

## Daily Reflection on Scripture Week of July 2 Freedom



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 2**

*Galatians 5:1 Christ has set us free for freedom. Therefore, stand firm and don't submit to the bondage of slavery again.*

**Sacred Pause:** When we follow the ways of Jesus we learn that striving for more and more holds us in bondage while living content with what we have is what truly sets us free.

### **Monday July 3**

*Galatians 5:13-14 You were called to freedom, brothers and sisters; only don't let this freedom be an opportunity to indulge your selfish impulses, but serve each other through love. All the Law has been fulfilled in a single statement: 'Love your neighbor as yourself'.*

**Sacred Pause:** Service is one of the fastest ways to be set free from over inflated egos. Jesus was humble of heart because his heart was always bent toward service.

### **Tuesday July 4**

*Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against things like this.*

**Sacred Pause:** No one can take away your freedom to love, to be joyful, to have inner peace, to be kind or to live your everyday life with faith in God's unconditional love.

### **Wednesday July 5**

*1 Peter 2:16 Exercise your freedom by serving God, not by breaking the rules. Treat everyone you meet with dignity.*

**Sacred Pause:** When you see everyone as a beloved child of God's, then you are free to treat all people with dignity. Intentionally exercise your freedom today.

### **Thursday July 6**

*1 Corinthians 3:17 The Lord is the Spirit, and where the Lord's Spirit is, there is freedom.*

**Sacred Pause:** The Spirit of the Lord is the breath in your lungs and the wind that lifts you up above hatred, self-centeredness, biases, and greed. The Spirit sets you free.

### **Friday July 7**

*Psalms 119:45 I will walk about in freedom, for I have sought out your precepts.*

**Sacred Pause:** Like a kite that has to be tethered to fly high and free, so we need to be connected daily to God's unconditional love in order to freely soar in life with love.

**Saturday July 8**

*Luke 4:18 "The Spirit of the LORD is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free."*

**Sacred Pause:** Good News. The Spirit of the Lord is upon you and in you. The Spirit sets you free to make a difference in this world by serving the needs of others.