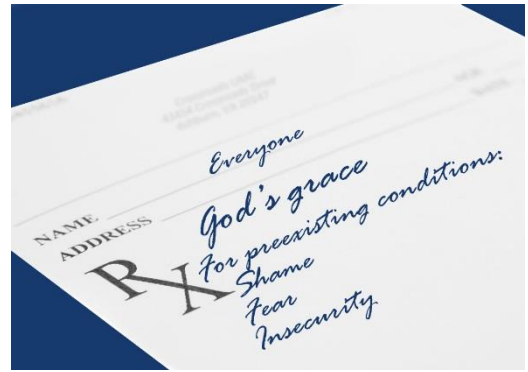


# Daily Reflection on Scripture

## Week of July 23

### Pre-existing Conditions: Insecurity



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 23

*Romans 12:2 Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.*

**Sacred Pause:** Every day commercials try to tell you that you are not good enough. Don't conform to their degrading message, for you are wonderfully and beautifully made.

#### Monday July 24

*1 Samuel 16:7b God doesn't look at things like humans do. Humans see only what is visible to the eyes, but the LORD sees into the heart.*

**Sacred Pause:** Why do you worry about what others think about you? Doing so makes you feel insecure. God looks at your heart, sees the shadows and offers you grace and love.

#### Tuesday July 25

*11 Corinthians 12:9 He said to me, "My grace is enough for you, because power is made perfect in weakness."*

**Sacred Pause:** Insecurity is all about you not feeling like you are ever good enough. Remember it is just a feeling. The truth is you are the beloved of God just as you are.

#### Wednesday July 26

*Mark 1:11 And there was a voice from heaven: "You are my Son, whom I dearly love; in you I find happiness."*

**Sacred Pause:** Be still for a moment while taking in three deep breaths. Hear these words, "You are the beloved of God. God delights in you. Nothing can separate you from God."

#### Thursday July 27

*Isaiah 49:15-16 Can a mother forget the infant at her breast, walk away from the baby she bore? But even if mothers forget, I'd never forget you—never. Look, I've written your names on the backs of my hands.*

**Sacred Pause:** Sometimes we write things on our hands to remember something important. Today's scripture says, God has written your name on his hand. Why? To remember you.

#### Friday July 28

*Song of Solomon 6:3a I am my beloved's and my beloved is mine...*

**Sacred Pause:** When you see and live into your own belovedness, then you begin to see others living as the beloved as well. All people are beloved by God. That's God's grace.

#### Saturday July 29

*Psalms 139:14 I give thanks to you that I was marvelously set apart. Your works are wonderful—I know that very well.*

**Sacred Pause:** Your uniqueness is what helps to make the world a beautiful place. Live fully into who you are. We need you to do that. Let God's grace shine through you.