

Daily Reflection on Scripture
Week of September 27
Our Story: A Heroic Journey
Week 4



Sunday September 29

Scripture: Matthew 5:3 God blesses those who are poor in spirit and realize their need for God, for the Kingdom of Heaven is theirs.

Blessed are those who have discovered that God meets them in their brokenness and despair.

Morning Prayer: God, when I am feeling all alone and defeated it is so easy to question where You are. If You are with me, then why I am feeling abandoned by You? In those times I certainly don't feel blessed. Yet, today's scripture tells me that I am blessed when I realize that my needs are too big to handle alone and I turn to You for help. Today, help me to remember that. Help me to know that You are so much bigger than my feelings of abandonment. Sometimes I miss seeing You because I am looking for You to make the disorientation go away. I am learning that is not how You work. You work in the disorientation, helping me to learn that in my brokenness and despair there are invaluable lessons to be learned, And therein is the blessing. You bless me with the strength and courage to stay with the struggles and eventually rise up stronger than before. May it be so.

Morning Text: Today you will face challenges bigger than you. When that happens ask God to help you stay with the struggle. You will be blessed with just enough

Noon Text: Sometimes God blesses you with the right person at the right time. Sometimes you can be that right person at the right time to bless someone else.

Evening Text: An old hymn says, "Count your blessings, name them one by one, and it will surprise what God has done". As you close the day, how many blessings can you count?

Monday September 30

Scripture: Matthew 5:4 God blesses those who mourn, for they will be comforted.

Blessed are those who are able to cry and mourn their losses and learn how to empathetically walk with others who mourn.

Morning Prayer: God, sometimes I am overwhelmed by the seemingly endless violence, injustice, and suffering in our world. I see it on the grand global scale, but also in the lives of people around me, and even in my own life. There are days when I think I can't bear to hear one more heartbreaking story. But then Your words of blessing steal into my heart, and I remember that You said, "Blessed are those who mourn, for they will be comforted." Then I know that what I am feeling is some small sense of Your holy grief, so little compared to what You must feel as You look on the struggles throughout all of creation. When I mourn, it's a holy grief, knowing that You mourn with me. Help me to allow myself to feel deeply the pains and losses of life, as well as the joys and triumphs. Help me to weep as you weep, unashamed and openly, knowing that even in my tears there is healing for my spirit, and healing for others. I weep with You. May it be so.

Morning Text: Are you carrying some sadness or grief today? Let your heart stay open to those feelings, knowing that even in your sadness, you will find comfort.

Noon Text: Have you shown compassion to someone who is hurting today? Remember that you can be the comforting presence of God to others, just as God comforts you.

Evening Text: Before you rest, offer a prayer of gratitude for the gift of tears. They are part of the healing and comforting process of life when your heart is overwhelmed.

Tuesday October 1

Scripture: Matthew 5:5 God blesses those who are humble, for they will inherit the whole earth.

Blessed are those who get their egos out of the way and are willing to get down and dirty to help someone in need.

Morning Prayer: God, there is so much paradox in the Beatitudes. If we are humble are we then rewarded by inheriting the whole earth? If I view the whole earth as a possession rather than a responsibility then I lack a humble spirit. Then how easy it might be to lose my humility or maybe practice a false humility to gain so much. Like all of the Beatitudes it is counter cultural. It often seems within my culture that humility is viewed as weak and it is the strong that are the winners in life. But I think what this scripture is saying that it is in my humility that I can understand the true value of this world, the value of Your creation on earth and the value of each person on this earth. Gaining the whole earth is not a prize but a responsibility that I as a follower of Christ have entrusted to my care, to follow in the footsteps of Jesus to care for this world and everyone in it. Help me to live into this expectation of being a caretaker of Your world. May it be so.

Morning Text: God, as I go about my day let it be with a humble spirit. Let me be a blessing to all who I encounter and all that I experience in Your incredible creation.

Noon Text: If the world is yours, how are you treating it today? With respect? How are you reaching out to the people you meet today to help them experience God's love?

Evening Text: God, I know that I can't change the whole world, but today I did what I could to make my little corner of it a better place. Now I rest well in Your love.

Wednesday October 2

Scripture: Matthew 5:6 God blesses those who hunger and thirst for justice for they will be satisfied.

Blessed are those who speak for the voiceless and help those who can't help themselves.

