

Daily Reflection on Scripture
Week of May 12
Greater Things Can Happen
Week 2



Sunday May 12

Scripture: John 20:29 Jesus said to Thomas, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

Morning Prayer: God, I really like to have answers. I love to know where I am going and how I am going to get there. I am even doubting that I can move forward without knowing answers or seeing the way. So, today's scripture is a bit of a challenge, but instead of doubting it, I want to see it as an invitation to a new way to live my life. However, if I am going to walk by faith and not sight, then I am going to need Your help. Help me today to take just one step into something that isn't all planned out. Help me to deal with my paralysis of analysis. Help to see all that comes my way today as part of the adventure of faith that leads me to an even stronger belief that You will not abandon me. I don't know how to do it, but I guess that's the point. So today instead of doubting I can do it, I am going to take one step at a time. May it be so.

Noon Text: Take in a deep breath and notice where you are. Slowly release it and tell yourself that all will be well and all that is well will be well indeed.

Evening Text: God, as I prepare to rest I want to release all my anxiety over things that still need to be done. Help me not to ruminate but instead celebrate this moment.

Monday May 13

Scripture: Genesis 28:15 Behold, I am with you and will keep you wherever you go, and will bring you back to this land. For I will not leave you until I have done what I have promised you.

Morning Prayer: God, I am grateful for the promises of today's scripture. Every day I am grateful for the people who come into my path to help me, teach me and guide me. Today, I will live with the assurance that You will always be with me. As you go with me I have unwavering hope that regardless of what happens You will help me find my way to where I need to be. May it be so.

Noon Text: Take in a deep breath while saying, wherever I am. Slowly release saying, You are with me. Smile, take in another deep breath. Slowly release and just be.

Evening Text: God, as I end this day I offer words of gratitude for Your loving, guiding presence with me today. I can rest well knowing that my life is in Your care.

Tuesday May 14

Scripture: Mark 9:23b-24 Jesus said, "Anything is possible if a person believes." The father instantly cried out, "I do believe, but help me overcome my unbelief!"

Morning Prayer: God, how true this scripture is for me. I do believe but...All too often there is this niggling doubt in the back of my mind questioning is this really possible. Am I capable? Can I do this?

I'd like to believe I can and there is more belief than doubt but the small doubt becomes like a mountain blocking me, stopping me from even attempting what I want to accomplish. God I know that in You all things are possible. I know that You can help me overcome my doubts. Help me to keep my eyes on You, to elevate my faith and fight back the doubts that can paralyze me. May it be so.

Noon Text: Pause, take in a breath saying anything is possible. Slowly release it saying if I believe. Believe knowing that God is with you and is bigger than your doubts.

Evening Text: God, I come to rest thankful for Your love, knowing that You are bigger than any doubts I have, that You love me even in the midst of uncertainty.

Wednesday May 15

Scripture: Isaiah 43:2-3a When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the LORD your God.

Morning Prayer: God, I know that disorientation is a part of everyone's life, but boy I don't like disorientation. Sometimes disorientation leads me to doubt... doubting You, doubting myself, doubting humanity. Just saying that sounds self-defeating. So help me to remember that You don't disorient my life, instead You are with me in the disorientations of life. You are there in a friend, a phone call, a text, an answer to a prayer. I know all of that in my head, help me to move it to my heart. Help me to move beyond my doubts to believing Your promise even when I can't see You, feel You, or even know You. I pray this prayer to prepare me for all this day has to offer me. May it be so.

Noon text: Take a moment to take in a deep breath. As you release it smile and say, God is as close to me as my breath. Close your eyes and just be still for a moment.

Evening Text: God, the day has gone by so fast. Now I need to slow down and just be. Help me to release my doubts and fears. Help me to love myself as You love me.

Thursday May 16

Scripture: Isaiah 41:10 Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.

Morning Prayer: God, I like the words in today's scripture that say "I'll hold you steady". As so much is changing around me I need some steady in my life. When I am anxious, and sometimes even panicky I begin to doubt. I doubt my abilities. I doubt my value. I doubt the future. So I need some steady. I need to remember that Your love is always steady. Your love can hold me steady when other things begin to teeter around me. May it be so.

Noon Text: Take in a deep breath while saying, In the steadfastness of Your love. Slowly breathe out saying, I can be steady.

Evening Text: God the rhythm of the day now leads to a time to slow down and rest. Help me to not doubt my need for rest. Help me to show love to myself by slowing down.

Friday May 17

Scripture: II Corinthians 5:7 We live by faith and not by sight.

Morning Prayer: God, we can be a culture of needing proof. We believe what we can see. Our attitude can be 'show me, give me evidence, then I will believe'. And I can't help but think of how much I am missing by demanding proof before I fully believe. There is so much mystery in the beauty

of Your creation. I want to be able to dwell in that place of mystery and soak up the beauty of it, secure in Your love and grace, amazed by that love and grace. Help me to release the need to have all of the answers and embrace Your love knowing that in You I can put my faith. May it be so.

Noon Text: Pause, take in a breath saying wherever I am; release your breath saying God meets me there. There is no doubt that God is with you wherever you are.

Evening Text: God, the week is drawing to a close. Every day I have been able to release much of my self-doubt to You. I can rest easy, knowing I rest in Your loving embrace.

Saturday May 18

Scripture: Psalm 23:4 I may walk through valleys as dark as death, but I won't be afraid. You are with me...

Morning Prayer: God, I know this to be true yet time and again I find myself afraid nonetheless. I feel the anxiousness of the place or the situation I am in, and I am afraid. I doubt that I will be enough. How will I get through this as I feel the tensions and anxiety rise within me? What does that mean for my faith? It means I'm human. I am comforted by the many times before when I asked that same question. By humbly opening myself to the blessings of a community of love and support, I was able to find peace and courage to get through all that this precious life has to offer that at times includes dark valleys. I pause breathing in deeply followed by a slow release allowing the peace of You to wash over me and it brings me calm to take another step. Thank you, God, for always being in and with me. May it be so.

Noon Text: Take a moment to take in a deep breath. As you release it say, "God is with me; I am enough." Close your eyes and just be still for a moment.

Evening Text: Thank you God for being with me through this day. By taking in and slowly releasing a deep breath, I am able to rest well knowing with You I am enough.