

DAILY PRAYER MEDITATIONS, May 4-9, 2026

Monday, May 4, 2026 (by Marilyn Culler)

Scripture: Exodus 13:17-22 (CEB) – God leads the way

Ponder: You can almost feel God’s gentleness in the passage as he guides God’s people out of Egypt. They had suffered greatly, and it’s almost like God didn’t think they could endure any more suffering. Our suffering can be so great that we can’t see how to move away from that which has harmed us. No matter the struggle, we can be assured that God will guide us forward. It may not be a column of cloud our lightning, but if we’re paying attention we will see God in front of us, leading on.

Pray: Holy Guide and Light, thank you for Your Presence ever before me. Amen.

Action: Someone near you needs God’s Light to guide them today. Show up and shine for them.

Tuesday, May 5, 2026 (by Ashlée Vitz)

Scripture: Psalm 30:5 (NRSVUE)

“Weeping may linger for the night, but joy comes with the morning.”

Ponder: This verse is often read as a quick reassurance—as if joy simply replaces sorrow overnight. But most of us know it doesn’t quite work that way. Weeping does not follow a schedule. Grief, disappointment, and weariness don’t always lift by morning. And yet, the psalm still speaks truth—not as a timeline, but as a promise. Joy comes. Not always quickly. Not always easily. Not always in the way we expect. But it comes. Easter people don’t deny the night. We don’t rush past pain or pretend it isn’t real. Instead, we hold onto the deeper truth that darkness is not the final word. Joy is not the absence of sorrow. It is the quiet, persistent presence of hope—breaking in, even when the night feels long.

Prayer: God of the night and the morning, be with us in the places that still feel heavy. When joy feels distant, hold us in your presence. Remind us that darkness does not last forever, and that your light is always on its way. Amen.

Action: Acknowledge one area of your life that feels heavy right now.

Then, name one small sign of hope—however quiet—and hold onto it today.

Wednesday, May 6, 2026 (by Marilyn Culler)

Scripture: Proverbs 3:13-18 (CEB) – The value of wisdom

Ponder: Consider the gifts wisdom and understanding offer in this passage: happiness, incomparable wealth, honor, pleasantness, peace. Doesn’t this sound like the goodness of God?! When we seek the Truth God offers us, when we love as Jesus encouraged us, faith, hope and love accompany us. When the world seems overwhelming, the gifts or wisdom accompany us.

Pray: Abiding God, thank You for daily wisdom as I walk through life. Amen.

Action: Who do you consider wise? Reach out to that person today.

Thursday, May 7, 2026 (by Ashlée Vitz)

Scripture: Acts 11:17 (NRSVUE, excerpt)

“If then God gave them the same gift that he gave us... who was I that I could hinder God?”

Ponder: Peter’s realization is simple—and profound. *Who was I that I could hinder God?* It comes after a moment of deep transformation, when Peter recognizes that God’s Spirit is moving beyond the boundaries he once believed were fixed. This is one of the ongoing challenges of faith: God does not stay contained within our expectations. God moves beyond our categories. Beyond our comfort zones. Beyond the lines we draw. And sometimes, we are invited to ask the same question: *Am I resisting something God is doing?* Not every change is from God—but sometimes, what feels unfamiliar or uncomfortable is precisely where the Spirit is at work. Faithfulness, then, is not about control. It is about attentiveness. About noticing where God is moving—and having the courage not to stand in the way.

Prayer: God of widening grace, open our eyes to where your Spirit is moving. When we are tempted to hold too tightly to our expectations, give us the humility to ask where you are leading us next. Help us to follow you with openness and trust, even when the path stretches beyond what we know. Amen.

Action:

Notice something today that challenges your expectations—a person, an idea, a moment. Instead of dismissing it, pause and ask: *Could God be at work here?*

Friday, May 8, 2026 (by Marilyn Culler)

Scripture: Genesis 7 (CEB) – Noah follows the Lord’s commands

Ponder: The story of the flood is pretty amazing! Noah was 600 years old. The ark was full of family members and pairs of every kind of animal and the rains came and the water rose and everything was wiped off the earth except for the living creatures on the ark. This only happened once. And yet, there are some lessons for us here. As my age increases, God can still use me. And I need to follow God’s commands, no matter how amazing the commands may seem!

Pray: God of amazing opportunities, thank You for using people of all ages for Your Divine purposes. Amen.

Action: What is God asking of you today?

Saturday, May 9, 2026 (by Ashlée Vitz)

Scripture: John 14:27 (NRSVUE)

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives.”

Ponder: Not all peace is the same. The world often offers a kind of peace that depends on circumstances: when things are going well, when conflict is avoided, when everything feels in control. But Jesus speaks of a different kind of peace. A peace that is not dependent on everything being perfect. A peace that can exist even in uncertainty, even in tension, even in the midst of change. “I do not give to you as the world gives.” This peace is not something we manufacture. It is something we receive. And yet, receiving it can be difficult. Because it requires trust. It requires letting go of the need to control every outcome. It requires believing that God’s presence is enough, even when everything else feels unsettled. This is not easy peace. But it is real.

Prayer: God of deep peace, quiet the parts of us that are restless and anxious. Help us to receive the peace you offer—not as the world gives, but as a steady presence within us. Teach us to trust you in the midst of all that feels uncertain. Amen.

Action: Take five intentional minutes today to slow down— breathe deeply, sit in stillness, or step outside. Let yourself receive peace, rather than trying to create it.