

**Daily Reflection on Scripture**  
**Week of September 1**  
**My Real Job Is...**



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**Sunday September 1**

*Scripture: II Corinthians 13:5 Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is among you.*

**Morning Prayer:** God, sometimes I wake up and wonder what am I really about? What am I trying to do with my life? Where am I going? From where does my direction come? This is unsettling to wake up with so many life thoughts running through my head. Then I read today's scripture, "Examine yourself to see if your faith is genuine..." Wow! If I wasn't awake before, now I am wide awake with an awareness that what I am looking for is already in me. I just have to look inside to see that I do have faith. It isn't always strong, but it is always there. I remember Plato's famous quote, "Know Thyself". May I know myself even without having to know so many other things. May I know that You love me just where I am and the more I get to know Your presence in me, the more I will see Your presence in others and be comfortable without having to know all the rest. Thank You for today's scripture that inspires me to begin the day by looking inside to know that I am Your beloved child. May it be so all day long.

**Morning Text:** As you start the day take a moment to pay attention to how you are feeling physically, emotionally and spiritually? Where do you need God's grace to help you?

**Noon Text:** What has brought you joy today? Why? What has frustrated you? Why? The answer to why is most important for it leads you inward instead of placing blame outward.

**Evening Text:** As you prepare to rest take a few minutes to review your day. Examining yourself will help you to know how to pray for God's grace before going to sleep.

**Monday September 2**

*Scripture: Colossians 3:23 Whatever you do, do it from the heart for the Lord and not for people.*

**Morning Prayer:** God, Today I am reminded that everything I do should be done with the fullest intention and purpose, as if I am doing it just for You. I want to live every day so that I see even the smallest act a sacred act of worship and gratitude for the gift of my life. Help me to remember this throughout the day, in all that I say and all that I do, knowing that I am offering all of my life and my work to You, and not to impress others. May it be so.

**Morning Text:** What plans does your day hold? Pause and offer everything that happens to you today as a gift of gratitude, knowing that all of your endeavors are sacraments.

**Noon Text:** Take a moment to enjoy the beauty of the world around you as one season gives way to another. So do the seasons of your life. Find joy in this moment.

**Evening Text:** As you prepare to rest, release any unmet expectations about this day. You are loved by God just as you are, not for anything you do. You are enough.

### **Tuesday September 3**

*Scripture: Psalm 51:10 Create in me a new, clean heart, O God, filled with clean thoughts and right desires.*

**Morning Prayer:** God, the words of today's scripture is my prayer. May my heart be centered on the unconditional love that You value the most for all people. May my negative thoughts be healed by positive thoughts of hope for myself, my family, neighborhood and the world. May I desire what You desire - compassion and forgiveness for everyone. May my heart be renewed and overflowing with the possibilities of what You can do through me when my heart, thoughts and desires are in union with You. May it be so.

**Morning Text:** Set an intention to be the presence of God's love today. When you feel yourself slipping from that intention, center yourself with compassion and forgiveness.

**Noon Text:** Look around you and be grateful for all the good you have in your view. This moment of gratitude can help you overcome any negative thoughts up to this point.

**Evening Text:** God, I receive these next hours of the evening as a gift to rest and renew. Help me to release the tensions of the day knowing that I gave my best all day long.

### **Wednesday September 4**

*Scripture: Proverbs 27:19 As a face is reflected in water, so the heart reflects the real person.*

**Morning Prayer:** God, as today begins I am mindful of the many ways You have gifted me in ways to serve. Help me to do my very best taking on the tasks of the day and seeing them as ways I can show my love to family, friends and others in my path. May each of them see Your love through my efforts. Guide my heart, my hands and my mind today. No complaints, only seeing these opportunities to serve others as ways to show your incredible love for all of us. May people see a reflection of Your love in my smile that flows from my heart. Today and everyday...may it be so.

**Morning Text:** As your day begins, find joy in all you do. God has gifted you in so many ways. Use these gifts to serve others in love.

