

**Daily Reflection on Scripture**  
**Week of June 25**  
**Celebrating Vacation Bible School**  
**Hero Central**



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 June 25**

*Psalm 34:14b Do good! Seek peace and go after it!*

**Sacred Pause:** Peace in your family, neighborhood, work and world begins with peace inside yourself. Seek God's peace by taking deep breaths to connect to God's love in you.

**Monday June 26**

*Ephesians 3:16 I ask that God will strengthen you in your inner selves from the riches of his glory through the Spirit.*

**Sacred Pause:** Real strength comes from the inside out. Connecting to God within us enables us to face the challenges all around us. God's love in us is our outer strength.

**Tuesday June 27**

*Isaiah 40:31 ...those who hope in the LORD will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary.*

**Sacred Pause:** Have you ever thought about the fact that hopelessness and exhaustion are related? Hope in God's unconditional love for self and others can renew your strength.

**Wednesday June 28**

*Galatians 6:9-10a So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all...*

**Sacred Pause:** Negative news can make you feel like giving up. Yet every little act of goodness you do works against the badness done by others. Don't give up doing good!

**Thursday June 29**

*1 Samuel 16:7b GOD judges persons differently than humans do. Men and women look at the face; GOD looks into the heart.*

**Sacred Pause:** It is easy to judge a person by color, dress, sex, age or ability. Yet inside we are all the same. In every heart God resides. Look to the heart to see God.

**Friday June 30**

*Isaiah 33:2 LORD... Be our strength every morning, our salvation in times of distress.*

**Sacred Pause:** When feeling overwhelmed, take a deep breath and pray, God be my strength. Repeat as often as needed. Remember the strength of God comes from the inside out.

**Saturday, July 1**

*Romans 15:1-3a Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?" That's exactly what Jesus did.*

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