

Daily Reflections – September

September 1

"Stewards of the mysteries of God." - I Corinthians 4:1

September 2

"If we direct all things to God, all things are prayer." - Ignatius Loyola

How prayerful am I?

September 3

"Love and do what you will." - Saint Augustine

September 4

"Every fire is the same size when it starts." - Seneca Tribe Proverb

What does this proverb say to me?

September 5

"I think that anything that begins to give people a sense of their own worth and dignity is God."
- John Shelby Spong

What gives me a sense of self-worth and dignity?

September 6

"Difficulty on the way to victory is opportunity for God to work." - Henry Wadsworth Longfellow

In what life circumstances has this been true for me?

September 7

"The soul would have no rainbow if the eyes had no tears."
- Minquass Tribe Proverb

What does this proverb say to me?

September 8

"For nothing is impossible with God." - Luke 1:37

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September 9

"Faith"

The black screens of winter
Stand leafless
But at ease,
Knowing their hour
Will come again.

- From "Remembrance, Renewal" by Joe Wessling, XU English Department faculty emeritus

September 10

"Before a word is on my tongue you know it completely, O LORD."
- Psalm 139:4

September 11

"Referring to 'faith' - First you leap, then you grow wings."
- William Sloane Coffin

How do I refer to faith?

September 12

"The nature of God is a circle of which the center is everywhere and the circumference is nowhere." -
Anonymous

September 13

"The tree that is beside the running water is fresher and gives more fruit."
- Teresa of Avila

What does this mean to me and my life?

September 14

"Faith which does not doubt is dead faith." - Miguel de Unamuno

September 15

"You are my God, my soul is thirsting for you, I long to gaze on you in some sanctuary, for you have always helped me." - Psalm 63

September 16

"Friendship is born at that moment when one person says to another: What! You too? I thought I was the only one." - C.S. Lewis

Which friendships of mine have been born in this way?

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September 17

"Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes." - Luke 12:22-23

September 18

"Nurture your mind with great thoughts; to believe in the heroic makes heroes." - Benjamin Disraeli

How do I nurture my mind for heroism?

September 19

"Dream giant golden Buddha-sized dreams." - Ryunosuke Satoro

What big dreams do I hold?

September 20

"To have courage for whatever comes in life - everything lies in that." - Teresa of Avila

When am I most courageous? Least courageous?

September 21

"If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse gift will find a fitting place." - Margaret Mead

What do I think is necessary for a richer culture?
How can I help?

September 22

"I see heaven's glory shine,
And faith shines equal, arming me from fear." - Emily Bronte

September 23

"What we do for ourselves dies with us. What we do for others and the world remains and is immortal." - Albert Pine

What have I done that is enduring?

September 24

"Do not be afraid, for I am with you..." - Isaiah 43:5a

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September 25

"What we spent we had;
What we gave we have:
What we kept we lost." - Anonymous

September 26

"Far away there 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

(Allegorically) Where are my highest aspirations?

September 27

"Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear." - Dale Carnegie

What do I fear to do today? How can I do it?

September 28

"Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others."
- Barbara Bush

When (and what) did I last give?

September 29

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."
- Jeremiah 29:12

September 30

"The sovereign cure for worry is prayer." - William James

What else in my life does prayer "cure"?