

MEDITATING ON THE WORD

A close-up photograph of a person's hands clasped together in a prayerful gesture, resting over an open book. The book is open to two pages of text, which are slightly out of focus. The lighting is soft and warm, creating a contemplative atmosphere. The background is dark, making the hands and the book stand out.

**Readings and Reflections
on Spiritual Disciplines**

June 2026

Before You Begin:

We are almost half way through the year. This has been a great year to recommit ourselves to “meditating on the Word.” Some have asked what it means to meditate. Honestly, meditation begins with thoughtful reading, determining not to rush through for the sake of simply reading something. We believe that the words of Scripture are inspired and meditation gives us the opportunity to think on these inspired words.

Meditation also involves a prayerful attitude. As we read, we are asking God to use His word to shape our lives, to convict us of sin, to give us direction for life, and to encourage us.

Through prayer we ask God to make the Word come alive in our lives. Additionally, meditation includes a slow thoughtful process that impacts us. In other words, we read a passage and then spend the rest of the morning, the rest of the day, and the rest of our lives just thinking on the passage and the truths that God has shown us. So – join us as we continue to “meditate on the Word” in June.

The first three weeks of this month we are considering key spiritual disciplines: Bible reading, prayer, and worship.

The final days of the month will focus on the lives of two Old Testament characters portrayed in our stained glass windows in the sanctuary. During the Sunday morning worship service starting June 28, Dr. Strong will preach a series entitled “Sermons in Stained Glass.”

Reading Tracker

June 1

June 2

June 3

June 4

June 5

June 8

June 9

June 10

June 11

June 12

June 15

June 16

June 17

June 18

June 19

June 22

June 23

June 24

June 25

June 26

June 29

June 30

June 1st

Bible Reading

Joshua 1:8; Psalm 1:1-2

This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do. -- Joshua 1:8

How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers! 2 Instead, his delight is in the Lord's instruction, and he meditates on it day and night. -- Psalm 1:1-2

Reflect

What keeps you from spending more time meditating on the Word of God? What decision can you make to meditate on the Word more?

Prayer

Ask God to help you build consistent habits of reading, meditating on, and applying Scripture.

June 2nd

Bible Reading

Psalm 119:9-11

How can a young man keep his way pure? By keeping your word. 10 I have sought you with all my heart; don't let me wander from your commands. 11 I have treasured your word in my heart so that I may not sin against you.

Reflect

How can Scripture keep us from sinning? What steps do you need to take to "treasure" His word?

Prayer

Pray that God would help you treasure His word in your heart and use it to strengthen you.

June 3rd

Bible Reading

Hebrews 4:12-13

For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart. 13 No creature is hidden from him, but all things are naked and exposed to the eyes of him to whom we must give an account.

Reflect

Recall a time when God used Scripture to convict you of sin in your life. Is there an area now in which He is challenging you?

Prayer

Pray for an open and teachable heart that welcomes God's truth, even when it brings conviction or correction.

June 4th

Bible Reading

2 Timothy 3:16-17

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, 17 so that the man of God may be complete, equipped for every good work.

Reflect

According to the passage, what is the purpose of scripture (how does God use it) in our lives? How is God currently using Scripture in your life?

Prayer

Pray for God to give us a greater hunger for His Word and a willingness to let Scripture teach, correct, and shape our lives.

June 5th

Bible Reading

James 1:22-25

But be doers of the word and not hearers only, deceiving yourselves. 23 Because if anyone is a hearer of the word and not a doer, he is like someone looking at his own face in a mirror. 24 For he looks at himself, goes away, and immediately forgets what kind of person he was. 25 But the one who looks intently into the perfect law of freedom and perseveres in it, and is not a forgetful hearer but a doer who works – this person will be blessed in what he does.

Reflect

Since Scripture should lead to obedience, what is one truth from Scripture that you need to put into practice?

Prayer

Ask God to help you move beyond simply hearing His Word and to putting it into practice through daily obedience.

