

Daily Reflection on Scripture
Week of August 6
Life as Sacrament Week 2:
Simplicity



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 August 6

Corinthians 1:12 For our boast is this, the testimony of our conscience, that we behaved in the world with simplicity and godly sincerity, not by earthly wisdom but by the grace of God, and supremely so toward you.

Sacred Pause – Simplifying your life will lead you to greater peace. God desires a life of peace and contentment for you, so that you can radiate peace to the world.

Monday August 7

Matthew 6:21 For where your treasure is, there your heart will be also.

Sacred Pause – More money and material things will not bring you the peace you seek and deserve. Breathe in simplicity, breathe out peace. Allow your heart to be satisfied.

Tuesday August 8

Romans 8:5-6 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Sacred Pause – Peace is the destination, simplicity is the pathway. True simplicity begins with a change of attitude. Let your heart lead you toward the change you seek.

Wednesday August 9

Corinthians 14:33 For God is not a God of confusion but of peace.

Sacred Pause – You cannot control each circumstance you face, but you can learn to respond with greater simplicity and love. Choose responses that will nurture your spirit.

Thursday August 10

Psalms 116:6 The Lord preserves the simple; when I was brought low, he saved me.

Sacred Pause – Seeing the world with a child's eye will reveal great beauty and clarity. It will lead you to your truest nature, and to a life of pure simplicity and joy.

Friday August 11

Matthew 6:33 Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Sacred Pause - A simple life is the result of modest expectations. Embrace simplicity. Be satisfied with less. You were created to experience contentment, not dissatisfaction.

Saturday August 12

Luke 16:13 No servant can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Sacred pause – Contentment and dissatisfaction struggle within us. Authenticity is the key to ending this struggle. Breathe in: *I was created...* Breathe out: *for peace and joy.*