

back to what “coulda, shoulda, woulda” been if things had worked out the way we wanted. We have all experienced regrets and difficult outcomes as part of our lives. I have found that praying my way forward has been most helpful in moving on. Thinking on a positive course keeps me from looking back too much. If we try to stay afloat without thinking or praying, we can find ourselves surviving instead of thriving. And yet, it is so easy to hang onto regrets or bad habits because we at least know what to expect and what to do. Change can be so uncomfortable. Remember that God, who is also the Great Comforter, will help us focus on something better and healthier in our future.

PRAYER: Dear God, help me to learn that being stuck in the past is different than cherishing memories of the past. Help me remember that your comfort is always available, and help me to reach out for comfort when needed. Amen.

ACTION: Find a favorite comforter, quilt or blanket, and pray while touching it that each time it is used, the comfort of God becomes more present to the user.

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.



DAILY PRAYER MEDITATIONS June 16 to June 21, 2025

Monday, June 16, 2025 (by Marilyn Culler)

Ephesians 4:7-16 <https://tinyurl.com/btf7y57c>

PONDER: When my humanness creeps in and I wonder if I have the time, ability, strength or insight to do something, I think of this passage. I just have to trust, and say “yes” in love. God equips each of us for the work ahead. We will have the support we need when God calls us to use our spiritual gifts, our voices and our resources.

PRAYER: God, continue to equip me to do good in the world. Amen.

ACTION: Take a spiritual gifts survey. Where is God calling you next?

Tuesday, June 17, 2025 (by Ashlee Vitz)

Ephesians 5:15-20 <https://tinyurl.com/3zph5zec>

PONDER: “Be careful how you live.” Not fearful — just intentional. Gratitude is the posture Paul recommends.

That's reshaped my entire outlook.

PRAY: God, tune my heart to gratitude today.

ACTION: List 5 things you're thankful for. Tell someone one of them.

Wednesday, June 18, 2025 (by Marilyn Culler)

Psalms 124 <https://tinyurl.com/4u4ckv3x>

PONDER: The psalmist was being attacked by other people and nature. Sometimes the world seems like everything is against us. Especially if we've done wrong, we're probably looking over our shoulder until the issue is resolved. In attacks of our own making, it may be difficult to see that we are the ones who are in the wrong. The beauty of God's love is that all we have to do is call on the maker of heaven and earth, the co-creator of our lives, and ask for deliverance. Blessed be!

PRAYER: God, deliver me from the jaws of evil, hatred and oppression when they bear down on me. You are my salvation always. Amen.

ACTION: Is anything trapping you from a closer relationship with God? Ask God for help in releasing you from the trap.

Thursday, June 19, 2025 (by Teddy Shuck)

Psalms 42 and 43 <https://tinyurl.com/58wxtxbn>

PONDER: These two psalms express a need for one who is a long distance from Jerusalem. It expresses a feeling of being lost without God. How many of us realize how far we can wander from God? The more we stop appreciating what we have, the more we lose track of God's blessings in our lives.

PRAYER: Dear God, forgive us for leaving you out of our lives when we really need you daily. Amen.

ACTION: Set aside a time for daily prayer.

Friday, June 20, 2025 (by Lisa Trigg)

John 1:43-51 <https://tinyurl.com/2p9hx6rr>

PONDER: Today's reading is all about the call of the Christian, about your call to be with Jesus as your friend. Reflect on what it means to be a Christian today by pondering how the Gospels are all about Jesus as he went about making friends in order to lead us into his own relationship with his Father. Jesus calls two new disciples in this reading. The first call is simplicity itself: "He found Philip and said to him, 'Follow me'". The second is more complicated. It has to be mediated by Philip who "found" Nathaniel (notice the use of the same word as when Jesus "found" Philip). Nathaniel is skeptical at first but allows himself to be brought to Jesus. The Lord communicates with us in many ways. Sometimes it may seem direct and unambiguous, at other times more indirect, as when the call is mediated by other people. Can you name men and women in your life who brought you to Jesus (as Philip brought Nathaniel), or who made you aware of what Jesus was asking of you? Have you been grateful for these mediators?

PRAYER: Dear God, thank you for the mediators you have sent into my life to bring me to Jesus. May I also be a mediator for others, so they will know your love and abundance through relationship with Jesus. Amen.

ACTION: Be with Jesus in a quiet place and ask him about the dream he has for you as his friend.

Saturday, June 21, 2025 (by Lisa Trigg)

Luke 9:62 <https://tinyurl.com/5pxnnnny>

PONDER: Regrets. Pouting. Complaining. Grief. Denial. All of those are things linked to a part of our past, to looking