

DAILY PRAYER MEDITATIONS

October 13-18, 2025

Monday, October 13, 2025 (by Marilyn Culler)

Psalm 102:1-17 <https://tinyurl.com/3ch98w3j>

PONDER: “Lord, hear my prayer.” Sometimes we despair. Sometimes words won’t come. The beauty of a life of faithfulness to God is that even when we don’t have words, the unutterable ponderings deep in our souls are known to God. Eternal Truth reminds us of the glory of God in our midst. God hears our groanings, even when we feel empty and “dried up like dead grass.”

PRAYER: Lord, hear my prayer. Thank You. Amen.

ACTION: Do not doubt that the Lord hears your prayers. What is on your heart today? Big or small, share it with the Lord – even if you don’t have words.

Tuesday, October 14, 2025 (by Ashlée Vitz)

Ephesians 6:10-20 <https://tinyurl.com/ycxe7rxw>

PONDER: Paul describes the full armor of God: truth, righteousness, gospel peace, faith, salvation, the word of God, prayer. Consider each “piece” — which am I strong in, which weak? Where have I neglected putting on the armor in daily life?

PRAYER: Heavenly Father, clothe me in Your armor. Let truth, righteousness, faith and the rest be more than metaphors—they be lived realities in my mind, speech, and actions. Guard me against discouragement and doubt. Keep my heart and mind steadfast. Amen.

ACTION: Choose one element of the spiritual armor that feels weak in your life (for example, “belt of truth” or “shield of faith”). Focus on strengthening it this week—read about it in Scripture, pray specifically for it, and apply it when temptation or doubt comes.

Wednesday, October 15, 2025 (by Marilyn Culler)

Matthew 10:5-15 <https://tinyurl.com/5n8e4z6t>

PONDER: God sends us into the world in ways we don’t always understand. What we can make sense of from this passage is that God understands we cannot dwell in places unworthy of the work he would have us do. If we are faithful to God in accepting our sending out, we must also be faithful in knowing when to move on. God wants us to be fruitful in our ministry, and God knows when the message we are being sent to share is not valued, not being received with open hearts, not healthy for us. Discernment of God’s “sending out” messages also includes “move on” messages.

PRAYER: God, thank You for the Peace of doing Your work in the world. Amen.

ACTION: Bless a difficult person with God’s Peace today.

Thursday, October 16, 2025 (by Ashlée Vitz)

2 Timothy 3:1-9 <https://tinyurl.com/2wrjvj35>

PONDER: Paul warns of difficult times when people love themselves and money more than God. These words feel startlingly current. Where do I see these temptations creeping into my own life?

PRAYER: God, reveal to me the areas where I’m tempted by selfishness or pride. Replace those impulses with humility, generosity, and love. Amen.

ACTION: Do one quiet, selfless act of kindness today—without recognition or reward.

Friday, October 17, 2025 (by Lisa Trigg)

Matthew 6:25-26 <https://tinyurl.com/558ypzkv>

PONDER: I always smile when I see the music video for Don't Worry, Be Happy. And yet, I still find myself worrying about life at times, even though our Creator says not to worry. Are we made to do the thing we're told not to do? So, I try to imagine myself at the scene where Jesus teaches. He's pointing to the vulnerable birds in the sky, who do what they do, without a care in the world. They just are what they are. And then returning my gaze to Jesus, I hear him tell us that God cares so much about each part of this creation, we must simply trust that all will be well. Why do we make it so hard? Well, I think it's okay to continue to plan and be responsible and to have a goal of goodness through faith. I must learn to set worry aside and trust in the love of God, and be happy.

PRAYER: Dear God, help me to trust that you not only care for the birds of the air but also for each person. May Jesus bolster my heart for the realities of today so that worry does not lead me to despair or doubt. Amen.

ACTION: Make little sticky notes that say Don't Worry, Be Happy and post them in places where they will be seen.

Saturday, October 18, 2025 (by Lisa Trigg)

Genesis 5:12-14 <https://tinyurl.com/35h4jfer>

PONDER: Have you ever journeyed without a seeming direction, simply landing where you land, and then moving on when the time seemed right? That might be fine for some people, but not for me! I like knowing the land where I live, feeling that I belong there, that I have roots. I cannot imagine living like Abram's family, journeying for generations, even when there is a promise of "great substance" ahead. And yet, I do admire those who pick up and move – today's journeyers. I pray for immigrants -- people who move because they want to live elsewhere, or maybe they must move to escape famine, war or persecution. Such bravery. Jesus tells us to welcome the stranger, the immigrant, those who need shelter and food. To be a follower of Jesus, I willingly do that. I will share the blessings of this earth, this place and time. Jesus has shown us the way of the traveler.

PRAYER: Dear God, open my heart and my mind to embrace those who are new to this place, as a hospitable host show gracious care to the visitor. May the visitors find new roots in being welcomed. Amen.

ACTION: Research your own roots and realize that at one time, your ancestors were also immigrants who sought a new place to live.