

DAILY PRAYER MEDITATIONS

January 26-31, 2026

Monday, January 26, 2026 (by Marilyn Culler)

Be Children of Light: “Light produces fruit that consists of every sort of goodness, justice, and truth.” – Ephesians 5:9 (CEB)

POUNDER: We aren’t called to add evil, suffering and lies to the lives of others. As followers of Christ, we are children of his Light. Fairness and righteousness, kindness, goodness and love are the beacons that call others to the Light that is hope, peace and joy.

PRAY: Light of Life, Divine Goodness, go with me today to shine light and be fruitful in Your world. Amen.

ACTION: Is there anything rotten or outdated in your refrigerator? As you throw it in the trash, examine your day and discard any darkness causing your light to be dimmed.

Tuesday, January 27, 2026 (by Ashlée Vitz)

A New Heart and Spirit: “A new heart I will give you, and a new spirit I will put within you.” – Ezekiel 36:26 (NRSV)

POUNDER: God doesn’t just patch up the old – God makes new. When we feel stuck in old habits, bitterness, or shame, God promises transformation. A new heart means healing from the inside out – not by our strength, but by His Spirit.

PRAY: God, create in me a new heart. Heal what is hard or tired within me, and fill me with Your Spirit. Amen.

ACTION: Place your hand over your chest. Pray softly: “Renew my heart, Lord.”

Wednesday, January 28, 2026 (by Marilyn Culler)

The Holy Spirit filled Zechariah: “Because of our God’s deep compassion, the dawn from heaven will break upon us, to give light to those who are sitting in darkness and in the shadow of death, to guide us on the path of peace.” – Luke 1:78-79 (CEB)

POUNDER: The way forward seems hidden to us at times. Prophets, scripture and community remind us we are never alone. God will show us the path of life and peace.

PRAY: God, Jesus, Holy Spirit, guide me through dark days and uncertain paths and into the dawn of Your everlasting peace. Amen.

ACTION: Go outside and look to the heavens. In the stillness, dawn comes.

Thursday, January 29, 2026 (by Marilyn Culler)

Blessing: “The Lord’s eyes are on the righteous and his ears are open to their prayers. But the Lord cannot tolerate those who do evil.” – 1 Peter 3:12 (CEB)

POUNDER: Evil. Its many guises are all around us. God’s eyes and ears see and hear those sights and sounds just as he sees our actions and prayers. Follow God’s Light and know God’s goodness.

PRAY: Lord, keep me from straying into evil actions and words. Help me be a beacon of Your Love and Light. Amen.

ACTION: Say a prayer of blessing for all you meet today – everyone you pass on the roadway or in the grocery aisle, at the doctor’s office or the gas station. Be a messenger of God’s goodness.

Friday, January 30, 2026 (by Ashlée Vitz)

Renewed Strength: “Those who wait for the Lord shall renew their strength... they shall run and not be weary, they shall walk and not faint.” — Isaiah 40:31 (NRSV)

POUNDER: Strength doesn’t always come as a rush of power. Sometimes it comes as the quiet ability to take one more step. God promises renewed strength — not instant escape, but endurance. If you feel tired, remember: God doesn’t grow weary, and He offers His strength to you.

PRAY: Everlasting God, renew my strength today. Help me walk, run, or simply stand with You beside me. Amen.

ACTION: Take a deep breath. As you inhale, say “Renew.” As you exhale, say “My strength.”

Saturday, January 31, 2026 (by Ashlée Vitz)

Nothing Can Separate Us: “Nothing... will be able to separate us from the love of God in Christ Jesus our Lord.” — Romans 8:39 (NRSV)

POUNDER: There is nothing—no failure, no fear, no situation, no mistake—that can pull you from God’s love. His love is not fragile or temporary. It holds you on your best days and on your worst ones. You are fully loved, fully held, forever.

PRAY: God, thank You that nothing can separate me from Your love. Help me rest in that truth, today and always. Amen.

ACTION: Put your hand over your heart and say: “Nothing can separate me from God’s love.”