

## DAILY PRAYER MEDITATIONS

### January 12-17, 2026

#### **Monday, January 12, 2026** (by Marilyn Culler)

**Divine Ownership:** “The heavens are yours; the earth also is yours; the world and all that is in it—you founded them.” — Psalm 89:11 (NRSVUE)

**POUNDER:** God gave us the earth to sustain us and bring us joy. We have food to eat and beauty to behold. The gifts of the earth are many, and we are responsible for the care of all creation.

**PRAY:** Loving God, from sunrise to sunset your bounty and glory are ever before me. Help me be a good steward of Your many gifts. Amen.

**ACTION:** Commit to one thing you can recycle in this new year.

#### **Tuesday, January 13, 2026** (by Ashlée Vitz)

**Steady and Faithful:** “Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful.” — Hebrews 10:23 (NRSV)

**POUNDER:** Hope can feel slippery when life is hard. But this verse reminds us — hope doesn’t rely on our strength, but on God’s faithfulness. God keeps promises. Even when your grip feels weak, God is holding onto you.

**PRAY:** Faithful God, help me hold onto hope today. Thank You for never letting go of me. Amen.

**ACTION:** Write the word “Hope” on your hand or a piece of paper. Look at it whenever you feel discouraged.

#### **Wednesday, January 14, 2026** (by Marilyn Culler)

**Be Safe:** “But the Pharisees went out and conspired against him, how to destroy him. When Jesus became aware of this, he departed. Many followed him, and he cured all of them.” — Matthew 12:14-15 (NRSVUE)

**POUNDER:** Sometimes we have to let go of the plans we have to help others, walk away and find more ways to do the good God calls us to do. Even Jesus had to walk away to be able to heal more people.

**PRAY:** God, guide me in walking away when I face danger as I seek to do Your will. Amen.

**ACTION:** Think of a person or situation beginning to cause you harm. Walk away — God will protect you.

#### **Thursday, January 15, 2026** (by Teddy Shuck)

Psalm 29 <https://tinyurl.com/yjvxuxe6>

**POUNDER:** As in other places, such as Exodus 9:23-25, Isaiah 29:6, and Revelation 11:19, the actions that occur during a storm are seen as symbolic of God’s presence and power. God’s power is identified for us in this manner to be able to picture God. How much have we seen God? His strength is more than we will ever understand, but we can respect him, appreciate him and love him by putting ourselves into his actions. The psalmist reminds us that he sits enthroned forever. He is forever. Even as the Lord reveals terrifying power, I feel blessed to receive his love.

**PRAYER:** Lord, give us strength. Lord, bless us with peace. Amen.

**ACTION:** I will allow myself to experience awe at God's revelation of power, and my silence before him hopefully will be more eloquent than any words I might speak.

**Friday, January 16, 2026** (by Ashlée Vitz)

**God's Mercies Are New:** "His mercies never come to an end; they are new every morning." — Lamentations 3:22–23 (NRSV)

**PONDER:** No matter how yesterday went — mistakes, failures, or pain — today begins with mercy. God doesn't run out of patience. Each sunrise is proof that grace is still available. You don't have to be perfect to start again. You just have to be willing.

**PRAY:** God of mercy, thank You for fresh compassion today. Help me live like I'm forgiven and loved. Amen.

**ACTION:** Step outside or look out a window. As you breathe in, say "New." As you breathe out, say "Mercy."

**Saturday, January 17, 2026** (by Ashlée Vitz)

**Lean Not on Your Own Understanding:** "Trust in the Lord with all your heart, and do not rely on your own insight." — Proverbs 3:5 (NRSV)

**PONDER:** We want answers. We want control. But trust means admitting we don't see the full picture — and believing that God does. Faith doesn't always mean understanding. It means leaning on the One who holds the map when we cannot.

**PRAY:** God, I don't have all the answers, but You do. Help me trust You with what I don't understand. Amen.

**ACTION:** Think of one worry you can't fix. Say out loud: "God, I give this to You."