

Spiritual Disciplines

These are a few of my favorite life Scriptures for meditation and reflection:

Psalm 1:1-6

I have prayed these verses over and over in my head. At times when I have felt unsure, unsteady, confused, I repeat, "And he shall be like a tree, planted by the rivers of water." It grounds me. It sets me right. It reminds me that my trust is planted in the one true God of the universe. I don't need to know everything. He does.

James 3:13-18

When I need to speak to someone about something serious or present a talk, I think of this Scripture. It reminds me that there are smart people, intelligent people, and wise people. Not everyone is all three. In fact, some people aren't any of the three. But if we choose wisdom—especially wisdom from God—we will be using both our smarts and intelligence. The words we speak will be more easily received and implanted by the listener.

John 16:33

This is a powerful life Scripture for me. When I look at all the heartbreak and sorrow in our world, my only hope is to remember that God has the final word. I can "be of good cheer," knowing he has overcome the world. I can rest in him.

James 1:12

This is my Scripture when I am tired but need to be encouraged to persevere. God will meet us each step of the way. He has a perfect plan for our lives and will give us what we need to move past the roadblocks that appear before us. I hear him saying, "One foot in front of the other." These words can be a physical, emotional, or spiritual encouragement to us. When we have passed the test, God will be waiting with a crown to celebrate us and remind us that he recognizes and blesses obedience and perseverance.

Proverb 3:5,6

This is always a Scripture to rest in. Trust God. Lean not unto your own understanding. Acknowledge him! He will direct you. By repeating these verses, I can find my footing, not rely on myself for understanding, and reach for answers that will come in ways I never thought of.

Romans 12:17

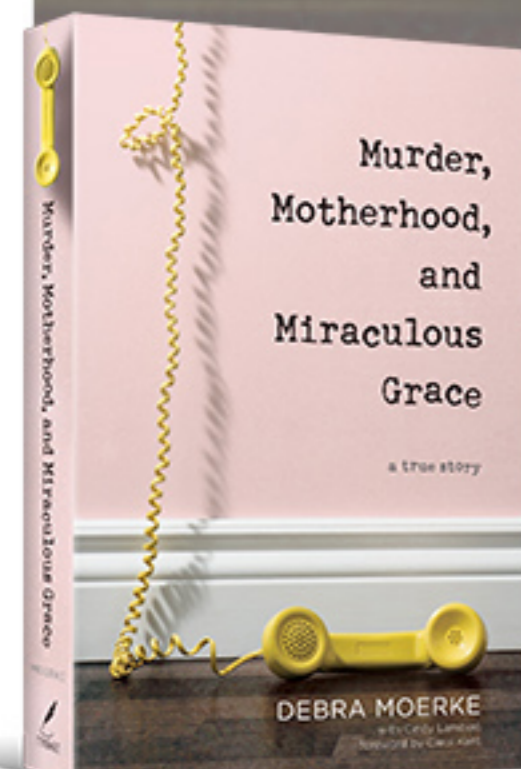
This verse is a reminder to me that though the world will justify retaliation, God does not. We are to be an example of how God loves, not the way the world loves.

Romans 12:21

One of the biggest weapons we have against the devil is to return good when confronted with evil. Our good acts foil his plans. They dissolve his efforts. Good is power.

Genesis 50:20

Allowing God to do his good work, in spite of what evil we face, brings a crashing halt to the devil's work. I am strong when I stand with God and God is good!



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by Debra Moerke, Author of
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