

Daily Reflection on Scripture
Week of November 3
167 +1
Week 1



Sunday November 3

Scripture: Hebrews 13:16 Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship—a different kind of "sacrifice"—that take place in kitchen and workplace and on the streets.

Morning Prayer: God, this scripture reminds me how easy it is to take things for granted. It's so easy to go through my day and my week, without thinking about how I am spending my time, my money or even knowing what my real focus is. Every week I have the gift of 168 hours. Help me to become more aware of how every hour is an invitation to serve. Just like the scripture says, I can serve in the kitchen, at work, and on the streets. And if I understand the author of today's scripture, that means every act of service is also an act of worship. Now I am seeing how worship is part of every day; it's more than just an hour a week in church. Help me to see the 24 hours I have today as a way to both serve and worship. Wow! That feels like a win-win for sure. May I respond to the many opportunities that I will have to serve others and myself throughout the day. In that way, I am also worshipping You. May it be so.

Morning Focus: Every week you have 168 hours. Today you have 24 hours. See them as a great gift from God to be present in the moment and to recognize how every hour is an hour to serve or be served.

Noon Text: Pause and take a deep breath saying, "In this moment". Slowly release your breath saying, "I am grateful for _____". Gratitude can change your next moments.

Evening Text: God, as the moments of this day come to a close, help me see the remaining moments as a gift to serve myself by slowing down to rest. Help me release and rest.

Monday November 4

Scripture: Romans 12:1 So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

Morning Prayer: God, today I offer my life to You. Not just my moments of peaceful contemplation, but my whole messy, complicated, and often chaotic life. I offer You all that I am; the best, the worst, the confused, and the conflicted parts. Today I bring you my questions, because it is through my questions that I can discover answers. I offer You those things of which I am certain, knowing that sometimes when I am confident in my own wisdom I discover new truths that challenge my beliefs and lead me forward. Here I am God; today my life is Yours. Teach me, guide me, strengthen and encourage me. I am grateful for Your love. I will carry it with me through every moment of my day. May it be so.

Morning Focus: Everything you will do today can be an offering of gratitude for the life you have been given. Use it to bless others and the gift will flow back to you.

Noon Text: Pause and breathe in the words, “My life is a gift.” Hold for a few seconds, then breathe out, “I am grateful.” Gratitude can change your remaining moments.

Evening Text: Before you sleep offer simple words of gratitude for the life you enjoyed today, the rest that is before you, and the life that is ahead tomorrow.

Tuesday November 5

Scripture: Luke 6:38 Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity.

Morning Prayer: God, I rise today committed to giving my life away in whatever way I can. Sometimes my own needs and wants can be overwhelming, but when I turn my attention outward instead of inward it seems like everything falls into perspective. My own problems become more manageable. That is the blessing, how in giving myself away in service to others, I can look beyond my own concerns. Help me to be aware of the many opportunities to serve others and in doing so to serve You. Help me to find ways to be generous with my time and with what I have. Although I don't always acknowledge and appreciate it, I have more than enough. May it be so.

Morning Focus: In everything I do today Lord, let me be reminded that I have more than enough to share. I have so much more than so many do. Let me not be miserly with my time or with my resources.

Noon Text: Pause for a moment and reflect on what you have experienced so far today. Whisper words of gratitude to God for all that you have. Now open your heart to share.

Evening Text: God, I am grateful to have had opportunities to serve others today, to allow myself to be served and to receive Your love and blessings in both.

Wednesday November 6

Scripture: II Corinthians 9:11 This most generous God who gives seed to the farmer that becomes bread for your meals is more than extravagant with you. God gives you something you can then give away, which grows into full-formed lives, robust in God, wealthy in every way, so that you can be generous in every way, producing with us great praise to God.

Morning Prayer: God, this scripture makes me think of how, more often than not, I operate from a scarcity mindset. I think a lot about whether there is enough. Mostly I worry about there being enough time and enough money. I confess that while I am ruminating on the lack of time or money, it is really hard for me to be generous; that's because I'm focused more on myself than others. And yet when I pause and look at all I have, 168 hours a week and enough resources to live comfortably, I realize the abundance of what I have been given. So my prayer today is that You help me to change my mind from worrying about having enough to being thankful for what I have. I want to live with an abundance mindset, for in reality I have all I need for now. This leads me to ask You to help me be more generous with my time and money. May it be so.

