

## Daily Reflections – July

### July 1

"Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall." - Fulton J. Sheen

When do I find "the silence of contemplation"?

### July 2

"A good name is more desirable than great riches; to be esteemed is better than silver or gold." - Proverbs 22:1

### July 3

"There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle." - Albert Einstein

How do I live?

### July 4

"...honor your father and mother, and love your neighbor as yourself." - Matthew 19:19

### July 5

"Pursue some path, however narrow and crooked, in which you can walk with love and reverence." - Henry David Thoreau

Have I found my path?

### July 6

"Listen to advice and accept instruction, and in the end you will be wise." - Proverbs 19:20

### July 7

"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature." - Anne Frank

When was the last time I have been amidst the simple beauty of nature?

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### July 8

"Life will be brighter than noonday, and darkness will become like morning.  
You will be secure, because there is hope; you will look about you and take your rest in safety.  
You will lie down, with no one to make you afraid, and many will court your favor." - Job 11:17-19

### July 9

"Life is a bridge over the sea of changes. Do not build a house on it." - Sri Sathya Sai Baba

How do I adapt to continued change?

### July 10

"What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset." - Crowfoot

What is life?

### July 11

"Happiness, that grand mistress of the ceremonies in the dance of life, impels us through all its mazes and meanderings, but leads none of us by the same route." - Charles Caleb Colton

What has been my route to happiness?

### July 12

"Knowledge of what is possible is the beginning of happiness." - George Santayana

What has made me smile today?

### July 13

"Life is now, this day, this hour... and is probably the only experience of the kind one is to have." - Charles Malcomb Flandrau

What small thing can I do today to make a memory?

### July 14

"Be strong and take heart, all you who hope in the LORD." - Psalms 31:24

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### July 15

"Take as a gift whatever the day brings forth." - Horace

Help me to keep an open heart to accept new adventures.

### July 16

"It is not good to have zeal without knowledge, nor to be hasty and miss the way." - Proverbs 19:2

### July 17

"A good heart is the sun... for it shines bright and never changes..." - William Shakespeare

Where have I shone bright today?

### July 18

"To the attentive eye, each moment of the year has its own beauty..." - Ralph Waldo Emerson

Help me to find beauty in each moment of this day.

### July 19

"Let your boat of life be light, packed only with what you need." - Jerome K. Jerome

If I were to pack light today, what would it consist of?

### July 20

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead." - Louisa May Alcott

What are my aspirations?

### July 21

"Let the heavens be glad and the earth rejoice;  
let the sea and what fills it resound;  
let the plains be joyful and all that is in them." - Psalm 96:12

## Daily Reflections – July

### July 22

"No one is useless in this world who lightens the burdens of another." - Charles Dickens

What can I do today to lighten one's load?

### July 23

"Keep me safe, O God,  
for in you I take refuge." - Psalm 16:1

### July 24

"Friendship multiplies blessings and... soothes the soul." - Baltasar Gracián

Can I be a blessing to someone today?

### July 25

"Though we travel the world over to find the beautiful, we must carry it with us, or we find it not." -  
Ralph Waldo Emerson

What is beautiful in my life?

### July 26

"You can see a lot just by observing." - Yogi Berra

What have I "seen" when I've taken the time to observe?

### July 27

"Live life from your heart. Share from your heart. And your story will touch and heal people's souls." -  
Melody Beattie

How has my story touched others?

### July 28

"My steps have held to your paths;  
my feet have not slipped." - Psalm 17:5

## Daily Reflections – July

July 29

"Love at first sight is easy to understand; it's when two people have been looking at each other for a lifetime that it becomes a miracle." - Amy Bloom

How do I understand the miracle of lifetime love?

July 30

"I love you, O LORD, my strength." - Psalm 18:1

July 31

"Who finds a faithful friend, finds a treasure." - Jewish saying

Who are my "treasures"?