Seven days of Scripture & reflection.

Illustrative sample written for this website. Not an excerpt from Bishop Karel Gray’s manuscript.

Day 1: Begin with hope
John 1:1–5
Where do you need to remember that darkness does not have the final word?

Day 2: Stand in truth
Ephesians 6:10–18
What truth will shape one decision today?

Day 3: Renew your mind
Romans 12:1–2
Which habit helps you listen more carefully to Scripture?

Day 4: Pray with honesty
Philippians 4:4–9
What concern can you bring to God rather than carry alone?

Day 5: Choose humility
James 4:6–10
Where can you replace defensiveness with humility?

Day 6: Practice love
Colossians 3:12–17
What would kindness look like in a difficult conversation?

Day 7: Walk in the light
1 John 1:5–9
What faithful next step will you carry into the coming week?

Continue the conversation

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