

# Daily Scripture Readings

**August 6—August 12**

## **Monday, August 6**

### **Ephesians 4:25**

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another.

**Prayer:** Father, in this day when the truth seems to be rather fluid in our world, help me search for and accept the truth in all situations, even when it may hurt me or prove me wrong.

**For Today:** Truth is truth. We are all God's children, and it's our responsibility to tell the truth to one another. When we hide the truth or distort the truth because it may be uncomfortable, we are doing a disservice to ourselves and others. We know that, eventually, the truth will come out. When we deny the truth, we are not living as a child of God.

## **Tuesday, August 7**

### **Ephesians 4:26**

Be angry but do not sin; do not let the sun go down on your anger,

**Prayer:** Father, when I feel anger today, help me not give too much weight to my anger. Help me find a way to channel my feelings into something positive so that when I close my eyes tonight, I do so with a calm heart.

**For Today:** It's okay to be angry. It's human to feel anger. But we should not let our anger cause us to say or do something that would hurt another person or make a situation even worse. We should try to resolve any issue that is causing the anger so that our anger will dissipate.

## **Wednesday, August 8**

### **Ephesians 4:29**

Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

**Prayer:** Father, help me speak thoughtfully to others. Help me say only helpful things. Help me learn how to phrase things so that the listener knows that, even if we disagree, I respect their thoughts and opinions.

**For Today:** No matter how tempted we are to quickly offer an opinion, we need to remember that no good will ever come of thoughtless, heartless words. They will only make a situation worse. We need to remember to temper our words, to speak carefully and with the thoughts and feelings of others in our minds.

## Thursday, August 9

### Ephesians 4:31-32

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

**Prayer:** Father, help me today to be kind and forgiving. Help me say and do things that show others that I care about them, about their thoughts and needs. Help me love.

**For Today:** If I am the Christian I profess to be, I need to act and speak as Jesus would. I need to, indeed, think “What would Jesus do?” before I say or do something.

## Friday, August 10

### Psalm 130:3-4

If you, O LORD, should mark iniquities,  
Lord, who could stand?  
But there is forgiveness with you,  
so that you may be revered.

**Prayer:** Father, thank you for forgiving me of the many sins I've committed ... of the many things I've said or done that have been hurtful to others. Help me continue to try to live a better life, thoughtful of and helpful to others and true to myself.

**For Today:** I know that there are many things that I've said or done that have been wrong ... that have not been Christ-like. I am, in a way, grateful that I can't name them all, for it would be a heavier burden than I could bear. I am thankful that God forgives me.

## Saturday, August 11

### John 6:46

Not that anyone has seen the Father except the one who is from God; he has seen the Father.

**Prayer:** Father, help me look and listen today and remember that, even though I don't see you standing right in front of me, you are all around me.

**For Today:** Have I seen the Father? No, not as a man. Not even as a ghost! But I have seen the love of the Father in nature, in the face of a child ... and I have heard the voice of the Father in the laughter of a loved one, in music, in the song of a bird. Because of these things, I know the Father is real.

## Sunday, August 12

### John 6:49-50

Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die.

**Prayer:** Father, help me today to not look just at a quick fix for a problem. Help me turn to you, to your love, to your son, to find the answers to the things that trouble me.

**For Today:** The “bread” in this passage is not rye or wheat or 7-grain. This bread is the life of Jesus ... bread not to be spread with mayo to stave off hunger pangs, but bread to be taken into our hearts; bread that gives us salvation and that allows us to live forever.