June 8th

Prayer

Matthew 6:9-13

“Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. 10 Your kingdom come. Your will be done on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And do not bring us into temptation, but deliver us from the evil one.

Reflect

Evaluate your praying – do you prioritize praising God, praying for personal concerns, or praying for others? What should be the priority? What changes do you need to make?

Prayer

Pray that God would teach you to pray with reverence, trust, and dependence.

June 10th

Prayer

James 5:16

Therefore, confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect.

Reflect

How does unconfessed sin impact our praying? Who in your life needs faithful and persistent prayer right now? How can you remind them of your prayers?

Prayer

Ask God to strengthen those for whom you are praying; ask also for Him to help us pray for those whom He places on our hearts.

June 11th

Prayer

Philippians 4:6-7

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Reflect

What worries or burdens are currently on your mind? What happens when you present these to God? What keeps you from giving these to God?

Prayer

Ask God to replace anxiety with peace as you trust Him with every concern in your life.

June 12th

Prayer

Psalm 63:1-5

God, you are my God; I eagerly seek you. I thirst for you; my body faints for you in a land that is dry, desolate, and without water. 2 So I gaze on you in the sanctuary to see your strength and your glory. 3 My lips will glorify you because your faithful love is better than life. 4 So I will bless you as long as I live; at your name, I will lift up my hands. 5 You satisfy me as with rich food; my mouth will praise you with joyful lips.

Reflect

Think of your prayer life and your walk with Christ. Do you mainly seek Him for what He can do for you or are you “thirsty” just to be with Him? On a scale of 1-10, how much do you desire God?

Prayer

Pray that your heart would hunger more deeply for God’s presence and fellowship.

June 15th

Worship

Romans 12:1-2

herefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. 2 Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Reflect

Worship involves the total surrender of one's life. What are you struggling to surrender totally to Christ?

Prayer

Offer to God your total life, surrender to Him, and ask Him to teach you what it means to live a constant surrendered life.

June 16th

Worship

John 4:23-24

But an hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him. 24 God is spirit, and those who worship him must worship in Spirit and in truth.”

Reflect

Are you more focused on outward expressions of worship or inward sincerity? Which does God see as more important – inward or outward? How can you truly worship in spirit and truth?

Prayer

Ask God to take away anything within you that is performative or empty, and ask Him to teach you to worship Him.

June 17th

Worship

Psalm 95:6-8

Come, let's worship and bow down; let's kneel before the Lord our Maker. 7 For he is our God, and we are the people of his pasture, the sheep under his care. Today, if you hear his voice: Do not harden your hearts.

Reflect

Worship involves being reverent – bowing down. How can you approach God with reverence of heart? What does reverence to God look like?

Prayer

Ask God to develop a reverent awe and a humble posture before His greatness.

June 19th

Worship

Psalm 100:2-4

2 Serve the Lord with gladness; come before him with joyful songs. 3 Acknowledge that the Lord is God. He made us, and we are his – his people, the sheep of his pasture. 4 Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name.

Reflect

How is service a part of worship? What does your service say about your worship? How do you keep worship from becoming routine?

Prayer

Pray that God would restore joy in our personal worship and that we would in turn use all of our lives to serve Him as an act of worship.

June 22nd

David

1 Samuel 16:3, 7, 12-13

3"Then invite Jesse to the sacrifice, and I will let you know what you are to do. You are to anoint for me the one I indicate to you." 7 But the Lord said to Samuel, "Do not look at his appearance or his stature because I have rejected him. Humans do not see what the Lord sees, for humans see what is visible, but the Lord sees the heart." 12 So Jesse sent for him. He had beautiful eyes and a healthy, handsome appearance. Then the Lord said, "Anoint him, for he is the one." 13 So Samuel took the horn of oil and anointed him in the presence of his brothers, and the Spirit of the Lord came powerfully on David from that day forward. Then Samuel set out and went to Ramah.

