

Daily Reflection on Scripture
Week of January 5
New Year's Re-Solutions



Sunday January 5

Scripture: Isaiah 43:18-19 Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it?

Morning Prayer: God, here it is a new day. A new week. A new month. A new year. A new decade. The past is over and today's scripture asks me to not remember the things that are behind me and focus on the new that is now and yet to come. I wonder, what is the new thing You are springing forth in me, my family, my friends, even the world? Truth be told, I don't always perceive it. Today can seem like yesterday with little change in my circumstances. Maybe the reason I don't perceive the new things You are doing in my life is that I am too focused on big things, like having more peace and understanding in the world, having fewer disagreements and more agreements, when in reality Your newness comes to me in smaller measures in my everyday life. So today help me to check it out. Help me to pay attention to the small ways that I am more kind, gentle, compassionate and forgiving than just a few months ago. Help me to perceive the small ways I am being transformed, believing that each small step is a step toward the new peace and understanding You are offering the world. May it be so.

Morning Focus: Today pay attention to the ways you are being more kind, gentle and compassionate toward others than you were a few months ago. Celebrate those moments as markers in your ongoing transformation to wholeness.

Noon Text: Take in a deep breath and say, "In this moment". Slowly release your breath and say, "I have all I need". Transformation to wholeness happens moment by moment.

Evening Text: God, tomorrow the daily routines begin again. Help me to rest and awaken renewed with gratitude for the gift of a new day to be loved and to be love for others.

Monday January 6

Scripture: Lamentations 3:22-24 The faithful love of the Lord never ends! God's mercies never cease. Great is his faithfulness; God's mercies begin afresh each morning.

Morning Prayer: God, It cheers my heart to know that while each day is a fresh start, and each day is different from the preceding one, Your love is the constant that holds all of the days of my life together. Such everlasting and unchanging love are difficult to comprehend, but I feel Your faithful love, Your constant presence and Your endless mercy surrounding me during even the darkest days of my life. I pray that these qualities can be a model for me to grow in my ability to love others, to find more focused ways to show my love for You, and to truly begin to love myself as You love me. May it be so.

Morning Focus: Today is a fresh start filled with God's faithful love and mercy. May these be your guiding light. Always remember that you are precious and loved by God.

Noon Text: Noon is a good time to reset your intention for the day. Carry only what is true, good and inspiring with you through the rest of your day. Release all else.

Evening Text: How have you felt God's loving presence today? Take a moment to reflect on that question, then release any troubling thoughts or concerns. God is with you.

Tuesday January 7

Scripture: II Corinthians 5:17 ...anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Morning Prayer: God, we are all told in our lives at home, at school and at work that there are no do-overs in life. But here I read that because I belong to Christ (as do all of us), I am a new person. I can learn from my past but can set it aside to be renewed in Christ. Letting go of the past is not always easy. Old habits are hard to shake, even the bad habits become familiar and oddly comforting. But I remind myself that in all things, good and challenging, You are with me. I take courage from this knowledge. It is the encouragement I need to allow myself to begin anew. Help me to open my heart to the new things You have in store for me. Help me be courageous, when I feel cautious, to let go and embrace the new. May it be so.

Morning Focus: Today wake with the attitude of releasing whatever it is that is holding you in the past and embrace all the newness of life found in God.

Noon Text: Pause to remind yourself that today is a new day. Every day is a new day in Christ, filled with endless possibilities to love God, your neighbor and yourself.

Evening Text: God I reflect on my day as I come to rest, thankful for the newness of life, thankful that in the midst of all things new You are with me. I rest in Your love.

Wednesday January 8

Scripture: Philippians 3:13-14 One thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal... the upward call of God in Christ Jesus.

Morning Prayer: God, this verse paints an inspiring image of leaving the past and pursuing the future with clarity, focus and steadfast drive to the perfect call You have for me. Yet I know it is not an easy pivot, but instead an arduous trek. I know Your relentless love for me. I trust in Your call to a transformed life of compassion, forgiveness, service, and wisdom, as modeled by the life of Jesus. And I am so grateful that I am also called to rely on You in every step towards all that lies ahead. To listen for Your voice that comes in a variety of ways and remain obedient to Your direction in the beautiful, easy times, and the dark and heartbreaking ones as well. What a gift it is to know that I am never called to anything alone and that You are always with me! May I perceive You today.

