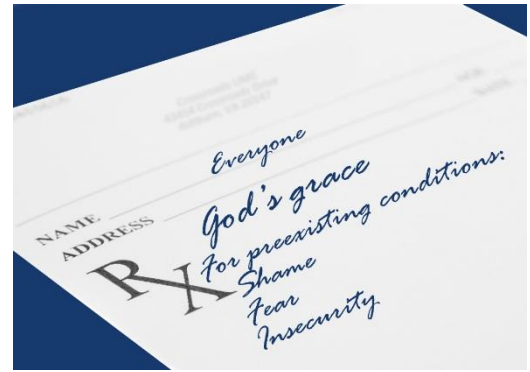


## Daily Reflection on Scripture Week of July 16 Pre-existing Conditions: Fear



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 16

*1 John 4:18a There is no fear in love, but perfect love drives out fear...*

**Sacred Pause:** Today you have at least two choices: Feed the wolf of fear or feed the wolf of love. The one you feed will be the one that guides your thoughts and actions.

### Monday July 17

*Philippians 4:6-7 Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.*

**Sacred Pause:** What are you anxious about? How is anxiety affecting your mood? Instead of focusing on anxiety try to focus on gratitude. Thank God for His grace to help you.

### Tuesday July 18

*1 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**Sacred Pause:** Fear doesn't come from God. Grace comes from God, and it is God's grace that teaches your heart how to live with fears. Remember, love is greater than fear.

### Wednesday July 19

*Matthew 6:34 Stop worrying about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.*

**Sacred Pause:** Take a deep breath & say, "In this moment"; as you exhale say, "I release my fears for tomorrow." Receive God's grace to deal with only your worries for today.

### Thursday July 20

*Luke 12:25-26 Who among you by worrying can add a single moment to your life? If you can't do such a small thing, why worry about the rest?*

**Sacred Pause:** You know that worrying doesn't help you, right? So why are you worrying? Instead of adding joy and peace to your life, worry is blocking God's grace.

### Friday July 21

*Psalms 56:3-4 But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?*

**Sacred Pause:** 365 times the words, "Do not be afraid" are in the Bible. This indicates that God knows how often you are afraid and that God is with you in your daily fears.

**Saturday July 22**

*Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

**Sacred pause:** Fear can make you feel all alone. In those moments take a deep breath saying, "In this moment". While slowly exhaling say, "God is with me". Repeat as needed.