Reflect

David was chosen because of His heart for God. What does that mean? Do you have a heart for God? What decisions need to be made to strengthen your walk with Him?

Prayer

Ask God to work in your heart so that you have a heart that is totally His. Ask God to use you for His honor.

June 23rd

David

1 Samuel 17:45-47

45 David said to the Philistine, “You come against me with a sword, spear, and javelin, but I come against you in the name of the Lord of Armies, the God of the ranks of Israel – you have defied him. 46 Today, the Lord will hand you over to me. Today, I’ll strike you down, remove your head, and give the corpses of the Philistine camp to the birds of the sky and the wild creatures of the earth. Then all the world will know that Israel has a God, 47 and this whole assembly will know that it is not by sword or by spear that the Lord saves, for the battle is the Lord’s. He will hand you over to us.”

Reflect

When and where are we tempted to rely upon our own strength instead of God’s power? What is happening in your life for which you need to rely upon Him?

Prayer

Seek God’s strengthening to accomplish God’s will in your life and to live out His plan.

June 24th

David

Psalm 23:1-6

1 The Lord is my shepherd; I have what I need. 2 He lets me lie down in green pastures; he leads me beside quiet waters. 3 He renews my life; he leads me along the right paths for his name's sake. 4 Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff – they comfort me. 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the Lord as long as I live.

Reflect

What does it mean to say that the Lord is our shepherd? Thank God that He is our great Shepherd!

Prayer

Ask God as your Shepherd to help you be content, to lead you, and to restore your soul.

June 25th

David

2 Samuel 7:18-22

18 Then King David went in, sat in the Lord's presence, and said, Who am I, Lord God, and what is my house that you have brought me this far? 19 What you have done so far was a little thing to you, Lord God, for you have also spoken about your servant's house in the distant future. And this is a revelation for mankind, Lord God. 20 What more can David say to you? You know your servant, Lord God. 21 Because of your word and according to your will, you have revealed all these great things to your servant. 22 This is why you are great, Lord God. There is no one like you, and there is no God besides you, as all we have heard confirms.

Reflect

Notice David's humility and his sense of unworthiness. Would you say your life is characterized more by pride or humility? Consider what God has done for you recently and remember a time that you absolutely needed Him.

Prayer

Pray that God would help us be aware of His working in our lives and, in humility, that we would be grateful.

June 26th

David

Psalm 51:10-12

10 God, create a clean heart for me and renew a steadfast spirit within me. 11 Do not banish me from your presence or take your Holy Spirit from me. 12 Restore the joy of your salvation to me, and sustain me by giving me a willing spirit.

Reflect

Notice David's grief over sin. Are there areas in your life that you should confess to the Lord? How consistent and quick are you to confess regarding sin? What is your response to sin – grief or apathy?

Prayer

Confess to God and ask for a tender heart that is quick to confess!

June 29th

Ruth

Ruth 1:16-17

16 But Ruth replied: Don't plead with me to abandon you or to return and not follow you. For wherever you go, I will go, and wherever you live, I will live; your people will be my people, and your God will be my God. 17 Where you die, I will die, and there I will be buried. May the Lord punish me, and do so severely, if anything but death separates you and me.

Reflect

While noting Ruth's loyalty, who has God placed in your life that you need to demonstrate loyalty towards? How do you do that?

Prayer

Pray for a steadfast heart like Ruth's that remains faithful even when the path ahead is uncertain.

