

Daily Reflection on Scripture
Week of June 23
Gratitude
The One Things that Changes Everything
Week 1



Sunday June 23

Scripture: Psalm 118:24 This is the day that the Lord has made; let us rejoice and be glad in it.

Morning Prayer: God, I needed today's scripture. I need to be reminded that every day is a gift. When I see the day as a gift it helps me to be thankful. I am thankful to be alive today. I am thankful to engage with others. I am thankful for the joys and even the challenges that will stretch me today. This is the day You have given and so I choose to rejoice and be glad in it. I choose to focus more on gratitude than anything else. Thank you for giving me this day to breathe, to be, to interact, to do, and to offer my gratitude by serving others with love. May it be so..

Morning Gratitude Text: Pause and write down five things for which you are most thankful. Keep those five things in your heart and mind all day. They will change how you see the day.

Noon Gratitude Text: No matter how stressed or busy you are, pause and reflect on the five gratitudes you named this morning. Record any thoughts you might have in your journal.

Evening Gratitude Text: As the day comes to a close give thanks to God for your five gratitudes. Write in your journal about each one. This nighttime practice will help you rest.

Monday June 24

Scripture: Psalm 136:1-3 Give thanks to the Lord, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of lords, for his steadfast love endures forever.

Morning Prayer: God, the theme of this verse is simple. Give thanks. When I read these words I hear the message loud and clear. Be thankful! I am thankful for Your goodness, Your steadfast love, Your faithfulness, Your incredible goodness, and a love that will endure forever, beyond any circumstances. When I live with this as my guiding principle I am filled with hope, and joy bubbles up continuously in my life. When I allow the concerns and cares of my life to drag me to a place of despair, my joy ebbs away and I am left with only my own emotions. Forgive me when I forget that You are God, endless and unchanging, holding me, loving me, with me in all circumstances. Help me to see reminders of Your steadfast love in every person I meet, every moment of my days, and every circumstance I encounter. And, let me always be thankful. May it be so.

Morning Gratitude Text: Pause and write down the names of five people for whom you are most thankful. In your journal reflect on why they are special to you. Thank God for them.

Noon Gratitude Text: Recall the five people you named this morning. Say a prayer of blessing for them. Record any thoughts you have had about them in your journal.

Evening Gratitude Text: Today you have given thanks for five people. Now write a prayer of thanksgiving to God for these special friends in your journal. This will help you to rest.

Tuesday June 25

Scripture: Psalm 107:8 ... thank the Lord for his faithful love and his wondrous works for all people....

Morning Prayer: God, this scripture reminds me of two extremely important things this morning that will sustain me throughout my busy day. One is of Your faithful love and the other is that Your love and Your wondrous works are for all your people, regardless of the beliefs, race, nationality, or gender. I know that too often in my prayers I fail to offer the words of gratitude for You and Your love. When life gets busy I neglect to pause and remember everything in my life that I am grateful for. Help me to be deliberate in taking the time in the morning, the evening and throughout the day to simply pause and offer words of gratitude. May it be so.

Morning Gratitude Text: Pause and write down five things that you are grateful for that money can't buy. Reflect in your journal why these five are so important to you.

Noon Gratitude Text: Pause and recall the five gratitudes that you named this morning. In your journal, reflect on how you have experienced any or all of those five so far today.

Evening Gratitude Text: Today you have been grateful for five non-monetary gifts. Record in your journal how those five gifts have brought you joy and inner peace.

Wednesday June 26

Scripture: Psalm 9:1-2 I will thank you, Lord, with all my heart; I will talk about all your wonderful acts. I will celebrate and rejoice in you; I will sing praises to your name, Most High.

Morning Prayer: God, your words remind me that each day is a blessing and when I wake each morning I am grateful for what is to come. Regardless of what comes, I can choose to be grateful and when I am grateful for all Your blessings, then I can make it through. Help me to live out my day with joy in my heart so those in my path see Your love shine through me. When troubles come help me to adapt and trust with gratitude Your never ending presence. Indeed gratitude changes everything. May it be so!