**Noon Text:** What have you done today? No task is less important than another. Show your love of others by doing your best in all you do. Have compassion for yourself.

**Evening Text:** Today was a good day. My accomplishments may not be world altering. For those I served, they got my very best. Now I rest knowing tomorrow is another day.

### **Thursday September 4**

*Scripture: Lamentations 3:40 We must search and examine our ways.*

**Morning Prayer:** God, as I begin my day with this prayer and centering, help me to see who I am inside and to forgive myself so that Your healing love will be my way forward. Help me to see how I can be of service to you and my neighbors. Allow me to allay my fears and clearly see the good and wonder this world offers in all things. Give me strength to be an example of your grace and love even in the most difficult situations. Help me to remember that it is only in seeking that I will find my true self and accept the perfection in my imperfection. To see myself most fully is to see the beauty You see in me always. Thank You! Now may it be so.

**Morning Text:** As you start your day center yourself in God's unconditional love. Ask God to help you to be a reflection of love and kindness as you go out into the world.

**Noon Text:** Stop for a few minutes and think about how you have talked to yourself today. Have you treated yourself with kindness and understanding? Love yourself!

**Evening Text:** As you prepare for rest, recount the good and the bad in your day and be thankful for all that has happened. Receive God's grace and you rest well.

### **Friday September 6**

*Scripture: Luke 6:45 You must begin with your own life-giving lives. It's who you are, not what you say and do, that counts. Your true being brims over into true words and deeds.*

**Morning Prayer:** Ever since I was a child, God, the message was clear, "decide what I want to be when I grow up. That will be who I am." Based on the reaction I received from others, I knew if my choice was a good one or not. The pressure was on to come up with something not just good enough, but better. Living into my true spirit, to live a life of love, compassion and service towards myself and others, became secondary, often discounted or ignored. It was a struggle for the metric was always changing, being set higher and higher. Externally, I looked great, but internally, I suffered. Never enough, until one day, God, You helped me realize who I am at my deepest core. I am Spirit and Love, Your very essence. I am enough. I was always enough. When I live my life operating from Your Spirit within me, what I do as my work is but a mere expression of You. May it always be so.

**Morning Text:** As you begin this day, know that you are enough. You have always been enough. Let your spirit shine spreading love to all you meet in the course of your day.

**Noon Text:** Deep breath in, pause, slowly release. Remember who you are while you're busy doing what you do. Whatever the outcome, you are the beloved. You are enough.

**Evening Text:** Rest well knowing today the world received your in your perfectly imperfect glory and is blessed. Rest well knowing tomorrow is a new opportunity to grow and serve.

### **Saturday September 7**

*Scripture: Proverbs 4:23 Keep vigilant watch over your heart; that's where life starts.*

**Morning Prayer:** I have a lot of stuff, God, and I've worked hard to get it. I take the time to take great care of it. I chastise others if I've allowed them the use of it and they don't give it the same level of care. My life started with a beating heart and will end when it stops. With so much riding on it, how is it then, that I don't give my heart, the spiritual center of my being, the same level of care? I'm learning when I solely act out of my head, ignoring my heart, my behavior and decisions are often misguided, hurtful, and not in my best interests as I intended them to be. When I practice self care, I'm better able to see when I'm placing the value of my stuff over the value of my heart and the hearts of others. I am then able to recenter, make amends, and start again. Help me to remember, God, to practice spiritual, mental and physical self-care. When I do, everything else seems to fall into place. May it always be so.

**Morning Text:** As you awaken, smile ... releasing positive endorphins throughout your system. God has blessed you with a new day to love, to learn, to serve. Let your spirit shine today.

**Noon Text:** Saturdays are filled with errands and chores. Assess your heart in this moment. Do you need a break? A drink of water? Remember to practice self-care, pause and re-center.

**Evening Text:** Reflect on all you've accomplished and cared for in this day. As you recall each thing, release it to God. Now give yourself the same attention and care. Rest is self-care.