June 30th

Ruth

Ruth 2:10-12

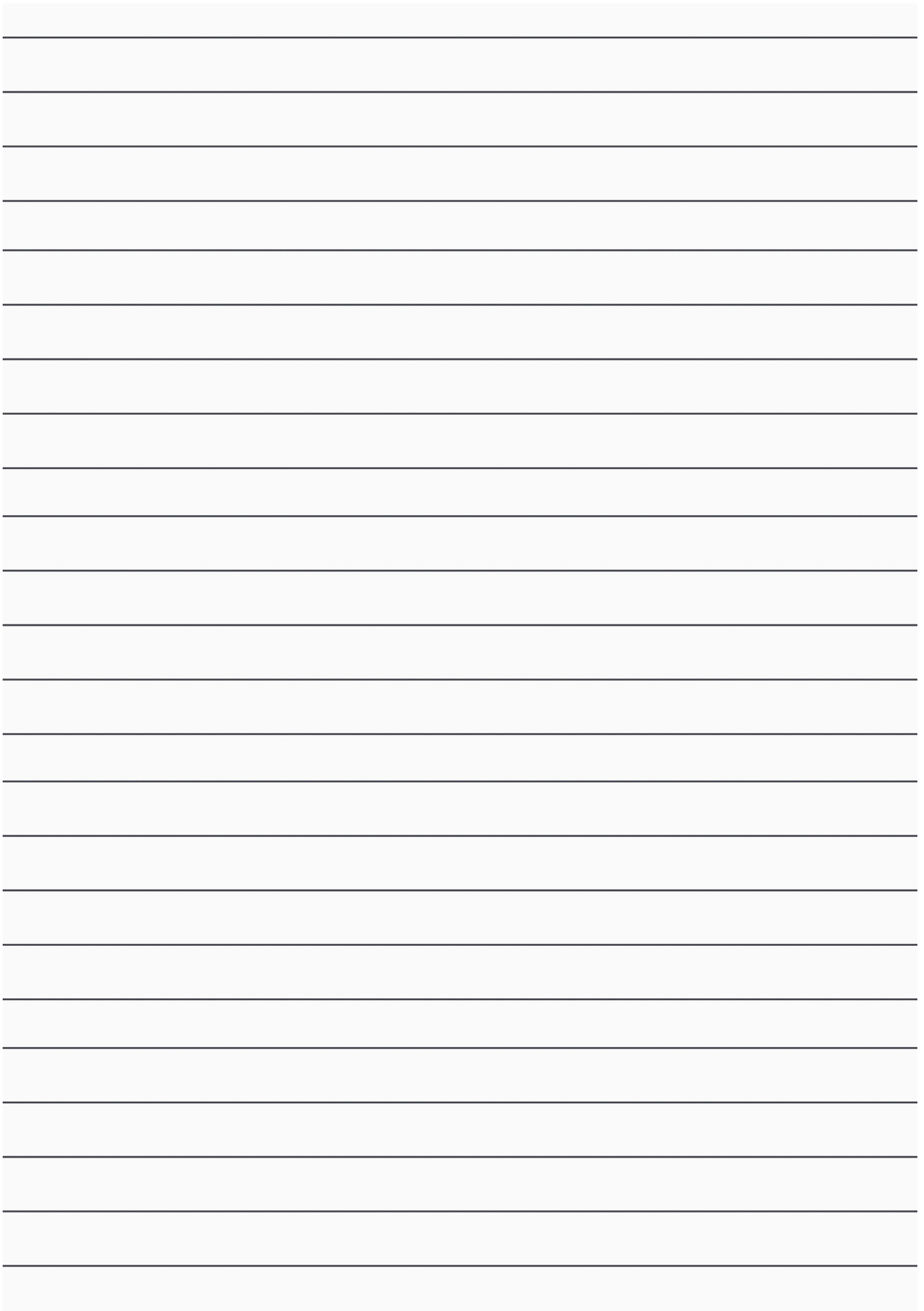
She fell facedown, bowed to the ground, and said to him, “Why have I found favor with you, so that you notice me, although I am a foreigner?” 11 Boaz answered her, “Everything you have done for your mother-in-law since your husband’s death has been fully reported to me: how you left your father and mother and your native land, and how you came to a people you didn’t previously know. 12 May the Lord reward you for what you have done, and may you receive a full reward from the Lord God of Israel, under whose wings you have come for refuge.”