Morning Prayer: God each day you bless us with Your presence. You are with us daily to help us help ourselves and to guide us to find ways to help our brothers and sisters. We are Your creation, loved unconditionally by You. You are with us in our joys. You are with us in our disappointments and challenges. Help me to show others, particularly those living on the margins, Your love, compassion, by how I live my life today and every day. My actions of compassion and forgiveness may be the answers that someone needs today. Thank you for Your words that guide us. May they help make today a day of action for those in need. May it be so.

Morning Text: Today, I will be mindful of those around me in need. I will make them a priority. If I am a person in need, then I will be the priority by practicing self-care.

Noon Text: Need has many different meanings to those on my path. Am I seeing each person individually to discern what I can do to show God's love, peace, and comfort?.

Evening Text: God, tonight I rest knowing You are with me as I deal with life's challenges and frustrations. Help me and others connect to Your peace inside each of us.

Thursday October 3

Scripture: Matthew 5:7 God blesses those who are merciful, for they will be shown mercy.

Blessed are those who respect people for who they are without prejudice based on race, color, ethnicity, class, or sexual identity.

Morning Prayer: God I pray that in this day I see all of my fellow humans as You see them. I know You see each and every one of us as a masterpiece, whole and replete in beauty. I thank you for this day and the people I will encounter and the stories we will share if only with a smile or a look. I start this day full of forgiveness and mercy for myself so I am able to extend that to all others that I encounter. As You have taught us, we can only love as much as we love ourselves. I pray that I am an example of Your love and mercy in this world today. May it be so.

Morning Text: As I wake up I know that with God there is abundance for all. I will live this day with respect, compassion, and empathy for all. I will practice mercy.

Noon Text: Have I been merciful in my dealings with others? Have I worked on not judging people by appearances? Remember we are all equal in God's eyes.

Evening Text: I come to rest knowing that I have done the best I could and tomorrow is another day to practice acceptance and mercy. I thank You God for Your grace this day.

Friday October 4

Scripture: Matthew 5:8 God blesses those whose hearts are pure, for they will see God.

Blessed are those who seek to have a heart of compassion, forgiveness service and wisdom like Jesus had.

Morning Prayer: God, as I ponder on this scripture my first question (as there are always questions) is what does it mean to be pure of heart. I think that my mind is a reflection of my heart and what is on my mind is usually reflected in what comes out of my mouth. Sometimes pure is not the word that comes to mind when I blurt out something that I regret, something that is more ugly than pure. I think to be pure of heart means that what is in my heart models the heart of Jesus – a heart of love, compassion, and forgiveness. When I remember that my own heart, my true self, is filled with love and compassion, then it is easier to see You everywhere I go – in the beauty of creation and in the beauty of the people I encounter. Help me keep my heart aligned to the heart of Jesus. Help me to reflect that love and compassion in all that I say and do. May it be so.

Morning Text: God, as I wake today, I pause to make sure that my heart is aligned with the heart of Jesus. In all that I do today, I will be a reflection of his love.

Noon Text: How is your heart today? Is it filled with God's love and compassion? Are you sharing that love and compassion with everyone you interact with today?

Evening Text: God, I am grateful to come to rest tonight, knowing that today I did my best to live a life that reflected Your love and grace. I rest now in that love.

Saturday October 5

Scripture: Matthew 5:9 God blesses those who work for peace, for they will be called the children of God.

Blessed are those who know that peace in the family, the neighborhood and the world begins inside themselves.

Morning Prayer: I used to think, God, that this scripture was a call to activism and anything short of that was not living into your Word. How can I spread peace in the world, if I'm not at peace in my own heart and soul? I know you want me to experience the peace offered so freely from You. From that place of acceptance and peace within, almost like the unconscious act of breathing, I will be living in a way that works for peace in my family, my place of employment, my community, and beyond. But sometimes it's hard, God. At times, I'm carrying so much pain within. I know if I don't heal that pain, I will project it outwards. Help me, God, to be courageous. Help me to take the time to honestly look inside myself at all the broken and bruised bits. Help me to process them and find a sense of inner peace by showing myself and others the compassion and forgiveness we all so richly deserve. May it be so.

Morning Text: Today, I intentionally choose to live knowing I am blessed. I will be mindful of God's blessings so that I can both live with and demonstrate joy and peace.

Noon Text: Take a moment to pause and reflect. Take in a deep breath, slowly let it go. Release the tension. Know that you can start your day over at this very moment.

Evening Text: God, thank you for today. I can rest knowing that I am blessed from the inside out. Even without tackling all my problems at once I am blessed. Thank you, God.