

Daily Reflection on Scripture
Week of July 21
Gratitude:
The One Things that Changes Everything
Week 8: Gratitude for One's Self



Sunday July 21

Scripture: Psalm 139:14 I give thanks to God that I was marvelously made. God's works are wonderful—I know that very well.

Morning Prayer: God, I read today's scripture and have to confess that I don't always feel like I am marvelously made. I have this ache and I feel this pain. I look at myself in the mirror and see so many things that I don't like about myself. Instead of feeling as though I am marvelously made, I often feel as though I am not enough. Why do I believe the mirror more than today's scripture? The mirror only reflects a part of who I am. I am more than a reflection. I am more than just my physical appearance. From the inside out I want to believe that I am a marvelous creation. I am a person who has the capacity to love and forgive. I am a person who can serve and make a difference. I am a person who has passion, thoughts, and ideas to contribute to others. So, no matter what the mirror tells me, I want to believe what You tell me. You tell me I am enough. You tell me I am marvelously made. For that I am most grateful. May it be so.

Morning Gratitude Text: Write in your journal 5 things you like about yourself. Now write 5 things you don't like about yourself. The list you believe is the one that grows the most.

Noon Gratitude Text: How are you feeling about you? What about you are you most grateful for? Write about it in your journal. Gratitude for yourself can change your perspective.

Evening Gratitude Text: As you prepare to rest think about the way(s) you have helped someone. You made a difference. In your journal celebrate you and then rest well in who you are.

Monday July 22

Scripture: I John 3:1 See what great love God has lavished on us, that we should be called children of God! And that we are.

Morning Prayer: God, I am overwhelmed by Your great love for me. In my heart I know that in Your eyes I am perfect and beautiful, precious in every way, and I feel loved. But, sometimes my busy and restless mind overwhelms my heart, and fills me with insecurities about my own worth. Help me learn to lean into, and live into my heart reality, and not every negative thing on which my mind would dwell. Help me to see myself as You see me, confident of my value to You and the world, so that I can be fully who You created me to be, always a true and loving child of God. May it be so.

Morning Gratitude Text: When you think about who you are what is one positive word that comes to mind? Write it in your journal. Be that word for others today and you will be blessed.

Noon Gratitude Text: You are not a human-doing you are a human-being. Write about the struggle between doing and being in your journal. You are enough! You are especially beautiful!

Evening Gratitude Text: As you prepare to rest and your mind recaps the day say to yourself, I am enough. I am wonderfully made. In your journal, write a gratitude for and about you.

Tuesday July 23

Scripture: Song of Songs 4:7 You are altogether beautiful....

Morning Prayer: God, how much easier it is to see beauty in others than to see it in myself. All too often I find myself playing the “if only...” game. If only I was taller, thinner, smarter, more confident...We exist in a culture where so much importance is placed on physical beauty. If our screens are not filled with what our culture deems beautiful people, then we are getting blasted with messages on how we can become more beautiful. I know I need to stop judging myself on the cultural norms and instead listen to what the scripture is saying. I love the word altogether used in the Song of Songs. It paints us as a complete picture; our beauty is both external and internal. Help me to see myself as You see me – altogether beautiful. Help me to have the courage to look in the mirror and see me as You see me, beautiful and made in Your image. Let me radiate the love that You have for me. May it be so.

Morning Gratitude Text: When you look in the mirror say to yourself, “I am beautiful”. Say it one more time with a smile. Record in your journal what that felt like. You are beautiful.

Noon Gratitude Text: Beauty is more than skin deep. You’re beautiful from the inside out. Write about one characteristic you like most about yourself. That’s who you really are.

Evening Gratitude Text: Take in a deep breath and say, “I am enough”. Breathe out saying, “I am beautiful.” Repeat. Write a gratitude about you in your journal. Rest well.

Wednesday July 24

Scripture: Philippians 4:8 Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Morning Prayer: Good Morning God. Thank You for Your grace and mercy and for loving me as I am. As each day goes by and the more I learn to trust in Your unconditional love, the more I learn about myself. Today will not go as planned. Help me to react according to Your affirming word so that others will see Your strength. Perfection is unattainable. Acceptance is possible and allows me to work on the blemishes so that they begin to disappear from my sight. Thank you God for loving me so that I can love myself for who I am...perfectly imperfect. May it be so.