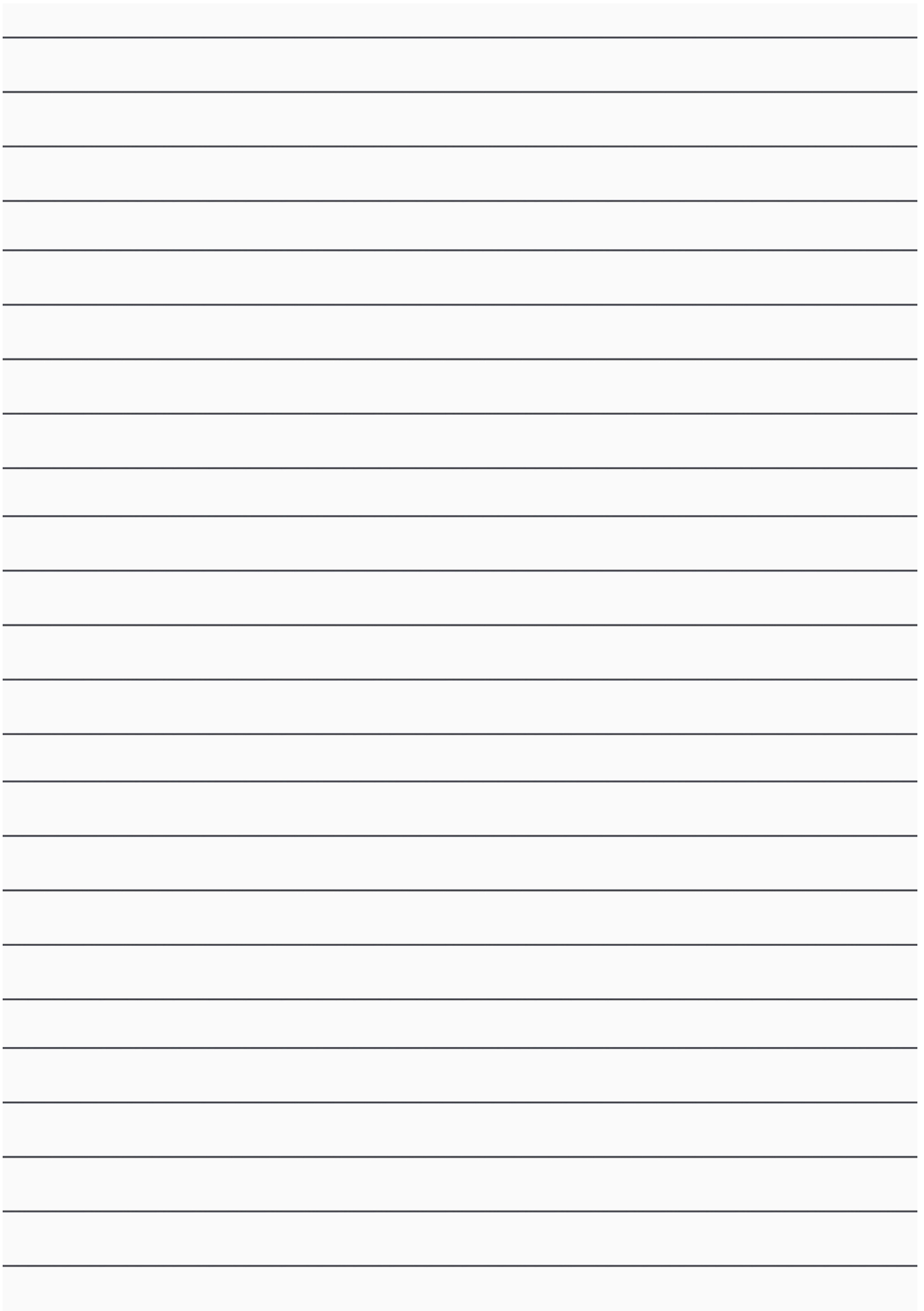
Reflect

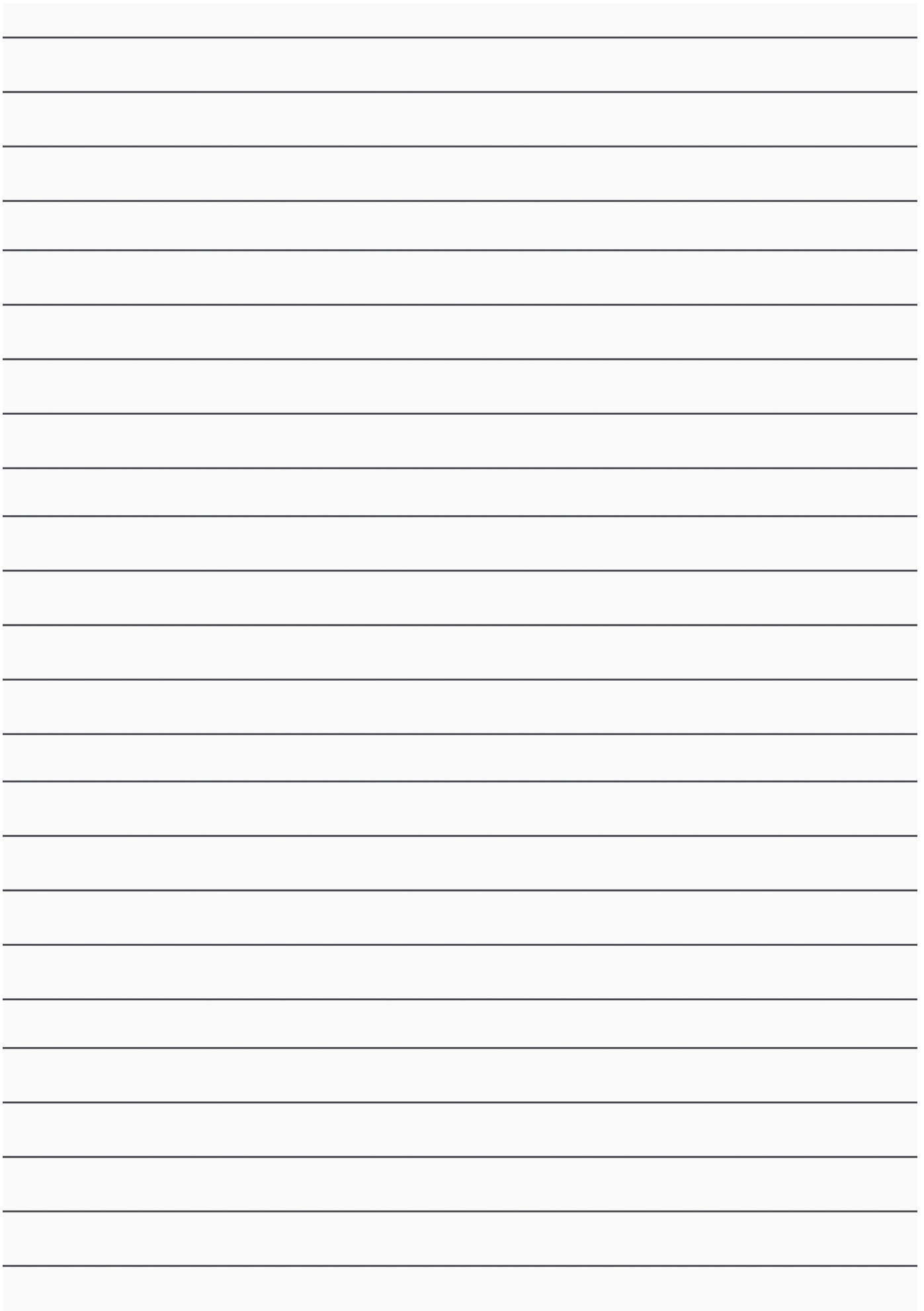
Notice Ruth’s humble demeanor that expressed itself in gratitude. Think of how God has used you in someone’s life recently and express gratitude to God for that.

Prayer

Confess your desire to be used humbly by God and to trust in Him.









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