

**DAILY PRAYER MEDITATIONS**  
**February 16-21, 2026**

**Monday, February 16, 2026** (by Marilyn Culler)

**Still More**

**Psalm 78:17** – “Yet they sinned still more against him, reveling against the Most High in the desert.”

**PONDER:** “Give me what I want.” How often do we lean into this in our lives, even subconsciously? We “deserve.” We “need.” Me, me, me. The abundant blessings in our lives are sometimes overshadowed by ego, advertisements and maybe even what others have. God will have none of that. In our faithfulness to God, we have all we need and more. Give God your life. Give God your praise. Receive abundance.

**PRAYER:** God, keep my focus on You and not on me. Amen.

**ACTION:** God provides still more than we even know we need. Start the day with writing down a list of things in your life for which you are grateful.

**Tuesday, February 17, 2026** (by Ashlée Vitz)

**Practicing Secret Faithfulness**

**Matthew 6:3-4** – “But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret, and your Father who sees in secret will reward you.”

**PONDER:** Jesus talks about giving, praying, and fasting in secret—not to forbid public faith, but to free us from performing goodness for applause. Lent invites hidden practices that deepen our roots. Secret faithfulness is oddly liberating; when nobody sees or praises it, you are reminded that this is about relationship, not reputation. Your hidden life with God is where you are most truly known and cherished.

**PRAY:** God who sees in secret, help me love you without needing to prove anything. Grow in me quiet habits of generosity, prayer, and restraint that shape me from the inside out. Amen.

**ACTION:** Choose one small Lenten practice that is just between you and God (at least for now): a short daily prayer, a form of giving, or a habit you’ll release.

**Wednesday, February 18, 2026** (by Marilyn Culler)

**Invitation to Call on the Lord**

**Isaiah 58:9-11** – “Then you shall call, and the LORD will answer; you shall cry for help, and he will say, “Here I am.” If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.”

**PONDER:** When we call on the Lord, answer will come. It may not be the answer we are expecting. Always, God is with us. We make choices in our lives that determine how brightly our God-light shines in the world. Are we doing the things Jesus modeled? Are we caring for others? Are we dividing or uniting?

**PRAY:** God, help me make choices throughout this Lenten season and allow Your Light to shine brightly around me. Amen.

**ACTION:** Check the “batteries” of your Christ-Light throughout the day. Are you resisting evil, speaking kindness, sharing with others? Do your “batteries” need to be recharged with prayer or words or scripture, or by good works?

**Thursday, February 19, 2026** (by Marilyn Culler)

### **God Knows**

**Jonah 3:9** – “Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.”

**PONDER:** Jonah finally delivered God’s message to the people of Nineveh, and in his words they heard the message from God. God saw the sincerity of all the people of the city. God sees when we are sincere, or when we’re just posturing in our actions of faith. The choices of our hearts are reflected in how we live out our faith. God knows our hearts, and in proportion we receive God’s blessings. In all ways, God wants the best for those who abide in his goodness.

**PRAY:** God, You know my heart. Keep me humble. Hold me close. Cry out to me when I lose my way. Amen.

**ACTION:** Is there anything in your life for which you may need to “put on sackcloth and sit in ashes?” Approach that situation or person with a sincere heart and humility – God already knows!

**Friday, February 20, 2026** (by Ashlée Vitz)

### **When Shame Whispers “Hide”**

**Genesis 3:8–10** – “They heard the sound of the Lord God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, “Where are you?” He said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.””

**PONDER:** After eating the fruit, Adam and Eve hide among the trees. God’s first question is not, “What did you do?” but “Where are you?” Sin, shame, and fear make us want to disappear from God and each other. Yet God comes walking in the garden, seeking, calling, making clothes to cover their nakedness. God’s desire is not to humiliate but to heal. Lent is not about wallowing in shame; it’s about coming out of hiding so we can be re-clothed in grace.

**PRAY:** God who walks in the cool of the day, when I hide in my own trees of distraction or denial, come find me. Help me believe that you seek me not to condemn, but to restore. Amen.

**ACTION:** Name one place you’ve been “hiding” (avoided conversation, habit, feeling). Take one tiny step toward honesty with God or a trusted person.

**Saturday, February 21, 2026** (by Ashlée Vitz)

### **Covered, Not Condemned**

**Romans 5:17** – “If, because of the one man’s trespass, death reigned through that one, much more surely will those who receive the abundance of grace and the gift of righteousness reign in life through the one man, Jesus Christ.”

**PONDER:** Paul contrasts the trespass of one person—Adam—with the abundant grace of Christ. Brokenness spreads easily in our world; we see it in inherited trauma, unjust systems, and generational pain. But Paul insists that grace is even more contagious than

sin. The story of your life is not ultimately about what was done to you or even done by you; it's about what Christ has done for you. In Jesus, we are invited out from under condemnation into a new reign of love.

**PRAY:** God of overflowing grace, you know the sins I've committed and the sins committed against me. Let your abundance be more powerful than any trespass. Help me live as someone covered in your mercy. Amen.

**ACTION:** Write down one guilt or regret. Then, over it, write a word of grace (forgiven, covered, healing) and keep or destroy the paper as a prayer.