

THURSDAY**7-22-10****Read: Psalm 30** (www.biblegateway.com/bible?passage=psalm+30)

Prayer: Gracious God, You are the Alpha and Omega, beginning and end. You are the Creator of the universe, the One who brings life out of death, creation out of chaos, light out of darkness. You are my leader through the changes of life. Changes are sometimes difficult for me. Change requires that I let go of something, and sometimes that loss is painful. Change requires me to enter into a New World, a world whose newness sometimes threatens me. Gracious God, give me faith to know You are always with me through all of life's transitions. Give me grace to see that my beginnings and endings are all opportunities for a closer walk with You. Lord of all life, from A to Z, I love You and trust in You alone. Amen

Journal Reflection: God is with you. Nothing can separate you from God's love. You cannot be where God is not. Such affirmations are easy to say, but hard to remember in the midst of life's turmoil. Memorize at least one affirmation of God's continuing presence. Make a written copy of your Scripture affirmation and place it where you can regularly see it. Repeat your Scripture affirmation enough so that it becomes a vital part of your life.

Resolve: "Lord, You turn my wailing into dancing!"

FRIDAY**7-23-10****Read: Colossians 1:1-14** (www.biblegateway.com/bible?passage=colossians+1:1-14)

Prayer: (a prayer from English poet Christina Rossetti) O Lord Jesus, because, being full of foolishness, we often sin and have to ask pardon, help us to forgive as we would be forgiven, neither mentioning old offenses, committed against us, nor dwelling upon them in thought, nor being influenced by them in heart: but loving each other freely as You freely love us, for Your name's sake. Amen"

Journal Reflection: To live a life worthy of the Lord is a tall order. A law is a standard that is simply put and simply obeyed or disobeyed. But, to live up to a life, especially the life of Jesus Christ, that is something else. In all the complexity of life, we must trust in the leadership of Christ if we expect to grow into full maturity. We can only live such a life with the support, teaching, grace, and mercy of the Holy Spirit. Ask for a full measure of the Spirit in your life today.

Resolve: I will live free of past hurts today!

SATURDAY**7-24-10****Read: Psalm 66** (www.biblegateway.com/bible?passage=psalm+66)

Prayer: Eternal Christ, help me to hear Your truth, even when it challenges me deeply. May hearing Your words of Scripture lead me to rigorous self-examination. And from self-examination, lead me to change, to repent of my sin, to change my life, to be faithful to You in all things. Eternal Christ, teach me to live a grace filled life. Amen

Journal Reflection: The Psalmist celebrates the existence of God in the life of his community. He challenges us to shout with joy to God. When was the last time you shouted with joy? An athletic event? The Psalmist suggests that we shout with joy in church. Oops. Pray that we can overcome our hesitancy to shout God's joy with our whole lives. (maybe even in church)

Resolve: I will shout with joy to God sometime today.