

## DAILY PRAYER MEDITATIONS

### January 19-24, 2026

#### **Monday, January 19, 2026 (by Marilyn Culler)**

**Hurry, and Wait:** “But me? I’m weak and needy. Let my Lord think of me. You are my help and my rescuer. My God, don’t wait any longer!” – Psalm 40:17

**PONDER:** Have you ever been impatient with God? Prayer, one of the ways we commune with God, is an act of trust. We trust God hears our prayers. Then, we wait. Waiting is hard. While we wait, God is growing a plan. Trust. Allow God to take over.

**PRAY:** God of Presence, thank You for being a patient listener when my prayers are anxious. Thank you for bringing about the best blessings possible for my life. Amen.

**ACT:** Pray about a concern you have, trust God hears your prayer, and let go. Pay attention to how God helps you navigate your concern.

#### **Tuesday, January 20, 2026 (by Ashlée Vitz)**

**Cast Your Cares:** “Cast all your anxiety on him, because he cares for you.” – 1 Peter 5:7 (NRSV)

**PONDER:** God doesn’t ask you to carry everything alone. To “cast” means to throw – to let go. This verse invites you to hand over your worries, not because God is distant, but because God cares deeply. Your burdens matter to Him.

**PRAY:** Caring God, I place my worries into Your hands. Help me trust that You will hold them – and me. Amen.

**ACTION:** Write down one worry. Fold it up and place it somewhere – as a symbol of handing it to God.

#### **Wednesday, January 21, 2026 (by Marilyn Culler)**

**Divine Downloads:** “Brothers and sisters, I want you to know that the gospel I preached isn’t human in origin.” – Galatians 1:11

**PONDER:** I’m not Paul, or Jesus, or Mary. All I can tell you is that I listen, and I pray, and I ask God for words to share. Often, as I begin to prepare a Sunday message for my congregation, the question is, “God, what do You want Your people to hear?” If I’m quiet, and patient, and listening, the “divine download” comes. The words and thoughts aren’t my own – they come from a place of divine connection and trust.

**PRAY:** God, thank You for sharing Your wisdom with me so that all will know Your Light, Your Truth and Your salvation. Amen.

**ACTION:** Schedule 30 minutes a day for 30 days. Sit down with a pen and paper. Quiet your mind. Write down a question like, “God, what do you want me to know today?” See what happens!

#### **Thursday, January 22, 2026 (by Teddy Shuck)**

Psalm 40 <https://tinyurl.com/bd6dy3he>

**PONDER:** The praise of God in this psalm is the kind that gives me goose bumps. Although the psalm speaks to human frailty, it gives way to the understanding that God is the one in whom hope is truly warranted. It expresses such hope in God’s power to intervene that others too will be inspired to put their trust in him. Every experience of my limitations is an occasion to acknowledge more confidently the power of God who can raise me above others even though I don’t deserve it.

**PRAYER:** In the challenges that I will face today, please give me strength so that I will not only gain confidence in you but also inspire others to trust in you. Amen.

**ACTION:** Keep open to the words of your wisdom.

**Friday, January 23, 2026** (by Ashlée Vitz)

**Be Still and Know:** “Be still, and know that I am God.” — Psalm 46:10 (NRSV)

**PONDER:** Stillness is hard in a noisy world and a worried mind. But God doesn’t say, “Be still and fix everything.” God says, “Be still and know.” Sometimes the holiest thing you can do is stop, breathe, and remember who God is — and that you are not alone.

**PRAY:** God of peace, help me to be still. Quiet my anxious thoughts so I can know You are God. Amen.

**ACTION:** Sit quietly for 60 seconds. Each time your mind wanders, gently return to the words: “You are God.”

**Saturday, January 24, 2026** (by Ashlée Vitz)

**The Lord Is My Strength:** “The Lord is my strength and my shield; in him my heart trusts.” — Psalm 28:7 (NRSV)

**PONDER:** You don’t have to be strong on your own. God offers strength when yours runs out, and protection when life feels overwhelming. Trust isn’t pretending everything is fine — it’s choosing to lean on the One who will not let you fall.

**PRAY:** God, be my strength today. Shield my heart from fear, and help me trust You. Amen.

**ACTION:** When you feel weak today, pause and whisper: “Lord, be my strength.”