Morning Focus: Begin the day with a mindset that there is enough for this day. You have all that you need to live fully alive today. This will help you to be more generous.

Noon Text: Take a moment to breathe in saying, “In this moment”. Breathe out saying, “So much to be thankful for”. A moment of gratitude can change your next moments.

Evening Text: God, all day I have given myself in acts of service. Now it's time to serve myself with quiet and rest. May I see these hours as important as all the others.

Thursday November 7

Scripture: II Corinthians 9:7 You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully."

Morning Prayer: God, every day I get to choose how I am going to live my life. I get to choose my attitude, my responses, my words, and how I am going to be generous. Even though I know that I get to choose, at times it feels as though I don't. It seems like circumstances control so much of what I do and don't do. So today remind me that I get to decide in my heart how I am going to be with others. Help me to choose to be generous with kindness, goodness, self-control and with the many resources I have been given. The scripture says You love it when I choose generosity over any other options. Maybe the reason You choose to love cheerful giving has little to do with Your own cheerfulness and everything to do with mine. May I choose wisely today so that I find great joy in giving myself to others. May it be so.

Morning Focus: You get to choose today how you will be with others. As you begin your day ask God to help you to choose being generous with kindness, goodness, self-control and your resources. In doing so you will find great joy.

Noon Text: Pause and think about how you are blessed. Take a moment to name some specific blessings. As an act of gratitude bless others with your blessings.

Evening Text: God, this evening I am choosing to release the things that irritated me today so that I can be grateful for what I have in this moment. I am blessed.

Friday November 8

Scripture: II Corinthians 9:8 God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others

Morning Prayer: God, I confess that all too often I worry – about what I have, about what I don't have but think I need. It is easy to get caught up in the scarcity mentality of thinking I don't have enough. So as I wake this morning I take a few minutes to evaluate – what am I doing with what I have? How am I utilizing my resources of time and finances? In this scripture I hear that You will provide. Although I have experienced this over and over, sometimes I fall back into the trap of thinking there is not enough. So let me be reminded of the many times I have experienced Your provision, with jobs or with people who walk beside me in the challenging times. Let me evaluate how I am using what I have. Am I being wise in how I use my resources so that there is not only enough for my own needs but enough to share with others who have even less? Help me make wise choices. May it be so.

Morning Focus: I begin this day with the intention of being generous with what I have. I remind myself of all that I have; it is more than enough for myself and to share with others.

Noon Text: Take a moment to remind yourself of all that you have. Can you see that there is more than enough for yourself and to share with others? Be grateful.

Evening Text: God I come to the end of the week with gratitude in my heart for all that I have. I am secure in Your loving grace, grateful that in You I have enough.

Saturday November 9

Scripture: Romans 12:2b 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: It's so easy, God, to get caught up in the latest trend or lifestyle, particularly as the holidays approach and commercialization ramps up bombarding me with images. I see what's coveted or desired by the many and think to myself, "That's what I want. That's what's missing in my life and what will fulfill me!" It's an insatiable desire for something, anything, to fill the void inside. Often times I am able to get it, and it feels great! But it's short lived, and the emptiness returns and I'm left wondering yet again, what is my purpose in this life? I realise the struggle is that I'm swimming upstream against the current. I've allowed my focus yet again to lock in on the external to fill the hole inside; fighting and resisting the natural flow of your spirit within me, the spirit that seeks to use my gifts and talents to serve others. Help me to remember that by serving others, I'm serving you, and I feel fulfilled, and in that way I am also serving myself. May it always be so.

Morning Focus: Today, remember who you are. You are a child of God. You have all you need for today. In this way you will be empowered to say, "Yes" when you need to say "Yes", and to say "No" when you need to say "No".

Noon Text: Today is a once in a lifetime opportunity to live fully alive. Pause and say, "Thank you God for the gift of this day. I am grateful." Now you can smile.

Evening Text: God, today I have been busy doing this and doing that. I see all of it as acts of service. Now I serve myself with rest and renewal. Thank you for evening rest.