Morning Focus: As you press on toward the culminating goal of God's calling, and the smaller goals of today, make it a priority to seek out and abide in God's comforting presence of love through it all.

Noon text: Where do you sense God's presence right now? What is the next right step that God's spirit is encouraging you to take toward your upward calling?

Evening Text: Thank you God for Your ever-present guidance and companionship. My prayer is a purposeful and slow inhale and exhale, grateful You are as close as my breath.

Thursday January 9

Scripture: Ephesians 4:22-24 Put off your old self, which belongs to your former manner of life... and be renewed in the spirit of your minds and put on the new self, created after the likeness of God.

Morning Prayer: God, as wake I can many times feel as if I have not fully adjusted to my new self. I feel as if I am still in the world of my old life. I then remember the work that I have done to get closer

to You and I pray and meditate and feel the comfort of Your goodness. Help me to awaken every day in my new life, excited for the journey that is now modeled in Your likeness and love. May it be so.

Morning Focus: When I adjust my focus on the goodness of God and walk in the ways of Jesus, I will find comfort in knowing that all will be well. I will be an example of God's love for all.

Noon Text: Have I made sure that I am not falling back into the old ways of my life? If so I will ask God for reassurance.

Evening Text: I finish my day resting well and knowing that each day I live in the likeness of God, the closer I get to feeling God's goodness constantly.

Friday January 10

Scripture: Isaiah 41:13 I, the Lord your God, hold your right hand, it is I who say to you, "Fear not, I am the one who helps you."

Morning Prayer: God, what encouraging words to wake up to. Words I need to hear, when I wake up to news cycles that can create fear in me. We are in the midst of tumultuous times and it is all too easy to get caught up in a cycle of fear of what the future holds. But the words in this scripture reassure me. You are with me always, I can cling to You and to the hope You bring for the future. I can live into the newness of my own life. In my own home and family, in my own community help me to model the love and grace of Jesus. Help me create a culture of love and peace among my own family and friends, in my own community. This I can do because You are with me; Your love and grace are bigger than all of the conflicts in the world. May it be so.

Morning Focus: Wake up to the reminder that God is with you in the midst of anything you might face today. God's love is bigger than all of your fears. In God all things are new.

Noon Text: Just as God is holding your hand, giving you strength when fears creep in, how are you holding the hand of someone that needs that same reassurance of God's love?

Evening Text: God, now I come to lay down to sleep, to rest reassured that in Your love I can be renewed throughout the night, to rise tomorrow ready to face the day.

Saturday January 11

Scripture: Colossians 3:10 Put on your new nature, and be renewed as you learn to know your Creator and become like God.

Morning Prayer: This verse is timely, God, offered for my contemplation at the start of a new year, a new decade. Help me to live my intention to start every day, taking what I've learned and come to know from my spiritual journey thus far, and then mirror as best I can the example set by Jesus to live and breathe with love. Love of self, love of others. It seems so simple, but God, I find it at times so difficult to practice. Jesus truly loves everyone. God help me, I do not. There are people in this world, in my life, whose words and behavior sometimes take my breath away. Help me to "love the person, not the behavior." I trust, with your help, God, the more I put into practice Jesus' example, the better I am able to live my daily intention. When I stumble? I will simply start my day over and begin anew with you, Jesus, as my guide. May it always be so.

Morning Focus: A new day is here ripe with endless possibilities to live as Jesus lived. Open your heart without definition to receive and respond as the moments arise.

Noon Text: Take a moment to reset. Breathe in deeply saying to yourself "I am", then breathe out, "forever loved by God." Repeat. Now go share the love.

Evening Text: God, thank you for helping me live my intention which is as pure as Your love for me. Thank you for the gifts I might not have had but for Your loving guidance.