

Daily Reflection on Scripture
Week of August 18
The World is Our Neighborhood
Week 4: Uganda



Sunday August 18

Scripture: Micah 6:8 The Lord has told you what is good, and this is what the Lord requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Morning Prayer: God, I awake with an intention to do good with my life today. In reading today's scripture the prophet Micah makes it clear as to what "good" means. I am to do what is right by others, love mercy and walk humbly. Even though I understand those three steps I sometimes trip over my own steps. So today help me to live into my intention of doing good by treating others as I want to be treated, showing mercy and kindness to those I meet, and to walk humbly, knowing that each step I take is a gift from You. May I do what is good for others knowing it is what is good for me as well. May it be so.

Morning Text: Make it your goal today to focus on what you have instead of what you want or don't have. Reframing your mind can change your whole day. Today is a gift.

Noon Text: At your core you are a good person. Don't let the negative voices in your head or what others may say about you discourage you. Remember you are beloved of God.

Evening Text: The day has come and now is closing. Now is the time to release what didn't get done today so you can rest well tonight. God has given all you need right now.

Monday August 19

Scripture: Isaiah 58:10 Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon.

Morning Prayer: God, this scripture seems pretty simple to me and yet it isn't so easy to feed everyone who is hungry, and help everyone in trouble. I can't do it alone. But, I know that when we remember to care for the needs of those around us, even just one person, we are like a light shining in the darkness. Acts of kindness and generosity can brighten the world in ways we can't even imagine. Help me to see the world through Your eyes, eyes of faith and love. Help me to recognize any situation where I might be able to help someone, and give me the courage and strength to respond. May it be so.

Morning Text: Today offers an opportunity to shine the light of God's love into the world around you. Keep your eyes open for each one, and act on it.

Noon Text: Offering love and kindness to others costs you nothing. Pause and reflect on how you can offer these gifts to someone today. Let your light shine!

Evening Text: As you prepare to rest, name two things for which you are grateful right now. Let that spirit of gratitude lead you into a peaceful night of sleep.

Tuesday August 20

Scripture: Isaiah 1:17 Seek justice. Help the oppressed. Defend the cause of orphans. Fight for the rights of widows.

Morning Prayer: God, in this scripture there are four short, simple instructions of how I must live my life, simple but sometimes overwhelming. It is much easier to make a donation to an organization that helps the orphans and the widows than it is to ask the questions of why is there so much injustice which leads to oppression, orphans and widows. Help me to start asking the questions and then acting on the answers, not being content to just put Band-Aids on the results of injustice but to heal and eliminate it. Help me overcome my fears or my feelings of inadequacies and become an advocate for those on the margins. May it be so.

Morning Text: God, as I begin this day, open my eyes to really see those on the margins as I go about my day and give me the courage and wisdom to speak on their behalf.

Noon Text: Pause for a moment to reflect on your morning. Offer words of gratitude for all that you have. How you can share what you have or what you know with others?

Evening Text: God, life can be overwhelming. As I lay down to sleep I am surrounded by Your love so that I am able to rest well and to wake refreshed to embrace tomorrow.

Wednesday August 21

Scripture: Luke 3:10-11 The crowds asked, "What should we do?" John replied, "If you have two shirts, give one to the poor. If you have food, share it with those who are hungry."

Morning Prayer: God, thank You for blessing my life in ways I never imagined. Thank you for home, my family, my church, my job, my friends and for all the other ways You have impacted my life. Each day may not go according to my plan for the day, but Lord You meet me in the plans I make and help to direct and sometimes redirect my path. May today be a day to share my abundance with those in need. Lord I understand this can be as simple as the right words to the right person at the right time. Help guide my day. Help me to put others first. Help me to be a blessing to others as You bless my life. May it be so.

Morning Text: Abundance is a blessing! How might you share your excesses with others. There are many awesome ways to donate and help others in need.

Noon Text: Take a minute and reflect on your morning. Where has God blessed your life in ways you never imagined. How can you share blessings with others?

Evening Text: God, I thank you for Your incredible love. I rest knowing that although my life is not perfect, You still have blessed me beyond my imagination. Thank you..

Thursday August 22

Scripture: Romans 12:13 Share with the Lord's people who are in need. Practice hospitality.

Morning Prayer: God, thank you for this day. Thank you for the gifts I have, both tangible and intangible. Thank you for the spiritual practice of serving. Thank you for my friends. Thank you for those who challenge me to always live into a greater purpose than just pleasing myself. Thank you the opportunities I am going to have today to practice hospitality. With gratitude for the much I have been given may I, with abundance, give of myself to others. May I remember that it is in giving that I receive all that I really need. Thank you for today's scripture that can help me set the tone of my heart, mind and soul for the rest of my day. May it be so.

Morning Text: Hospitality is the spiritual practice of welcoming people with grace and love - both those you know and those you don't. How might you practice it today?

Noon Text: What's been captivating your mind? Take a breath and name three things for which you are grateful. Those three things can change your day. Be thankful.

Evening Text: This evening is a gift to rest and renew. Try to release some responsibilities and just be. This will enable you to rest in God's grace and awake renewed.

Friday August 23

Scripture: Galatians 6:7b - You will harvest what you plant.

Morning Prayer: God, it is interesting to reflect on this scripture. When I was young it seems like it was always used in the context of a cautionary tale. I heard it from my parents more often when I had done something wrong – that my wrongdoings would come back at me. Now as I read it, it is filled with possibilities. I especially think of it in connection with how I am investing my time and energies in serving those on the margins. If I help a child today with his/her education then endless opportunities open up for their futures. Help me be mindful always of what I am planting, be it with my words, my actions or my finances. May it be so.

Morning Text: As I prepare for the day I remind myself of how my words and actions can work for the positive or work for the negative. I choose today to reflect God's love.

Noon Text: What have you planted today that will be harvested in the future? Use your words and your actions to plant wisely. Seed God's love in all that you do.

Evening Text: As the week draws to a close, I offer words of gratitude for a time to rest and re-energize secure in God's love, secure knowing that all that I have is enough.

Saturday August 24

Scripture: Psalm 82:3-4a Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Rescue the weak and the needy;

Morning Prayer: Today's reflection, God, doesn't leave much to the imagination. Not a lot of gray area here. If I'm looking for a way out of Your call for me because at the moment I'm feeling more "what about me?", I could sit in judgment asking "Why is/are this person(s) weak? Why are they poor? Why are they needy?" And then decide for myself if it's a valid situation or circumstance that demands my attention. The reality is the passage doesn't ask me to do that. That's not my job. Nor is it asking me to dismantle my life to lead the charge, although I'm free to do so. It's asking me to live in Your grace and do my part when and where I am able every day. The real challenge for me is to slow down and take notice of my day and of those around me, and to be prepared to help whenever and wherever I am able. May it be so.

Morning Text: Try to set an intention as to how you want to see your day. An intention to be grateful for all that God has provided this week can make your day brighter.

Noon Text: In all the activity of the morning, how have you experienced God at work in your life? God works in mysterious ways. Sometimes we need to pause to see it.

Evening Text: Tonight take a moment to recount the week. Notice where your mind goes first. Remember to be thankful for all God's blessings. This will help you to rest well.