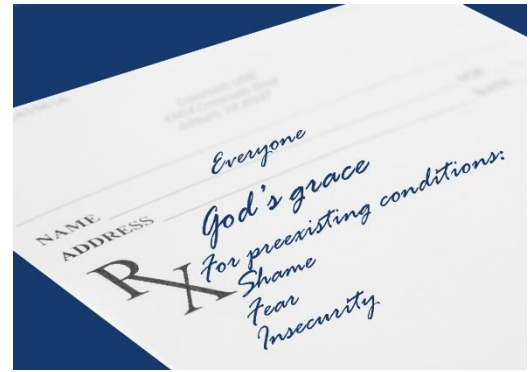


Daily Reflection on Scripture Week of July 9 Pre-existing Conditions: Shame



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, July 9

Isaiah 43:4a Because you are precious in my eyes, you are honored, and I love you.

Sacred pause: You are a beloved child of God's. God is always extending compassion to you. God is forever forgiving and accepting of you. May God's grace heal your shame.

Monday July 10

II Corinthians 12:9a My grace is enough for you, because power is made perfect in weakness.

Sacred pause: Most of the people that Jesus met with were seen as being weak. God is not looking for a few strong people, for God's grace enters your life through weaknesses.

Tuesday July 11

Romans 8:1 So now there isn't any condemnation for those who are in Christ Jesus.

Sacred pause: If there is no condemnation in Christ Jesus, then why condemn yourself when you make a mistake? Receive God's grace for yourself as the antidote to shame.

Wednesday July 12

Isaiah 54:4 Don't fear, because you won't be ashamed; don't be dismayed, because you won't be disgraced. You will forget the shame of your youth.

Sacred pause: Sometimes the shame of the past comes to life in the present moment. Remember God's grace forgives the past and sets you free to live shameless in the moment.

Thursday July 13

Psalms 103:8-10 GOD is sheer mercy and grace; not easily angered, God is rich in love.

Sacred pause: Do you feel shame thinking that you have done something to make God angry? Remember God is sheer mercy and grace. Nothing can separate you from God's love.

Friday July 14

Revelation 22:21 The grace of the Master Jesus be with all of you. Oh, Yes!

Sacred pause: The forgiving, compassionate grace of Jesus is with you every moment of the day. Instead of feeling shame when you mess up, take a breath and feel God's love.

Saturday July 15

Acts 6:8 Stephen, brimming with God's grace and energy, was doing wonderful things among the people, unmistakable signs that God was among them.

Sacred pause: Take a moment to think about how God has been gracious to you this week. No matter your answer, it is in this moment that God is covering your shame with grace.