

Devotions 2026: February 2 to February 8

For daily devotions I am going to start using 60 days of prayer published by Guideposts.

Monday: What is Holding You Back?

Hebrews 12:1 – Let us throw off everything that hinders and the sin that so easily entangles.

Sometimes the things that hold us back are obvious, and other times they are so familiar we hardly notice. As you spend time with God, He reveals what is weighing you down and invites you to release it. Let today be a beginning, a chance to walk freer.

Prayer: Lord, help me recognize what is holding me back, and give me the courage to let it go.

Stay safe, stay healthy, take care and God Bless! Pastor Mary Lou

Tuesday: The Road That Leads to Blessing

Jeremiah 17:7 – “Blessed is the one who trusts in the Lord, whose confidence is in him.”

Some roads feel safe but leave us empty, while others seem uncertain yet overflow with God’s goodness. Trusting God may not always feel easy, but it leads us to places we would never find on our own. Take the next step, even if it is small. He will meet you there.

Prayer: God, I choose the road of trust, even when I cannot see where it leads. Walk with me.

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Wednesday: What Does Real Satisfaction Look Like?

Psalm 145:16 – You open your hand and satisfy the desires of every living thing.

When life leaves you feeling restless or empty, take heart, God is near, and His hands are never closed. He knows what you truly need and delights in filling your soul with peace. You do not have to search far. Satisfaction is already reaching for you.

Prayer: Father, thank You for being a God who provides. Help me receive the joy and fullness You long to give.

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Thursday: The Gift That Appeared

2 Corinthians 9:8 – God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.

Even when you do not see it, God is at work, fitting the pieces of your life together. He hears every quiet wish, every whispered prayer. Sometimes His grace arrives like an unexpected gift waiting at the table, reminding you that you are seen, loved, and provided for.

Prayer: Dear Lord, thank You for knowing my needs and for the quiet beauty of Your timing. Teach me to trust that Your grace is always at work in my life.

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Friday: The Strength to Wait

Psalm 27:14 – Wait ;for the Lord; be strong and take heart and wait for the Lord.

Waiting is never easy, but it is not wasted time. It is where trust is built and faith is refined. When answers seem slow or the path feels quiet, remember that God is still working behind the scenes. Your job is not to figure it all out. It is to keep showing up with your heart open, trusting He has not forgotten you.

Prayer: Lord, give me strength while I wait. Help me trust that You are still moving, even when I do not see it.

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Saturday: The Power of Perspective

Colossians 3:2 – Set your minds on things above, not on earthly things.

Changing your perspective will not remove the challenge, but it changes how you walk through it. When you lift your eyes to God, peace and hope begin to grow. What feels heavy becomes more bearable in the light of eternity.

Prayer: Father, shift my focus from fear to faith. Help me see with eternal eyes.

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Sunday: The Gift of Rest

Hebrews 4:9 – There remains, then, a Sabbath-rest for the people of God.

Rest is not a sign of weakness, it is a sacred rhythm. When you step away from the rush and turn your heart toward God, you make room for His peace to settle deep within. The Sabbath is not about checking out, it is about tuning in to grace. You do not have to carry it all. Let God hold you.

Prayer: God, thank You for the gift of rest. Help me slow down and find stillness with You.

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