

## **Devotions 2025: January 12 to January 18**

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

### **Monday:**                      Peace over Pressure

*Isaiah 31:15 – “In repentance and rest is your salvation, in quietness and trust is our strength.”*

There are moments when your heart feels full, but you have no one nearby to share it. That joy still matters. God delights in your delight, and He is the best listener. Do not hold back; thank Him aloud. He sees you, smiles with you, and celebrates even the private victories.

*Prayer: God, thank You for the joy in my heart today. Help me feel known and connected, even when I am celebrating alone.*

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

### **Tuesday:**                      The Strength to Keep Going

*Galatians 6:9 – Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

There are days when it would be easier to quit. But God honors persistence, especially when no one else sees it. You may feel unseen, but you are not unimportant. He is shaping something steady in you, and it is worth staying with.

*Prayer: Lord, give me the strength to stay faithful when I feel worn out. Remind me that Your harvest is worth the work.*

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**Wednesday:** A Heart That Wants to Help

*Galatians 6:10 – As we have opportunity, let us do good to all people.*

Wanting to help is holy; even when you are not sure how. God often uses the smallest gestures to show His love. A text, a silent prayer, a kind word all matter more than you know. Ask Him to show you what is needed, and trust He will use it in ways you cannot always see.

*Prayer: God, show me who needs love today. Give me eyes to see and a willing heart to respond.*

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**Thursday:** Finding Your Way Back

*Zechariah 1:9 – “Return to me,” declares the Lord Almighty, “and I will return to you.”*

Sometimes it feels like God is far away, but often, you have drifted. The good news? He is not waiting to scold you but to welcome you. You do not have to earn your way back, just turn toward Him. Even the smallest prayer can begin the journey home.

*Prayer: Lord, I want to draw near to You again. Thank You for always being ready to meet me where I am.*

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**Friday:** When You Feel Behind

*2 Peter 3:9 – The Lord is not slow in keeping his promise, as some understand slowness.*

It is easy to feel like everyone else is further ahead, closer to their goals, deeper in faith, more settled in life. But God is not always fast or visible, but He is never stopped shaping you. You are not behind, you are being prepared.

*Prayer: Lord, help me stop comparing and start trusting. You know exactly where I am and what I need.*

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**Saturday:** Peace for an Overthinking Mind

*Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

Overthinking can feel like control, but it is fear in disguise. God offers peace that silences the noise and clears the mental clutter. You do not have to have everything figured out to rest in Him. When your mind will not slow down, lean into the One already holding it all together.

Prayer: *God, slow my racing thoughts. Help me trade overthinking for trust in You.*

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**Sunday:** Grace after Disappointment

*Ephesians 4:32 – Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Letting someone down can leave you feeling stuck in shame. But grace is still yours. God invites you to make peace with your imperfection; not by excusing it but by remembering you are not alone in needing mercy. Restoration begins with honesty and ends with hope.

Prayer: *Lord, help me make things right where I can. And where I cannot, allow me to receive Your grace and move forward.*

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