Morning Gratitude Text: Negative thoughts don’t reflect who you are. Positive affirmations define your beauty. In your journal write positive things about you. Thank God for you!

Noon Gratitude Text: Where are your thoughts taking you? Pause to think on things that are true, beautiful, life giving, and affirming. Record your thoughts in your journal.

Evening Gratitude Text: As you prepare to unwind, what are you most grateful about today? Remember gratitude changes everything. Write down your gratitudes and you will rest well.

Thursday July 25

Scripture: Romans 12:2 Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging

you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Morning Prayer: God, everywhere I look I see images of physical beauty. Beauty sells almost everything. No wonder I look in the mirror and don't feel like I measure up. I am allowing the culture to set the standard for what beauty is. And like today's scripture it drags me down to a level of shame. Then the scripture says that God brings the best out in me. I remember Jesus' teaching on the importance of looking at who a person is on the inside and not judging a person by the outside. Help me to see the beauty of compassion, forgiveness and grace that lives inside of me. No matter what my outer appearance might look like, it's my heart that makes me most beautiful. The real beauty of a person comes from deep inside. Help to remember that looks are only skin deep. May it be so.

Morning Gratitude Text: Today you will be tempted to think negative thoughts. Combat them with positive affirmations. Remember who you are. Write the affirmations in your journal.

Noon Gratitude Text: No matter what is happening around you gratitude works from the inside out. It changes how you see and hear things. Write down your gratitudes; feel the change.

Evening Gratitude Text: It's scientifically proven that gratitude before bed helps you to sleep and wake up more positive. Take two minutes and write as many gratitudes as possible.

Friday July 26

Scripture: 1 Corinthians 3:16 Do you not know that you are God's temple and that God's Spirit dwells in you?

Morning Prayer: God, this scripture brings a new reflection on what I see in the mirror. I need to look past the image I immediately see and look deeper, beyond the mere reflection so I can see Your Spirit within me. To be honest that is not always comfortable, but it is always a comfort. There are times when I act or speak in ways that do not reflect Your love and goodness. In those times I need to remind myself about my true-self, the self where Your Spirit dwells, and be reminded that I am unconditionally loved. The best I can do each day is to reflect Your love and grace that dwells within me. Help me to see what You see when I look at my reflection and share that with the world. May it be so.

Morning Gratitude Text: You are more than what you see in the mirror. Yet it is important to be thankful for what you see. Without any judgement write a gratitude for what you see.

Noon Gratitude Text: How many times have you seen your reflection today? Were your thoughts positive or negative? Reflect on this in your journal. Thank God for who you are.

Evening Gratitude Text: What's been the highlight of your day? Write a prayer of gratitude for the thing that brought you great joy! My gratitude help you to rest well. You're enough!

Saturday July 27

Scripture: Ephesians 2:10 For we are God's masterpiece. God has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Morning Prayer: My first thought as I read this passage is "I am not a masterpiece". Certainly not to myself, let alone God. It's all too easy to look in the mirror, find flaws (physical, mental, spiritual), and feel shame which I typically base on whatever I'm using as my metric of the day. And that's my problem. I'm using my metric, not Jesus'. The reality is my wounds, my flaws, my mistakes in judgment, my slips of the tongue, when I'm able to humble myself and embrace them as uniquely

mine, when I'm able to learn and grow from them, I find they are exactly what makes me beautiful to God. For it is then that I'm able, through Jesus, to be humble and offer the gift of compassion and empathy for myself. From that vantage point, I am then able to live into God's call for me which is to offer the same to others. May it always be so.

Morning Gratitude Text: What do you value the most today? For many people the answer is a "who" and not a "what". Write a prayer of gratitude for the person you are most thankful for.

Noon Gratitude Text: How are you feeling about yourself right now? How might you treat yourself for being you? Write about a way you can treat yourself - dream and imagine big!

Evening Gratitude Text: This is the last text in this series. Before going to bed write a grand gratitude to God for all the things for which you are grateful. You are beautiful!