

Daily Reflection on Scripture Week of May 21 The Games We Play: Scrabble



Each day slowly read the scripture a couple of times. Close your eyes and be with it for a moment in silence. How did it speak to you?

Sunday, May 21

Matthew 12:35 *Out of the abundance of the heart the mouth speaks.*

Sacred Pause – Our words reflect what is stirring in our hearts. Inviting God to search our hearts in quiet can help guide the words we say aloud to others.

Monday, May 22

Proverbs 12:18 *There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.*

Sacred Pause – The wisdom of God reveals that words can both wound and heal. Today, go inward and ask God to help you find words of healing compassion.

Tuesday, May 23

Proverbs 13:3 *People who watch their mouths guard their lives, but those who open their lips are ruined.*

Sacred Pause - Guarding your words is important. Finding the strength to do so comes through times of listening for the wisdom of God in silence.

Wednesday, May 24

Ephesians 4:29 *Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it graces those who hear what you say.*

Sacred pause – God, help me to speak helpful, edifying and gracious words today. When I want to curse someone, remind me instead of your blessings.

Thursday, May 25

Matthew 12:36-37 *People will give account for every careless word they speak, for by your words you will be either judged innocent or guilty.*

Sacred Pause – God, may the words of my mouth and the meditations of my heart be acceptable to you and others. May my word be care-full, not careless.

Friday, May 26

Proverbs 18:21 *Death and life are in the power of the tongue, and those who love it will eat its fruits.*

Sacred Pause – Thousands of taste buds cover the tongue. Remember that your words can be both sweet and sour. Ask God to help you choose your words.

Saturday, May 27

James 3:5b-8 *For every kind of beast and bird...has been tamed by humankind, but no one can tame the tongue. It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God.*

Sacred Pause – By yourself you cannot tame the tongue. Taming it requires the help of God, accountability and the spiritual practice of silence.