

# 5 Minute Meditations

**Monday**

**Scripture Reading: 1 Corinthians 11:23-26**

**Things to Ponder:** According to the Apostle Paul, whenever we partake of Holy Communion we are declaring our belief in Jesus' death and resurrection. Sometimes our actions speak louder than our words.

**Tuesday**

**Scripture Reading: John 15:12-17**

**Things to Ponder:** "One day an angel says, 'Oh, God, please don't send me back to Earth again. It's terrible. What can I do with these people? Please don't make me go back again, please!...What? I don't have to go? You mean it? I don't have to go? Oh, thank you, God, thank you! What? What? You mean-you're going?!' "

-- Excerpt from "Penguins & Golden Calves: Icons and Idols" by Madeleine L'Engle.

**Wednesday**

**Scripture Reading: Jeremiah 31:31-34**

**Things to Ponder:** One of the great things about playing a video game is that you always have the option to hit the "restart" button if you make a mistake. When you push the restart button you get to start the game all over again error free. The notion of God creating a new covenant between humanity and himself is a similar idea. He is giving us a way to restart our relationship with him.

**Thursday**

**Scripture Reading: Romans 5:8**

**Things to Ponder:** Next time you feel guilty about your past, remember this saying: "A trace of grace works better than a pile of guilt."

**Friday**

**Scripture Reading: Psalm 41:9**

**Things to Ponder:** There are few events more emotionally painful than being betrayed by a loved one. Jesus knew the pain of betrayal firsthand. Jesus' friend, Judas, turned against him for thirty pieces of silver. Yet, Jesus never condemned Judas. He didn't retaliate against his former friend. He resisted the human temptation to get even. The next time someone betrays your trust, follow the example of our Lord and refrain from retaliation. Instead, pray that God may touch that person's heart with his love and redeem the situation for good.

**My Prayer List:**

*This week, I commit to pray daily for the following people or situations:*

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