



WHEN YOU PRAY

MATTHEW 6:1-21



GENTLE

TITUS 3:1-15



THOSE WHO
DREAM

PSALM 126



SELAH

PSALM 84



COME & SEE

JOHN 1:35-42



KEEPER

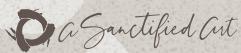
PSALM 121

REFLECT

Can you think of a person in your life who is gentle yet strong?
How are they impactful?
How might you adopt that character?

PRAY

Gracious God,
Being people of faith has never been easy. From the very beginning, we have needed reminders—to be gentle, to show courtesy, to devote ourselves to good works. In a world of division, help me be gentle. May that gentleness be a power for good. Amen.



GENTLE

REFLECT

The word “selah” is used 74 times in scripture.
The meaning is unclear, but many believe it indicates a pause.
Where or how do you need to pause in your life?

PRAY

Holy God,
Some truths are so good that we need a moment to let them sink in, otherwise they risk running off of us like water. So today we slow down. We whisper, “selah.” We pause, and we remember—one day in your courts is better than a thousand elsewhere. Amen.



SELAH

REFLECT

What images of God are comforting to you?
Where does your spirit need comfort?

PRAY

Gracious God,
Scripture says that you are my keeper, which floods me with images of cradling hands softly catching me. I imagine I could slip through your fingers if I wanted to—the freedom is there. However, as long as I want to be here, you have me. What a comforting idea that is. I think I will stay. Amen.



KEEPER

REFLECT

What are your spiritual practices?
What spiritual practices need new life?

PRAY

Teaching God,
You remind us to avoid going through the motions on autopilot so that we can engage our faith with our whole hearts. You’re worth our whole hearts. So today I pray: Be there in my fasting. Be there in my praying. Be there in my walking and waking. Make this journey real. Make it rich. Make it yours. Amen.



WHEN YOU PRAY

REFLECT

What dreams do you have for this world?
For yourself? For your community?

PRAY

God of tomorrow,
Brokenness weighs on us. No one is left untouched.
And so we lift our eyes to you, dreaming of the day when love is all we carry. Give us the strength to be those who dream—today and tomorrow. Amen.



THOSE WHO DREAM

REFLECT

In a world that loves certainty, where could you practice curiosity?
How might curiosity be a spiritual tool?

PRAY

Inviting God,
You are a God who is up to something good, always thinking ahead, always inviting us to join. So spark curiosity in me today so that I might ask, “Where are you going? I want to tag along.” Amen.



COME & SEE



TEMPLE

JOHN 2:13-22



HEALING

PSALM 147:1-11



REST

HEBREWS 4:1-10



COMMANDMENTS

DEUTERONOMY 10:12-22



WORDS

DEUTERONOMY 11:18-21



SPEAK

JEREMIAH 1:1-10

REFLECT

What corners of your heart need healing?
What pains you?

PRAY

God of the stars in the sky,
I cling to the fact that you are a healing God. You are a God
who longs for our wholeness. So just as you are with the
stars and the sky and all creation, be close to me today. Heal
the fragile parts of me, and help me see the next right step.
Gratefully I pray. Amen.



HEALING

REFLECT

What distractions in your life pull you from the core values of
your faith?
How can you recenter?

PRAY

God of our ancestors,
Take me back to the beginning. Take me back to the
foundation. Remind me of the core of faith—to serve, to
love, to walk with you. When I lose my way and find myself
caught up in matters that do not matter, bring me back to
your center. Amen.



COMMANDMENTS

REFLECT

What words do you need to say to yourself today?
What things are you so passionate about that you can't help
but talk about them?

PRAY

God of invitations,
You invite me to speak—to speak kindly to myself, to speak
up for justice, to speak words of hope and good news.
It's easy to let the world do the talking. It's defeating to
imagine I might not be heard. Nevertheless, give me the
courage to speak. Amen.



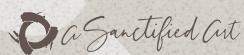
SPEAK

REFLECT

What angers you deep in your bones?
Where is God in that anger?

PRAY

God of justice,
You flipped tables in the temple, and then immediately spoke
to people who were eager to listen. We seem to only be able
to do one or the other—we can be prophetic or pastoral.
We can be angry or be gentle. We can speak or listen. Help us
to hold both at the same time. Teach us your ways, so that we
too can be agents of change. Amen.



TEMPLE

REFLECT

When was the last time you truly rested?
What practices are restful for you?
What changes in your life need to be made to protect rest?

PRAY

God of rest,
What a gift it is to us that you rested on the seventh day. Oh
how we need that example. Oh how I need that example. I am
weary, so today I pray: Give me the strength and the wisdom
to rebuild my life with rest at the center. Amen.



REST

REFLECT

What is the hardest part about opening your Bible?
What goals do you have for your relationship with scripture?
What can help you get there?

PRAY

God who speaks,
As a people, we seem to have forgotten your Word.
Those who went before us knew scripture like the back of
their hands, but I admit, I can struggle to remember stories
and verses. I know you're in there—inside the pages of my
Bible. Help me find you. Help me crave your word like I
crave connection. Amen.



WORDS