

## Daily Reflections – April

### April 1

"Only in growth, reform, and change, paradoxically enough, is true security to be found." - Anne Morrow Lindbergh

What transformations in my life have helped me feel secure?

### April 2

"Do nothing out of selfish ambition or vain conceit, in humility consider others better than yourselves." - Philippians 2:3

### April 3

"Every individual has a place to fill in the world and is important in some respect whether he chooses to be so or not." - Nathaniel Hawthorne

What qualities do I possess that make me special?

### April 4

"Never let the fear of striking out get in your way." - Babe Ruth

What do I avoid because I am afraid of being unsuccessful? Who decides what is "unsuccessful"?

### April 5

"I deepen my experience of God through prayer, meditation and forgiveness." - Marianne Williamson

How do I deepen my experience of God?

### April 6

"Yesterday is a cancelled check; Tomorrow is a promissory note; Today is the only cash you have, so spend it wisely." - Kim Lyons

What one thing can I do today to spend my time wisely? What does "wisely" mean to me?

### April 7

"Why, O LORD, do you stand far off?

Why do you hide yourself in times of trouble?" - Psalm 10:1

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### April 8

"Character is much easier kept than recovered."  
- Thomas Paine

What character traits do I value in a person? Do I see those traits in myself?

### April 9

"Listen, I am standing at your door and  
knocking. If you can hear me, open the door  
so I can come in and eat dinner with you." - Revelation 3:20

### April 10

"When the door of happiness closes, another opens; but often we look so long at the closed door that  
we do not see the one which has been opened for us."  
- Helen Keller

What "doors" have I been looking at for too long? What opportunities can I seize?

### April 11

"In the faces of men and women I see God." - Walt Whitman

Where do I see God?

### April 12

"Let knowledge grow from more to more/But more of reverence in us dwell;/That mind and soul,  
according will,/May make one music as before."  
- Alfred, Lord Tennyson

How do new experiences and information strengthen the connection between my mind and soul?

### April 13

"Dream lofty dreams and as you dream, so shall you become. Your vision is the promise of what  
you shall at last unveil." - James Allen

What are my dreams?

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April 14

"You are precious is in my eyes. I honor  
and love you." - Isaiah 43:4

April 15

"The truth must dazzle gradually or every man be blind." - Emily Dickinson

What are some of my moments of truth (the "ah-ha!" moments)?

April 16

"God decides the number of stars  
And gives them all their names." - Psalm 147:4

April 17

"The really happy person is one who can enjoy the scenery on a detour."  
- Anonymous

What detours in my life have turned out to be meaningful?

April 18

"Practical people would be a lot more practical if they were a little more dreamy." - J.P. McEvoy

If money were of no concern, what would I do with my days?

April 19

"Talent develops in quiet places, character in the full current of human life." - Johann Wolfgang von Goethe

Which talents do I develop in quiet places? How does my character grow through my relationships?

April 20

"Happiness is when what you think, what you say, and what you do are in harmony." - Mahatma Gandhi

Which areas of my life are in harmony? Which are dissonant?

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### April 21

"All that happens to us works together for our good as we love God and respond to God's call and purpose." - Romans 8:28

### April 22

"The love of life is necessary to the vigorous prosecution of any undertaking." - Samuel Johnson

What brings me joy in my life?

### April 23

"You formed all the inner parts of my body.  
You knit them together while I was in my mother's womb.  
Thank you for making me so wonderful." - Psalm 139: 13-14

### April 24

"The Latin root for the word 'perfect' means only 'finished', not 'without flaws.'...to be whole doesn't mean we have to be perfect." - Sue Bender

"...the word 'perfect' really means, be who God intended you to be; be fully mature and ripe. That's a much more inviting concept than our usual idea of perfect, which is rooted in perfectionism." - Kathleen Norris

When do I have unrealistic expectations for myself? For others?

### April 25

"It's the circle of life, and it moves us all, through despair and hope, through faith and love, till we find our place, on the path unwinding." - Tim Rice and Elton John, *The Lion King*

What is inevitable in my life? How do I accept life's inevitabilities?

### April 26

"For every thing there is a season, and a time for every purpose under the heaven." - Ecclesiastes 3:1

What is happening in my life now for which the timing seems just right?

## Daily Reflections – April

April 27

**"The family is one of nature's masterpieces." - George Santayana**

**Are there other masterpieces in my life?**

April 28

**"You are a glorious crown of beauty  
in the hand of God,  
a royal diadem held lovingly,  
for your God rejoices in you." - Isaiah 62: 3-4**

April 29

**"Hard work, sacrifice and focus will never show up in tests." - Lance Armstrong  
What are my life's commitments?**

April 30

**"My soul is a mirror of God  
my spirit rejoices in God, my Savior.  
God has looked with favor on my lowliness.  
Surely from now on, generations will call  
me blessed.  
God has done great things in me;  
holy is God's name." - Luke 1:46-49**