

DAILY PRAYER MEDITATIONS
February 2-7, 2026

Monday, February 2, 2026 (by Marilyn Culler)

Prepare Room

Philemon, v. 22 – “One thing more: prepare a guest room for me, for I am hoping through your prayers to be restored to you.” (NRSVUE)

PONDER: From prison, Paul was hopeful. He encouraged Philemon and those with him to continue to pray and prepare, to make a room ready. How are we making room in our lives for God’s Word? Life can get busy, and maybe God isn’t on our “to-do” list for the day. As I look down at my “to-do” list on this particular day, I have five things on my list of 17 that are “God” things, none of which are prayer time. I need to make room!

PRAY: God, I feel Your Presence and long to be close to you today. Be with me as I prepare for more of You and less of me. Amen.

ACTION: Pray and prepare and invite God, Christ Jesus and the Holy Spirit into all you do today.

Tuesday, February 3, 2026 (by Ashlée Vitz)

When the Righteous Seem to Lose

Psalm 37:1–3 – “Do not fret because of the wicked; do not be envious of wrongdoers, for they will soon fade like the grass and wither like the green herb. Trust in the Lord and do good; live in the land and enjoy security.”

PONDER: “Do not fret because of the wicked.” Easier said than done. We live in a world where greedy people get promotions, bullies gain followers, and unjust systems seem unshakable. The psalm doesn’t tell us to pretend injustice isn’t real; it tells us not to let it consume us. “Trust in the Lord... and do good.” The invitation is to focus not on their path, but on ours. You may not be able to fix every injustice, but you can keep choosing trust, goodness, and rootedness instead of bitterness.

PRAY: God, I confess I fret. I seethe. I rehearse the unfairness of it all. Turn my eyes from jealousy and resentment toward trust in you. Strengthen me to keep doing good even when it seems pointless. Amen.

ACTION: When you catch yourself doom-scrolling or stewing about someone else’s success, pause and say: “My call is to trust and to do good.” Then do one small, quiet good thing.

Wednesday, February 4, 2026 (by Marilyn Culler)

Blessings and Woes

Luke 6:20–21 – “Then he looked up at his disciples and said: “Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh.” (NRSVUE)

PONDER: Our lives are made up of easy times and rough time. Jesus experienced this himself. Always, the blessing of God is that through God’s love, mercy and grace, God’s kingdom will prevail. Know this truth. Trust in God’s power. Rejoice!

PRAY: Holy Creator, thank You for being with me through all the seasons of life. Your goodness and grace comfort and sustain me. Amen.

ACTION: Offer a blessing to someone who is struggling today. Money, food, a calm presence – whatever you encounter, offer these blessings to anyone who needs to know the presence of the God today.

Thursday, February 5, 2026 (by Marilyn Culler)

Believe Your Eyes

Deuteronomy 4:9-10 – “But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children’s children — how you once stood before the Lord your God at Horeb, when the Lord said to me, ‘Assemble the people for me, and I will let them hear my words, so that they may learn to fear me as long as they live on the earth and may teach their children so.’”

POUNDER: Moses met with God, and God gave him words for generations to come. We have messages from eyewitnesses to Jesus’ time on earth that have come down through the ages. We must be vigilant and discerning, through our faith, to align eyes, mind and heart to what God is showing us, and not what the loud voices are telling us we should see. Faith can be fragile in the presence of great evil.

PRAYER: God of yesterday, today and tomorrow, keep me vigilant as I seek to act as You would have me act, see what You would have me see and hear what You want me to know. Amen.

ACTION: Look at the world through the eyes of Jesus today. Align your eyes, heart and mind with Christ.

Friday, February 6, 2026 (by Ashlée Vitz)

Blessed Are the Poor in Spirit

Matthew 5:3 – “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

POUNDER: Jesus starts the Beatitudes not with the religiously impressive, but with the poor in spirit—the emptied-out ones, the ones who feel they have nothing left. He doesn’t say, “Blessed are the strong, the upbeat, the confident.” He honors those who know their need. Maybe “poor in spirit” names that place in you that’s tired, unsure, or quietly grieving. The kingdom of heaven belongs right there, Jesus says—not when you finally get your act together, but in the middle of your not-enoughness.

PRAY: Jesus, I bring you the parts of me that feel empty, exhausted, or ashamed. Call those places blessed. Let your kingdom come, not to some ideal version of me, but to the real me right now. Amen.

ACTION: Instead of apologizing for being tired or needy today, practice saying, “I’m at my limit.” Receive that as a holy truth, not a failure.

Saturday, February 7, 2026 (by Ashlée Vitz)

The Quiet Power of Meekness

Matthew 5:5 – “Blessed are the meek, for they will inherit the earth.”

POUNDER: Meekness is often confused with passivity or weakness. But in Scripture, meekness is strength under control—power that chooses gentleness instead of domination. Jesus promises that the meek will inherit the earth, which sounds absurd in a world where the loudest and most aggressive often seem to win. Yet the story of God

keeps pointing to a different reality: the ones who refuse to trample others, who gently persist in love and justice, are the ones whose impact lasts.

PRAY: Christ, gentle and humble in heart, teach me meekness. When I'm tempted to bulldoze, manipulate, or prove myself, show me the strength of your way. Let my power be channeled through compassion and restraint. Amen.

ACTION: Choose one interaction today where you intentionally respond with gentleness instead of defensiveness or control. Notice how it feels in your body.