

**Daily Reflection on Scripture
Week of January 12
Fear-Less Hope-Full**



Sunday January 12

Scripture: Psalm 27:1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

Morning Prayer: Fear. I know it very well. Whom shall I fear? Of what shall I be afraid? Honestly, at times the lists are long. Even though I read that You are my salvation and You are my strength, I can still be afraid. God, I need You to help me to fear less often and to trust You more often. Help me to know that no matter if my fears are perceived or real, You are my guide. You are the one who leads to unwavering hope. So today, my intent is to not let fear guide me. Instead, I will choose the hope that You offer to be my guide. I will remember how You have been my salvation and strength in the past. By looking back to see how You have always been with me, I can look forward with hope because Your salvation and strength are the same yesterday, today and forever. May it be so.

Morning Focus: Just one minute of centering time every day can change your perspective and give you renewed hope. Take sixty seconds to center yourself for the day by breathing in a deep breath and saying, "Today, I will choose hope". Slowly release your breath while saying, "To be my guide".

Noon Text: Take a moment to check-in on yourself. How are you feeling? Can you name any fears that you have? Take a deep breath and say, "I choose hope to be my guide."

Evening Text: God, as I prepare to unwind and rest, help me to fear-less so I can be hope-full. I breathe in Your unwavering hope and I breathe out my unsettling fears.

Monday January 13

Scripture: Psalm 139:14 Thank you, God, for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

Morning Prayer: God, I am amazed by the wondrous complexity of all of life. Indeed all of creation is marvelous. I am grateful for the gift of life that I may experience all of it. I am especially grateful for the miraculous, self-renewing power of all creation, including myself. As I move deeper into the New Year I want to be even more respectful of the gifts of creation, and be more mindful of my responsibility to care for it to the best of my ability. Help me to discover new ways to practice self-care and have my eyes opened to the many different ways I can care for all species and for the well-being of our planet. These are my gifts of gratitude to You for the gift of Your marvelous gift of life and unconditional love. May it be so.

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Noon Text: God, may I begin to see all situations through hope-filled eyes, not allowing fear to guide my choices and my actions. I know this can change every outcome.

Evening Text: As I prepare to settle into rest I pray for renewal of mind, body and spirit so that I might rise tomorrow full of hope for the future for all of creation.

Tuesday January 14

Scripture: I John 4:18 There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

Morning Prayer: God, as many times as scripture tells me to fear not, the reality is that I do fear. I have fears about big stuff like what is going on in our world and fears about what is going on in my own life. I carry a fear that in my personal relationships with family and friends or in my work life I can't measure up to expectations, even when those expectations are ones I put on myself. Sometimes I feel like I am simply pretending to be competent, and my fear is that others will see through this pretense and know my failures. So my prayer is that when those fears well up and begin to overwhelm me, I step back and be reminded of how much You love me. You know me inside and out and love me unconditionally. In Your love I know that I will overcome those fears. May it be so.

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Noon Text: Is fear holding you back today? Remember that God loves you. Surround yourself with God's love and there is no room for fear. Love is greater than fear.

Evening Text: God, in Your love today I was able to work through my doubts about my own self-worth. I rest tonight, secure in Your love and grace, keeping fears at bay.

Wednesday January 15

Scripture: Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Morning Prayer: God, I am in awe at the power of Your creation and the loving intent of Your guiding hand. Sometimes, I can fall into the trap of seeing the world through a lens of fear, of differences and division, of anger and hurt. But this is not the view You want me or others to take. The life of Jesus set a transformative example of what can happen when I see the world through a different lens. A lens of hope, of connection and community, of peace and healing. May I have this perspective throughout this day, so that my everyday life will become one of service, compassion, and reconciliation. May it be so.

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Noon text: Everyone you meet is beloved and cared for by God. Everyone you meet has a calling to love and serve the world. Let this hope encourage your own calling.

Evening Text: God, as I prepare to rest help me to find contentment. Help me to keep seeing the world through the lens of hope. A hope that is built on love and not fears.

Thursday January 16

Scripture: Psalm 56:3-4 When I am afraid, I put my trust in God. In God, I trust; I shall not be afraid. What can anyone do to me?

Morning Prayer: God, I trust that all things come through You. If You are for me, whom shall I fear? Living this way is a difficult proposition as I walk through my daily life and challenges. When so many unknown things cloud my mind and I think I have to figure them out myself I can feel very afraid. I

pray that You help me to find ways to strengthen my faith and belief, that I remember all of the blessings and miracles I have seen and experienced. I pray that we can all take comfort in Your goodness and power and know that all will be well. May it be so.

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Noon Text: Take stock of your day. Is the glass half full or half empty? Regardless there is still God's unwavering hope for you and others. Remember to choose hope.

Evening Text: God, I rest now believing that fear is but a fleeting feeling and that my hope is in You. Instill within me an unshakable hope greater than fear. I'm grateful.

Friday January 17

Scripture: Matthew 6:25, 27 Do not be anxious about your life... Can all your worries add a single moment to your life?

Morning Prayer: God, today's scripture is easy to read, even easy to understand that no, worries don't add anything to my life. I just wish it was as easy to live into these words. I do have anxieties: With a multitude of challenges in my personal life am I able to give my full attention to my work? Or conversely, is my work keeping me from being present to my friends and family? Am I taking time for my own self-care? Unproductive anxious thoughts, and thinking them only add to the anxiety. One thing I do know is that if I just carve out some time each day to sit and be with You, I can release some of the anxieties. It can be as easy as sitting in silence listening for You, reminding myself of Your love for me, reminding myself that in the midst of any challenges I face, You are with me always. May it be so.

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Noon Text: Are anxieties robbing you of your joy? Know that in the midst of it all God is with you. God's love is bigger than all of your fears. Release them to God.

Evening Text: God, as I come to rest, I release all of my fears and anxieties to You. In Your love I will rest and be revitalized for whatever comes my way tomorrow.

Saturday January 18

Scripture: Psalm 46:1,10a God is our refuge and strength, always ready to help in times of trouble... So be still and know that I am God.

Morning Prayer: God, thank you for always being there for me even when I'm unaware of Your presence. There are times I get so caught up in the events of the day, or a situation with my family, or my job, or just overwhelmed by the seemingly endless barrage of current events focused on all that is wrong with the world that I lose sight of all that is good, inspiring, and hopeful. Remind me, God to begin my day with You in meditative silence, centering and setting my intention simply by just breathing, turning everything over to You. You bless me in so many ways. You are at the heart of everyone and everything and that gives me great hope. When I look for it, I find it and I am inspired to do what I can to contribute to all that is good. May it always be so.

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Noon Text: Take a moment to breathe in deeply saying silently to yourself “be still and know” and then breathe out slowly “that I am God.” There is hope.

Evening Text: Thank you, God, for helping me see so many examples today of goodness, fairness, empathy, and compassion. My fears are lessened; my hope grows.