Morning Gratitude Text: Pause and write down five things that you like about yourself. Write a prayer of thanksgiving to God for making you, you. Reflect on this in your journal.

Noon Gratitude Text: Remember who you are. You are uniquely and wonderfully made. Recall the five gratitudes you offered about yourself this morning. Write a gratitude to yourself.

Evening Gratitude Text: As the day winds down, close your eyes and pay attention to your body from your toes to your head. Be grateful for you. Record your thoughts in your journal.

Thursday June 27

Scripture: Philippians 4:6-8 Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Morning Prayer: God, anxiety and fear sometimes rob me of joy in my life. Remind me that You are always with me. When I remember that, then I can be grateful for Your abiding presence. I can be grateful that You understand my situation. I can be grateful for friends who walk with me. I can be grateful for the many ways You have guided me in the past. In this moment I am grateful for today's scripture that instructs me to rejoice always. That may be hard for me to do, but I am learning that

it's the necessary hard work that leads me to greater transformation. For that I am thankful and pray daily that it may be so.

Morning Gratitude Text: Pause and write down five things in nature that bring you great joy. Write a Psalm of gratitude in your journal. Thank God for the beauty of the Earth.

Noon Gratitude Text: Find a time to go outside and be in nature. Take in a deep breath, look around you. In your journal reflect about the precious gift it is to be alive on Earth.

Evening Gratitude Text: Close your eyes and just be. If you begin to ruminate negatively, think of a gratitude. In your journal, record the experience. Gratitude will help you sleep.

Friday June 28

Scripture: Psalm 69:30 Let me shout God's name with a praising song, Let me tell God's greatness in a prayer of thanks.

Morning Prayer: God, every day this week I have been trying to focus on all that I have to be grateful for, to carve out intentional times to express that gratitude each day. I am able to witness the effect of being mindfully grateful. When I have faced challenges I have been mindful of all that I have to be grateful for and the challenges seem more easily overcome. Every morning I try to wake with songs of praise for Your love and mercy. Every night I say a prayer of thanks for how You love me. Let this become ingrained in me – to start and end each day with words of praise and thankfulness. May it be so.

Morning Gratitude Text: Pause and reflect on five favorite foods. Think about what it takes to get food to you. In your journal, write a gratitude for those who prepare your food.

Noon Gratitude Text: At lunch time pause and say a prayer of gratitude to God for your food. In your journal, write a reflection on which foods bring you your greatest joy and why.

Evening Gratitude Text: As you prepare to rest take a moment to think about the small things that happened today. What small things brought you joy? Write about them in your journal.

Saturday June 29

Scripture: 1 Thessalonians 5:18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Morning Prayer: God, I've struggled with this verse. I thought it was saying for me to be grateful for all situations in my life, good and bad, for that was Your will for me. I could not reconcile that it was Your will for me to have the many losses and struggles in my life. Moreover, that I should be grateful for them? I see now that's not the message at all. I am coming to understand that You have no ill will. You're encouraging me, in the midst of it all, to look for the things in my life for which I can be grateful. I must admit, it's difficult to see the forest from the trees in times of struggle. But I find when I practice gratitude (looking for, finding, and acknowledging things for which I am grateful) I feel better. It was difficult at first but I'm finding that instead of being consumed with negativity, gratitude changes me and leads me to moments of peace, calm, and even joy. May it always be so.

Morning Gratitude Text: Reflect on your week. What five things are you most grateful for this week? In your journal, reflect on those things. Write a prayer of thanks to God.

Noon Gratitude Text: Take two minutes to write down all the things for which you are grateful. Look at your list. How does it make you feel? Gratitude changes everything.

Evening Gratitude Text: The day and week are ending. With gratitude what are you looking forward to next week? Write about those things in your journal. This will help you to sleep.