, love and grace that sustains me. Even in my questions I can be secure in Your love. And I come out on the other side even stronger in my faith. So I reflect on the

words of James and resolve to focus on the joy I experience when a challenge has been met. May it be so.

**Noon Text:** In the midst of today's challenges are you patiently working through each one? Pause, step back for a moment, then meet the challenges. Then celebrate in joy.

**Evening Text:** God, the week is done. I have tried to work through each day with patience and find joy in the work and the result. Now I gratefully come to rest in Your love.

### **Saturday March 9**

*Scripture: Isaiah 40:31 but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

**Morning Prayer:** God, all week long I have tried to practice patience. Sometimes it worked and sometimes it seemed as though it didn't. Help me to remember that the spiritual practice of practicing patience requires patience. Even when I tried and failed, patience was still growing inside of me. So on this last day of the week I wait upon You to continue helping me to be more patient. Your promise is that in doing so I will be able to mount up with wings like eagles; I will be able to run and not grow weary; and I will be able to walk without fainting as I go through any disorientation. That's the good life I desire. And day by day it slowly but surely comes to reality. May it be so.

**Noon Text: STOP** - Have patience. Remember how God and others have patience with you. Practicing patience in the small things produces patience for the big things. Be patient.

**Evening Text:** God, as I slow down to rest I take a few minutes to just be silent. I patiently wait on You so that my strength is renewed and I can rise up stronger tomorrow.