

Daily Reflection on Scripture
Week of February 15
The Plus 1 Hour



Sunday February 16

Scripture: Hebrews 10:24-25 And let us consider each other carefully for the purpose of sparking love and good deeds. Don't stop meeting together with other believers, which some people have gotten into the habit of doing. Instead, encourage each other.

Morning Prayer: God, thank you for the gift of this new day. TGIS - Thank God It's Sunday. A day to gather in a safe place with friends, family, and others to pray, sing, learn, serve and find renewed strength for the week in front of me. Today's scripture sets the stage for the week - speak words of love and encouragement and offer acts of kindness. May I carefully consider the needs of those I meet today. May I always remember that just like me, everyone is carrying a burden. May I help to lighten a burden in another today by showing up to listen and learn how I might be able to encourage them and give them renewed hope. For in doing so my day will be rich with blessings. May it be so.

Morning Focus: Speak words of love and encouragement, and offer acts of kindness.

Noon Text: Today is a precious gift never to be repeated again. If you are struggling, to whom might you turn to find encouragement and renewed hope? You are not alone.

Evening Text: God, thank you for the gift of this one of a kind day. Now, evening has come and I prepare to take care of myself by getting a good night's sleep. Thank you.

Monday February 17

Scripture: 2 Corinthians 1:4 God's the one who comforts us in all our trouble so that we can comfort other people who are in every kind of trouble. We offer the same comfort that we ourselves received from God.

Morning Prayer: Encouraging God, I am grateful for the kindness and comfort you have shown me through all the difficult circumstances of my life. Your faithfulness has extended to every situation. I know that regardless of the challenges that come to me I am never alone. Your caring love is always present. Help me to remember this truth in those moments when I am in need of comfort and encouragement. This scripture reminds me that as You have faithfully comforted me You have also been teaching me what it means to offer the same kind of comfort to others when they are in need. Help me to have a soft heart and a comforting spirit to share the burdens of those around me when the opportunity arises. May it be so.

Morning Focus: In all circumstances, I am held and comforted by Your love.

Noon Text: Keep your heart open throughout the day to recognize opportunities to offer encouragement and words of hope to someone who needs them.

Evening Text: God, I am grateful for each small act of kindness I experienced today. I receive them as gifts from Your expansive heart which beats through all of creation.

Tuesday February 18

Scripture: Romans 15:5 May the God of endurance and encouragement give you the same attitude toward each other, similar to Christ Jesus' attitude.

Morning Prayer: God, You are the One who offers me endurance and encouragement. Some days I need this more than others but I am grateful every day that You are with me, loving me and encouraging me. I confess that too often I get caught up in my own needs that I neglect to offer that same loving encouragement to others. Help me to become more aware of the needs of others and then take the time to see how I can help address those needs. Often it is as simple as a kind word or smile. But even beyond that, when the need is much greater, I want to show the same love, offer the same encouragement through my actions that Jesus modeled. May it be so.

Morning Focus: I will face this day with endurance, offering loving encouragement, just as Jesus did.

Noon Text: How is your energy level? Are the events of the day dragging you down? Be encouraged knowing that God is with you in the good and the challenging times.

Evening Text: God, I come to rest, grateful for the day that has passed, ready to rest in Your love to prepare for all that tomorrow brings.

Wednesday February 19

Scripture: Galatians 6:2 Carry each other's burdens and so you will fulfill the law of Christ.

Morning Prayer: Thank you God for this encouraging reminder! Jesus said the law can be summed up in this command: Love God, love others, love yourself. This is simple, but not simplistic. Today's scripture reminds me of what this love looks like in action, to carry each other's burdens. Help me, God, to fulfill the law of Christ by being fully present during my interactions with family, friends, neighbors, and strangers. Help me to actively listen and mindfully discern ways I can show support and demonstrate love. Help me to relinquish my own pride and graciously accept help from those around me. As I go about my day, remind me that to serve and be served is not an act of weakness, but an act of strength, humility, and connection. May it be so.

Morning Focus: As the love of God comforts and supports me, may I comfort and support those around me.

Noon text: As the pace of the day picks up, remember to set aside hustle and busyness in exchange for slowness, presence, and love, so you can support those around you.

Evening Text: I come to rest with gratitude that we are created in the image of a present and connected God to live in a loving community, supporting and serving one another.

Thursday February 20

Scripture: Romans 12:7-8 If your gift is service, devote yourself to serving. If your gift is teaching, devote yourself to teaching. If your gift is encouragement, devote yourself to encouraging. The one giving should do it with no strings attached. The leader should lead with passion. The one showing mercy should be cheerful.

Morning Prayer: God, I thank you for the gifts You so freely gave me to use in this world for all. We each have our unique purpose and I am grateful for the journey that is the discovery of this. Help me to not take for granted that which comes to me more easily. Help me to open my eyes to the importance of working in this gift for the good of all and the glory of You. May it be so.

Morning Focus: Today I will be present in this day and find where I am gifted and be grateful.

Noon Text: Have I seen how my gift can be used in my day today to help others?

Evening Text: I have seen that my gift has been working in me and that I experienced the power and love of service through using this gift today.

Friday February 21

Scripture: 1 Peter 4:8-10 Above all, show sincere love to each other because love brings about the forgiveness of many sins. Open your homes to each other without complaining. And serve each other according to the gift each person has received, as good managers of God's diverse gifts.

Morning Prayer: God, thank you for the reassurance of Your love and forgiveness. I know this is to be the model for how I am to love and forgive others. I am to show love boldly and without reservation, not something that I always find easy. I confess that sometimes I view my home as my own refuge; some days I just want to get home and shut the door on the world. Help me instead to develop a mindset of welcome and sharing my gifts. Help me identify the gifts that You gave me and to use them in a manner that is pleasing to You and in service to others. May it be so.

Morning Focus: Today I will love as I want to be loved and forgive as I want to be forgiven..

Noon Text: Reflect on what your gifts are, how they can best be used to serve God and to serve others. You are uniquely created to share God's love.

Evening Text: God, I come to rest with gratitude for the day I have just experienced, for the ways I was able to share Your love and receive Your love. Thank you.

Saturday February 22

Scripture: Philippians 4:8 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise.

Morning Prayer: I imagine this scripture is supposed to lift me up and help me to focus my attention on positive and loving thoughts, wonderful visions, hopes and dreams. And it does...at times. But at times I am discouraged by it as well. I find sometimes, God, that I'm all too easily drawn to negativity. It keeps me on edge, on alert, and it's so draining emotionally, spiritually and physically. I'm learning that the human condition is hard-wired that way, dating back to caveman "survival of the fittest" days. While somewhat jokingly I may feel that's my life at times, I know if I set my intention, God, to seek out and focus on all that is good, all that is lovely and inspires beauty and love, my spirit sings. It can be as simple as taking a walk and looking for a cardinal, noticing the squirrels frolicking about, or watching children at play. Maybe I notice an act of kindness, or better yet, maybe I carry out an act of kindness. Either way, it causes me to praise. May it always be so.

Morning Focus: Throughout the day set your intention to focus on all that is lovely and worthy of praise.

Noon Text: As the day unfolds, be mindful to reset your intention as you find yourself drawn to negativity. It's a choice. Choose love.

Evening Text: Take a moment to reflect on your day. Be thankful for the good things you witnessed and experienced. Offer compassion to yourself for moments of angst.