

DAILY PRAYER MEDITATIONS
March 30-April 4, 2026

Monday, March 30, 2026 (by Marilyn Culler)

John 12:3 – Mary of Bethany anoints Jesus

Mary took a pound of costly perfume made of pure nard, anointed Jesus's feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

PONDER: Mary's gift was considered an extravagant offering – in today's terms, around \$40-50K. Mary sensed something precious about Jesus, and Jesus accepted her gift with grace. What a beautiful scene this must have been! Imagine what comfort this was to Jesus, knowing what he would face in a few short days.

PRAY: God, open my heart to the gift of Your grace. Amen.

ACTION: In this Holy Week, consider what you might offer Jesus if you were able to sit and visit with him.

Tuesday, March 31, 2026 (by Ashlee Vitz)

John 20:21–22 – Jesus said to them again, “Peace be with you. As the Father sent me, so I am sending you.” Then he breathed on them and said, “Receive the Holy Spirit.”

PONDER

The risen Christ sends us with peace and purpose. We are breathed into new life to love the world.

PRAY

Spirit of God, send me out in hope. Amen.

ACTION

Carry peace into one space today.

Wednesday, April 1, 2026 (by Marilyn Culler)

Hebrews 12:3 – Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

PONDER: Jesus was under attack throughout his ministry – physical, emotional, spiritual. God gave him the strength and courage to keep going, to keep loving God and following God's will for his life. Most of us aren't attacked for our faith. We can't even begin to imagine the physical pain of enduring the crucifixion. These words of encouragement are for us today when people and institutions seek to separate us from the love of God in Christ Jesus. Emotional and spiritual attacks are real, and we must persevere.

PRAY: God of hope, keep me from growing weary as I go about Your work. Amen.

ACTION: At the end of the day, give thanks for the tiredness you feel from doing your work in God's world.

Thursday, April 2, 2026 (by Teddy Shuck)

Psalms 31 <https://tinyurl.com/ms48wjhn>

PONDER: In this psalm, the remembrance of God's past mercies and faithfulness give confidence in presenting requests to God. These requests remain real. The psalm mirrors a prayer of believers. Christians recognize in verse 5 Jesus' last words spoken from the cross, and in all of the psalm's words the attitude of an acceptance of life's

struggles while remaining unshaken in faith. In how many times and in how many ways has God saved us in the past?

PRAY: Lord, thank you for giving us your spirit to help us day by day. Amen.

ACTION: Each day, listen to your spirit for the truth.

Friday, April 3, 2026 (by Ashlée Vitz)

John 19:38–42 — Jesus' burial <https://tinyurl.com/2ndwfwf2>

Ponder: In the stillness after suffering, a new act of care unfolds. Joseph and Nicodemus honor Jesus' body, an intimate act of devotion in the shadow of death. Care matters, even when hope seems hidden.

Prayer: In shadows and sorrow, give me gentle hands and a faithful heart to care for others.

Action: Reach out to someone who is grieving or struggling with loss and offer your presence.

Saturday, April 4, 2026 (by Ashlée Vitz)

Romans 8:1–11 — Life in the Spirit <https://tinyurl.com/ythahwkw>

Ponder: Paul reminds us that the Spirit gives life beyond fear. Even when the cross seems final, the Spirit breathes hope. We are invited to walk in freedom rather than despair.

Prayer: Spirit of life, breathe new hope into every fear and deepen my trust in your presence.

Action: Take a mindful breath each time you worry today, offering each inhale to God's life and each exhale to releasing fear.