

**DAILY PRAYER MEDITATIONS**  
**March 9-14, 2026**

**Monday, March 9, 2026** (by Marilyn Culler)

**2 John, v. 6:** “And this is love, that we walk according to his commandments; this is the commandment just as you have heard it from the beginning—you must walk in it.”

**POUNDER:** Walk in Love. This is the nature of God and how to we are to live in God’s Holy Presence all our days. Love isn’t always easy or joyful. Love is hard. The scriptures remind us that Love is not optional on our part.

**PRAY:** God of Light and life, help me love You more deeply, love my neighbors with more compassion, and love without seeking in return. Amen.

**ACTION:** Write the word “LOVE” on a piece of paper and put it where you will see it and be reminded to abide in God’s Love throughout the day.

**Tuesday, March 10, 2026** (by Ashlée Vitz)

**John 8:31–36:** “Then Jesus said to the Jews who had believed in him, “If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.” They answered him, “We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, ‘You will be made free’?” Jesus answered them, “Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place there forever. So if the Son makes you free, you will be free indeed.”

**POUNDER:** Truth is not just information—it’s liberation. Jesus promises freedom not through control, but through abiding love.

**PRAY:** Christ who frees, loosen what binds me. Amen.

**ACTION:** Name one belief that limits you—and challenge it.

**Wednesday, March 11, 2026** (by Marilyn Culler)

**John 7:16:** “Then Jesus answered them, “My teaching is not mine but his who sent me.”

**POUNDER:** Jesus never veered from acknowledging the Father throughout his ministry. Sometimes we think we can “do it on our own.” “I’ve got this,” we may think. But do we really? If we acknowledge God in all things, as Jesus showed us, we will find that God’s help eases our struggles, shuts down our egos, and gives us strength and peace to follow in the Light of God’s desires for our lives.

**PRAY:** Holy Author of my being, what is it you want me to know today? Amen.

**ACTION:** Begin each task, each opportunity today by asking God, “What do you want me to do in this moment?” Take a few moments to listen.

**Thursday, March 12, 2026** (by Marilyn Culler)

**Ephesians 4:25–32** So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were

marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”

**POUNDER:** How do we live in holiness and Divine Light all our days? This passage gives us guidance for living into Peace that only comes through our connection to God, Jesus and the Holy Spirit. Our triune God is our guide. We must put aside our human frailties. Speak Truth. Do not sin. Build up. Be kind, tenderhearted and forgiving. Remember the redemption we have through Christ Jesus.

**PRAY:** God of new life, continue to shine Your Light on my path. Amen.

**ACT:** Share with the needy today, however God puts that on your heart.

### **Friday, March 13, 2026 (by Ashlée Vitz)**

**John 10:10** – “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

**POUNDER:** Abundant life is not excess—it’s fullness. Jesus promises a life rooted in love, not fear.

**PRAY:** God of abundance, help me receive life deeply. Amen.

**ACTION:** Do one thing today that brings genuine joy.

### **Saturday, March 14, 2026 (by Ashlée Vitz)**

**Luke 5:27-32** – “After this he went out and saw a tax collector named Levi sitting at the tax-collection station, and he said to him, “Follow me.” And he got up, left everything, and followed him. Then Levi gave a great banquet for him in his house, and there was a large crowd of tax collectors and others reclining at the table with them. The Pharisees and their scribes were complaining to his disciples, saying, “Why do you eat and drink with tax collectors and sinners?” Jesus answered them, “Those who are well have no need of a physician but those who are sick; I have not come to call the righteous but sinners to repentance.”

**POUNDER:** Jesus consistently chooses relationship over respectability. Healing often begins with belonging.

**PRAY:** God of welcome, help me widen my table. Amen.

**ACTION:** Extend kindness where it might surprise someone.