

PRAYER: Dear God, Thank you for the gift of hair, its texture and color, and may I remember that alone know the number of hairs on each of our heads. Amen.

ACTION: Offer to pay for someone's haircut today.

Saturday, May 24, 2025 (by Lisa Trigg)

Luke 19:1-10 <https://tinyurl.com/mums3azp>

PONDER: The phrase in this scripture that jumps out at me today is: "Everyone who saw this grumbled, ..." Jesus honored Zacchaeus with a visit to the home of the tax collector, and people were grumbling. Would I have grumbled if I had been there in the crowd? I hope I would have been happy that Jesus not only found hospitality, but also a place where good conversation would happen. Would I have been one of the social insiders who also got an invitation, or would I have been a person on the margins of society treated as an outcast or discounted because of my poverty or gender? How would I handle each situation? These are self-centered questions, and grumbling is often a self-centered habit. Being positive about a situation signals an outward looking focus that acknowledges and celebrates achievements for others. Jesus exhibited such positive energy and when he encourages us to love others, I believe he wants us to tap into positive energy as well, and leave the grumbling behind.

PRAYER: Dear God, help me see the positive in all people and situations. Show me how I can help people feel loved by their community. Amen.

ACTION: Stop grumbling, even silently, and celebrate the positive things that happen for other people.

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

May 19 to 24, 2025

Monday, May 19, 2025 (by Marilyn Culler)

Acts 11:19-26 <https://tinyurl.com/2m3wkx8c>

PONDER: Numbers grew as the good news went out to Gentiles as well as Jews. God's power was with those who were proclaiming the good news of Jesus. The thing about Jesus is that he was not willing to exclude anyone. He witnessed to the rich and powerful, women and lepers, religious leaders and fishermen. Who are we to exclude another living, breathing human being from an invitation into the overflowing love, grace, mercy and peace of Christ Jesus just because they are different from us? As we embrace Jesus in our lives, we need to welcome everyone we meet into this holy relationship.

PRAYER: God of all people, help me see the beauty in every person as I seek to grow your church. Amen.

ACTION: Tell someone a story about Jesus today.

Tuesday, May 20, 2025 (by Ashlee Vitz)

Acts 11:27-30 <https://tinyurl.com/47z4fp6w>

PONDER: The early church heard of a coming famine and responded not with fear but with generosity. This is what it means to be the body of Christ: when one part suffers, all respond in love.

PRAYER: Generous God, teach me to hold what I have with open hands. Let me be quick to share and slow to judge. May I live in solidarity with all your children.

ACTION: Make a donation today — food, money, or time — to support people in crisis.

Wednesday, May 21, 2025 (by Marilyn Culler)

Luke 10:25-28 <https://tinyurl.com/2pjha22h>

PONDER: How often do we make things more complicated than they really are? Throughout this ministry, Jesus did signs and wonders, miracles and healings, and still people questioned what they needed to do to, in these verses, “gain eternal life.” We ask the same question today. “What do I need to do to get ahead, to find peace, to stop bad things from happening?” The Christian life isn’t without hardships. The good news is that these challenges don’t seem as hard when we rest our trust in God’s eternal love. No hard tests, no strict rules – it’s as simple as Jesus’ words ... “Love God and love neighbor.” Do this and find peace.

PRAYER: Loving God, thank you for the teachings of Jesus. May my life be a witness to Your abiding Love always. Amen.

ACTION: Have you spoken to your neighbor lately? Sometimes loving God means checking in on your neighbor.

Thursday, May 22, 2025 (by Teddy Shuck)

Psalms 67 <https://tinyurl.com/hwvwuxwn>

PONDER: This prayer for God’s blessing rises from a generous heart. Not content to pray for blessings for oneself, the psalm includes the whole community, “Let God grant us grace and bless us.” Even this is not enough, as the psalmist prays for all nations “that they may know God’s ways, that they may praise and be governed by God.” This seems appropriate to our current world situation. It expresses confidence in the power of prayer for everyone.

PRAYER: Lord, let your saving power be known among all nations. Amen.

ACTION: Try to take care to include others in your prayers, remembering especially those in the Ukraine and immigrants all over our nation.

Friday, May 22, 2025 (by Jann Beck)

Ezekiel 5:1-4 <https://tinyurl.com/4auyt34c>

PONDER: I was thinking about hair – the hair I recently had cut and lightened. My hair throughout my childhood and youth used to be shiny light blond, and in the summer would even glow lighter. And my Mother always cut it! Think about your hair today -- or someone else’s, maybe an animal’s hair – and the wonder of it, the joy of it, and the uses of it. From ancient times, how hair is grown, groomed, styled, cut and colored was often connected with the sacred, with how a person lives in relation and devotion to God. Samson was a Nazirite and pledged to live his entire life before God without coming near a razor. John the Baptizer was a Nazirite and probably had a wild woolly look about him. His cousin, Jesus of Nazareth, who probably dressed as a first century rabbi, would have worn his hair pulled back along the sides and gathered in a ponytail. He would have oiled it with various fragrances. The apostle Paul insisted on having his hair cut at Cenchreae on his way to Jerusalem as part of a vow. The Maori people consecrate the knife with which hair is trimmed. Ancient Romans would not cut a sailor’s hair aboard a ship for fear it would cause a storm. In the Middle Ages, priests and monks would wear hair shirts as a spiritual discipline of mortifying the flesh. Why all this connection with hair and the holy? Perhaps it has something to do with the marvelous way hair grows and how it grows especially around the head, mouth, ears and eyes – extension of our senses and how it adorns our minds. Some people save locks of hair from children, some from deceased family members, as if to preserve something of them. Think of all this when you brush your hair today, or find a hair lying on the sink or your pillow. Let it remind you of the presence of the sacred.