



Monday, July 1, 2013

**READ-** The Psalter: Psalm 30

If you've ever pleaded with God in dire circumstances for help, healing or strength and feel that God yanked you back from "the edge", then you can identify with the psalmist's words in this passage. Has God ever turned your mourning into dancing?

**REFLECT-**

- Think back to a time in your life when you prayed desperately to God for help in a difficult situation and examine the way in which God may have answered that prayer. Was it as you hoped or expected? Perhaps the outcome was painful and difficult, but your faith has grown through that experience. If so, can you still rejoice and thank God for that response?

**PRAY-**

Lord, I come to you with my needs, hopes and questions and trust you to provide me with what I need. Help me to receive that and be glad. Amen.

Tuesday, July 2, 2013

**READ-** Old Testament: II Kings 5:1-14

The great works of the prophet Elisha have spread beyond Israel bringing a pagan army general with leprosy to him on the chance that his god YHWH would heal him. Elisha did not even need to see Naaman in person to effect healing on his behalf through God's power.

**REFLECT-**

- Naaman's pride almost prevented him from getting the healing he needed. How often do we miss out on a blessing from someone or circumstances we may find "beneath our dignity"? Humility, awareness and obedience allow us to receive many simple or great blessings which God has for us.

**PRAY-**

O God, help me to be open and receptive today to people and experiences through whom your love reaches out to me. Amen.

Wednesday, July 3, 2013

**READ-** The Epistle: Galatians 6:1-16

Paul here spells out what every good parent knows – that everyone needs someone to hold them accountable. We need Christian friends who love us enough to help us recognize when we're off the path and help to guide us back in the right direction. That takes love, courage and humility.

**REFLECT-**

- We often think it's "not our business" if we see someone struggling or headed in the wrong direction and we hesitate to get involved. Paul encourages us to go to that other person in a "spirit of gentleness". Who might need your care and guidance today?

**PRAY-**

Father, give me that "spirit of gentleness" so that if my experience or discernment can help someone else on their journey, I may act wisely and in your will. Amen.

Thursday, July 4, 2013

**READ-** The Gospel: Luke 10:1-11, 16-20

In a foreshadowing of what Jesus would call his disciples to do after his death, he sends out 70 of his followers in pairs to towns all around the region, preaching the good news, healing and casting out demons. They travel light and rely on the hospitality of strangers. He warns them that they will not be welcome everywhere and how to respond to hostility.

**REFLECT-**

- Although we may not be traveling missionaries such as these, we have the chance every day in our work, family and social life to share our faith with others. When is the last time you told someone about your faith in Jesus Christ? Look for a chance today.

**PRAY-**

O God, help me to be bold and obedient to your call to share my faith and my Christian experience with someone else today. Amen.

Friday, July 5, 2013

**ACT-**

**Focus Verse:** Galatians 6:9-10

**So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.**

Sometimes it's easy to grow weary of trying to what is right and good. At times it seems like "no good deed goes unpunished", but Paul encourages us in this passage to stay focused each day on working for the good of others – especially those of the "family of faith". Who in our church family of faith might need your special care or attention today? Who is hurting, struggling or just needs some encouragement? What might you do or say to lift that person up. Choose someone, pray for them, and reach out to them in some way today to let them know of your love and care for them.