

Daily Reflection on Scripture
Week of May 19
Greater Things Can Happen
Week 3



Sunday May 19

Scripture: Luke 24:13-16 On that same day (Easter), two disciples were traveling to a village called Emmaus, about seven miles from Jerusalem. They were talking to each other about everything that had happened. While they were discussing these things, Jesus himself arrived and joined them on their way.

Morning Prayer: God, I can only imagine how disappointed and afraid the disciples were. Jesus had been brutally killed; they were afraid for their own safety; their future was anything but known. Yet they had each other. They did not have to walk alone. I am thankful for those who walk with me. I am grateful for those I have the privilege to walk with. This story reminds me of a time when Jesus said that whenever two or three are together there I am in your company. I am thankful that Jesus comes to me in friends, conversations, experiences, and other ways. May I be the presence of Jesus today to those I will be with. May I experience Your grace and love given by others. May it be so.

Noon Text: Pause. Be still for 60 seconds. Breathe in, saying, Wherever I am. Hold it for as long as you can. Breathe out slowly saying, there is God with me.

Evening Text: God, I am thankful for my friends. I am thankful for my family. I am thankful for Your unconditional love. With a heart full of gratitude I am ready to rest.

Monday May 20

Scripture: Psalm 147:3 God heals the broken-hearted and bandages their wounds.

Morning Prayer: Healing God, all around me I see people who are wounded and broken-hearted. Sometimes it seems as if I see hurting people everywhere I turn. I know your vision for all of creation is to be whole, healthy and at peace with one another, but the realities of our world make that impossible. My prayer today is that I might find the strength and courage to be your loving and healing presence, helping to comfort the broken-hearted, and bandaging the wounds of all those I meet who are in need of healing love. May it be so.

Noon Text: You have the power to heal and bring hope to the world. Consider how you might use that power today. Let your eyes be open to new opportunities.

Evening Text: God, I have done my best to offer hope and healing to the world today. Now I will rest, with your healing peace hovering over and around me, restoring me.

Tuesday May 21

Scripture: Jeremiah 29:11 I know the plans I have in mind for you, declares the Lord; they are plans for peace, not disaster, to give you a future filled with hope.

Morning Prayer: God, there are mornings when I wake up seemingly having lost my way, not sure what my purpose is. My days become repetitive: get up, go to work, come home. On one hand I am encouraged by this scripture, knowing that Your plan for me and all people is for us to find our way to a life filled with hope. On the other hand I don't like not knowing the plan. Help me to be assured that without even knowing any details of any plan, Your greatest desire is that I live with a hope filled future. Help me to find the time to be in silence and be still to listen for Your still, small voice. Help me to not lose sight of the hopeful future that you have for me and the world. May it be so.

Noon Text: Pause, take in a breath saying, without knowing any plans, breathe out saying, my future is filled with hope. Live in the peace of knowing God loves you.

Evening Text: God I am thankful for the reassurance that You are with me always, that without knowing any plans for my life I can rest peacefully and soak in Your love.

Wednesday May 22

Scripture: 11 Corinthians 4:16-18 So we aren't depressed. But even if our bodies are breaking down on the outside, the person that we are on the inside is being renewed every day. Our temporary minor problems are producing an eternal stockpile of glory for us that is beyond all comparison. We don't focus on the things that can be seen but on the things that can't be seen. The things that can be seen don't last, but the things that can't be seen are eternal.

Morning Prayer: God Your words come at just the right time. Everyday I have people in one of my communities whose life is changing because their body is failing as is mine. I pray that in my time here on earth, I can make a difference in the lives of those in my path. In my family, my neighborhood, my office, and everywhere else, may others see You in me. You shine through when we living joyfully. Joyful living is impactful. Without having to know my life plan I can still trust in You to guide me on a path to joy. Joy radiates from this kind of faith. Help me to be a beacon of joy today and all my tomorrows! May it be so.

Noon text: Today and everyday I will live joyfully and make a difference in the world because this is what I can control. I trust all else is in God's hands!

Evening Text: Lord I can rest tonight because today was a good day. Life is fragile. I see it daily. Peace is knowing that even in disorientation, joy can still be found.

Thursday May 23

Scripture: Galatians 6:9 Let's not get tired of doing good, because in time we'll have a harvest if we don't give up.

Morning Prayer: God, sometimes I feel that no matter how hard I try, it's never enough. I try not to become discouraged but I am only one person and I have only so much time, energy and resources. How can I be that presence for love, patience, and peace in the world when I can't even do it in my own family? I question if I am making any difference at all? I'm struggling with impatience and false expectations. Help me, God, to remember that I need to take care of myself; to rest and nourish my mind and body or I leave myself empty and depleted. Help me to notice others' small acts of kindness as evidence that I'm not alone; that You, God, are in each of us, God with skin on. Help me to remember that my actions alone may not seem like much, but collectively I know that love wins. May it be so.

Noon Text: Pause. Slowly draw in a breath, hold it, and release it slowly feeling the release of tension in your body. Help me, God, to remember this small act of self care.

Evening Text: God, help me to trust that I made a difference today. Help me to rest well so that I awaken refreshed, ready to be a loving presence in the coming days.

Friday May 24

Scripture: 1 Peter 4:10 Serve each other according to the gift each person has received, as good managers of God's diverse gifts.

Morning Prayer: God, every day presents an opportunity to serve. Sometimes I'm not sure of the gifts You gave me, and sometimes I wish my gifts were different; sometimes I want to be more like someone else. But I know that You have created me as a unique individual and for a purpose, so help me to recognize and utilize the gifts I have. Help me to step in and serve wherever I find the opportunity, not wishing I could be like someone else but embracing who I am and who I can be. May it be so.

Noon Text: Take in a deep breath saying 'be still and know', breathe out saying 'I am a child of God'. As a child of God, use the gifts God gave you to serve the world.

Evening Text: God, as the week draws to a close I lay down to sleep with gratitude knowing I can rest in Your loving embrace, to rise again ready to serve You and others.

Saturday May 25

Scripture: Romans 12:9-13 Love should be shown without pretending. Hate evil, and hold on to what is good. Love each other like the members of your family. Be the best at showing honor to each other. Don't hesitate to be enthusiastic—be on fire in the Spirit as you serve the Lord! Be happy in your hope, stand your ground when you're in trouble, and devote yourselves to prayer. Contribute to the needs of God's people, and welcome strangers into your home.

Morning Prayer: God, today's scripture is packed with so much. So let me just confess. I am not always the most enthusiastic. I am not always on fire. Sometimes I don't feel hopeful. There are days when I am too busy to even pray. I try but don't always share with others and when it comes to welcoming strangers into my home, I don't do that one so well either. So what does all of this mean for me? It means I need to forgive myself in those times and places where I think I am falling short. It means I need to stop reading or listening to news that keeps robbing my joy. It means I need to dedicate some time for prayer and silence. It means I need to name and address my fears of strangers. All of it together leads me to asking for Your help. So my prayer is asking you to help me to pick just one from the list and practice it today so that I might see what I need to learn about myself and about Your faithfulness to help me keep growing. May it be so.

Noon Text: Take in a deep breath saying, this moment is alive with Your grace and love. Breathe out saying, help me to live in Your grace and love moment by moment.

Evening Text: God, all day long I have been held by Your love and grace. As I prepare for a night's rest I rest assured that Your love and grace will continue to hold me.