

Daily Reflection on Scripture
Week of March 31
Born to Serve Week 4
Serving Yourself



Sunday March 31

Scripture: Mark 1:35 Early in the morning, well before sunrise, Jesus rose and went to a deserted place where he could be alone in prayer.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, I admire Jesus for his discipline. To rise before the sun comes up in order to be alone and to pray seems ideal and yet not real for me. Maybe it's not so much about getting up before the sun that is the most important part. Maybe the point is the importance of scheduling times to be alone and to connect with You more intimately whenever that is possible. Help me to intentionally find time today to be alone, take some deep breaths, feel Your loving presence, and offer myself compassion and forgiveness. Jesus was on to something really important when he practiced the discipline of getting away to be renewed in his body, mind and soul. May I be more disciplined to do the same. May it be so.

Noon Text: Invest two minutes in your well-being. Stop what you are doing for two minutes and simply be present to God and yourself. Breathe in God's love for you. Renew.

Evening Text: God, as I prepare to rest, I try as best I can to detach from the concerns of work, family, friends, and the world. Help me to just be in this moment.

Monday April 1

Scripture: Mark 6:31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest a while." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, it cheers my heart to know that even Jesus saw the need to go off to quiet places to rest from the strains and stresses of everyday life. He showed great wisdom by knowing when he and his disciples needed time to rest and renew. I need to exercise that same wisdom in my own life and recognize the signs of fatigue and exhaustion. I know that Your loving embrace is always waiting to hold me when I feel weak. Only time alone to listen to Your voice within me can restore my joy and my exuberance for life. May I have the courage to set limits, and rest when I need it so that I can continue to serve as You have called me to serve. May it be so.

Noon Text: Make self-care a priority so you don't become depleted and exhausted. Take some time for yourself. Find a quiet place to be alone to renew and recharge.

Evening Text: God, I need the peace that only resting in Your presence can bring tonight. I am grateful for Your loving and restoring presence with me always. I rest in You.

Tuesday April 2

Scripture: Luke 6:12-13a One day Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: Gracious God, choosing the twelve disciples had to be one of the most important decisions that Jesus made. These were the twelve that would walk with him, learn from him and support him during his ministry. So what did Jesus do to prepare? He pulled away; he went to a place that surely was a majestic place of Your creation – to the mountain to pray. It can be a challenge to pull away but is clearly essential as we work through decisions large and small. It is seldom that I can go to the mountain to pray. But don't let me use that as an excuse not to spend time with You. Help me to carve out that essential time to step away from the busyness and simply be with You. May it be so.

Noon Text: How are you caring for yourself today? Have you been able to pull away even for a few moments? Pause, be still, sit in the presence of God; renew your spirit.

Evening Text: God, as the day ends, I sit quietly with You and am grateful for this time to rest my body, mind and spirit and wake renewed in the morning.

Wednesday April 3

Scripture: Luke 4:42 And when it was day, Jesus departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, each day it seems that life comes at me 100 mph hour. There are needs everywhere. There are tough issues to take on. I am not able to just leave, but in this quiet moment, help me to prioritize what I need to deal with today. You know me Lord. You know how I am built and where I can have the most impact. By trusting in You, the stresses of the day are eased and my energy is used where it's most needed and can be most effective. Lord, I know I am one person, but the strength of many comes from trusting You! May it be so.

Noon text: The day is hectic and stressful, but peace comes in a quiet moment. Center yourself in God's love. If you are quiet you might hear God say, there is enough.

Evening Text: As my head hits the pillow, may rest come knowing that you replenish, rejuvenate, repair. May I wake in the morning rested and ready for the new day.

Thursday April 4

Scripture: Psalm 19:1-4 The heavens proclaim the glory of God. The skies display his craftsmanship. Day after day they continue to speak; night after night they make him known. They speak without a sound or word; their voice is never heard. Yet their message has gone throughout the earth, and their words to all the world.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, let me revel in Your glory, let me see you in Your creation, let me hear You in the brisk breeze whistling through the branches. Teach me how to see You when my life is dark and my faith is weak. Let Your glory overcome this darkness and this doubt. Let Your love and grace give me peace and hope. May it be so.

Noon Text: Pause and marvel at the beauty of springtime. Pause and feel the spring winds. Pause to be renewed by the promise of new life seen in this season of Spring.

Evening Text: God, as the day winds down I slow down to take inventory of Your blessings in my life. I prepare my mind, body and soul to be renewed by a night of rest.

Friday April 5

Scripture: Job 12:7-11 But ask the animals what they think—let them teach you let the birds tell you what's going on. Put your ear to the earth—learn the basics. Listen—the fish in the ocean will tell you their stories. Isn't it clear that they all know and agree that God is sovereign, that he holds all things in his hand—every living soul, yes, every breathing creature?

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, what an incredible image this scripture shares. Communing and learning from the beauty of Your creation, the intricacies of nature as seen in the earth, the oceans, the animals, birds and fish that inhabit it. And I am a part of this. I am part of Your wonderful creation. What can I learn from all of this? I can remember that when life seems out of control You hold me in Your hands; I am part of Your creation and You love me. I can nurture my soul when I take time to sit in silence, to quietly observe the incredible world around me. Sometimes that is when I am surrounded by nature but sometimes it is even when I am surrounded by chaos. Help me to find peace in both of those places. May it be so.

Noon Text: Look around. What do you see? Can you see God's hand in whatever is in your view? You are part of God's creation. Pause, absorb that idea. Renew your spirit.

Evening Text: God I can rest and renew my spirit knowing that You hold me in Your hands. I am part of Your bigger creation and am grateful to rest in Your love.

Saturday April 6

Scripture: Luke 22:39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.

Prayer for an opportunity to serve today: **God, help me to serve today by taking care of myself. Help me to be wise and build in some time for quiet reflection and connection with You.**

Morning Prayer: God, I read in the scripture today that Jesus had a customary place that he was used to going to so he could be alone. I read how the disciples followed after him. That's me. I want to follow Jesus' example. I need to find a place where I feel safe, where I feel alive, where I feel Your embrace. Help me to be creative and think of such a place and then may I go there often to rest, renew and reconnect to You. May it be so.

Noon Text: The greatest commandment of all is love God, love others, and love yourself. How are doing with the last part? Spend some time today taking care of you.

Evening Text: God, as I prepare for rest I pause to reflect on all the good that I bring into the world. Without perfection I can rest knowing that I am good enough for love.