

Saturday, July 5, 2025 (by Lisa Trigg)

Luke 9:1-6 <https://tinyurl.com/3f4wht37>

PONDER: I think most of us would like to bring good news wherever we go. We know people whose lives light up the lives of others. And, we know the opposite, too! Daily prayer calms the soul, gives joy and peace; it gives a new perspective on worries and anxieties. It is our time of relaxing into the mystery of being loved by God. Remember that God is not to be forced on people. God's love and care are an invitation to each of us to allow God to be part of our lives. The disciples of Jesus were told to move on if they are not welcomed. Hostility can cling like dust to the feet, and hinder further growth. It is the same with our personal life. Prayer invites us to let go of hostility, anger and hurt. There is always a future of hope and freedom when we pray.

PRAYER: Dear God, help me to be a light that shines your love into the community. May your beacon shine brightly.

Amen.

ACTION: Invite someone to pray with you today.



DAILY PRAYER MEDITATIONS

June 30 to July 5, 2025

Monday, June 30, 2025 (by Marilyn Culler)

Psalms 75 <https://tinyurl.com/s2z4syac>

PONDER: Good is stronger than evil. God has made it so from the before the earth was formed. Doing good must be the foundation of how we live if we proclaim faith in God, Jesus and the Holy Spirit. If others suffer due to our actions, that is not good and that is not God. We must take time always to inspect our own actions and whether or not they glorify God. When we fall short, when we choose the other side of good, Jesus is there to catch us with Love that redeems and restores.

PRAYER: I praise You, God, for you are near. Thank You for wonder and delight as I seek to do Your work in the world.

Amen.

ACTION: Do good today.

Daily Prayer Meditations are a project of Gobin Memorial UMC, Beech Grove UMC, and Brick Chapel UMC in Greencastle, Indiana; Fillmore UMC in Fillmore, Indiana; Rosedale UMC in Rosedale, Indiana; and Grace UMC in Franklin, Indiana.

Tuesday, July 1, 2025 (by Ashlee Vitz)

Ephesians 5:6-20 <https://tinyurl.com/4nw4ybep>

PONDER: Paul encourages the early church to live wisely and intentionally, avoiding the darkness of empty words and aligning instead with the Spirit. This isn't a call to rigid religiosity, but to a joyful, Spirit-filled awareness. Progressive faith calls us not just to believe but to embody light—speaking truth, creating beauty, and practicing gratitude even in unjust systems. Joy, here, becomes a form of resistance.

PRAYER: God of wisdom and wonder, shine your light in our hearts. Let us be people of courage, gratitude, and song, shaping our world with the Spirit's fire. Amen.

ACTION: Find a moment to speak or sing words of thanks aloud today, even just to yourself. Let joy be your witness.

Wednesday, July 2 (by Marilyn Culler)

Matthew 10:16-25 <https://tinyurl.com/bd33nda9>

PONDER: We are to be witnesses of Christ, and the word will come through us from the Spirit. We have to stand firm and trust. We never know when we're going to encounter someone to whom the Spirit wants us to speak. As I reflect on a recent encounter with two angry people, I know the calm with which I responded came from the Spirit. I can still hear their silence as they saw truth in the words that came through me in that moment. We know trials and adversities will come. The Spirit does speak through us when we reside moment by moment in the Presence of the Holy. Jesus – Peace the world cannot give – shows up for us.

PRAYER: God of Peace and Presence, thank you for guiding me through my days and putting me in places and with people who need to know Your love, joy, peace and truth. Amen.

ACTION: Pay attention to the people you meet today. Offer a smile and listen to where God is leading you in your encounters.

Thursday, July 3, 2025 (by Ashlee Vitz)

Romans 7:14-25 <https://tinyurl.com/m4r8hd42>

PONDER: Paul names what so many of us feel: the inner conflict between who we want to be and how we actually live. This is not a confession of failure but an invitation to grace. Our struggle is real — and God meets us in it. As progressive Methodists, we affirm that sanctification is a journey, not perfectionism. Christ walks with us in the tension.

PRAYER: God of mercy, thank you for your patience in our process. Help us live into the people we long to be, trusting your grace in every misstep. Amen.

ACTION: Name one habit you wish to change. Write it down, and ask God to work in and with you, not just for you.

Friday, July 4, 2025 (by Lisa Trigg)

John 3:16-21 <https://tinyurl.com/muj8bphr>

PONDER: In this passage, Jesus has been speaking metaphorically, but Nicodemus wanted to understand him literally. How do you think Nicodemus managed to understand? Should we have sympathy for Nicodemus, or are we just like him? It is important to understand that in that time and culture of this passage, the Jewish leaders stressed natural birth -- one becomes a Jew by having a Jewish mother. However, Jesus stresses spiritual rebirth that occurs in accepting and following Him. He calls it a new birth, and it is one that we chose. Perhaps even today, we find it difficult to understand how we can live anew through the love of Jesus.

PRAYER: Dear God, I thank you for the new life I have through Jesus, and through the inspiration of the Holy Spirit may I help others know they are also your beloved child. Amen.

ACTION: Send a note with a kind message to someone today.