

# 31

*days of  
prayer*



## Welcome

Dear Reader,

In your hands lies a small treasury of prayer—thirty-one offerings born from the hearts of women at Memorial Drive Presbyterian Church. Written in English, Spanish, and Portuguese, these prayers rise from different tongues yet share one melody: a longing to love and treasure Jesus.

As a new year unfolds, may these words become companions to your own days. The women who wrote them know the rhythm of ordinary life—hands in the garden soil, minds on the budget, hearts around the dinner table. Their prayers are stitched with the same threads that run through your life, too.

Your precious, everyday moments are already shimmering with the nearness of God. Our hope is that as you linger over these gentle prayers, you might glimpse His tenderness in your own routine—the holiness tucked inside dishes and deadlines, laughter and fatigue, plans and pauses.

May this little book draw you nearer to the One who is already near.

With love and gratitude,

MDPC Women's Ministry

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DAY 1

## Waking Up

*“In the morning, Lord, You hear my voice; in the morning  
I lay my requests before You and wait expectantly.” Psalm 5:3 (NIV)*

The alarm bleats and I can already hear my children shouting,  
“Momma, time to get up!” Oh Lord, get in my head before I do.

As I open my eyes this morning, let my first thought be of You.

Before the noise, the tasks, the distractions rush in—help me to pause  
and lift my heart to You. Like David, I can bring all my requests before

You. Here’s my schedule (Help me to be a peaceful presence in that  
meeting with my boss today), my fears (Are my kids safe at school? Do  
they have nice friends?), and my worries for the future (Do we have  
enough? Are we on track?).

Help me to wait on You in hopeful expectation. Help me to take refuge  
in You and rejoice in Your presence.

Remind me that this day isn’t mine to control—it’s Yours to guide. Fill  
my mind with Your truth, my heart with Your peace, and my spirit with  
readiness to follow wherever You lead.

Lord, be the first light in my thoughts, the first voice I hear, the first  
name on my lips. May Your presence steady me before the world even  
knows I’m awake.

DAY 2

## A Change of Plans

*“In their hearts, humans plan their course, but the Lord establishes their steps.”  
Proverbs 16:9 (NIV)*

Dear Lord ...

Here we go again.

A kitchen redo; although not by choice this round.

Brought on by a demon-possessed dishwasher.

A first-floor flood I found.

Surely, You know I made different plans for the summer  
That didn’t include claims, contractors, and the like.

My plans included peaceful days with the grands  
Lazy afternoons in a serene and quiet home I’d spend  
Sans pulled-up floors and power tools  
And packed up boxes for weeks on end.

Still ... You waited with me through all the delays.  
You calmed me when schedules went awry.  
When the demo dust triggered my asthma  
You reminded me that with You I can breathe.

These first world “problems” may be trivial, I know  
But this was my recent reality.  
No need to compare my “suffering” to others.  
What’s important to me is important to You.

Every win

Every loss

Every disappointment

Every change of my plans

It all fits perfectly into Yours.

Thank You for the unplanned unexpected reminder.  
Amen.

DAY 3

## Checking Email: A Prayer for Discernment

*“Let your conversation be always full of grace, seasoned with salt,  
so that you may know how to answer everyone.” Colossians 4:6 (NIV)*

Gracious Father,

As I open my email today, still my heart.

The messages before me are not just tasks or transactions,  
but opportunities to reflect Your love and wisdom.

Too often, I rush, skim, or reply with impatience.

Teach me instead to pause, to breathe,  
and to listen for Your Spirit’s whisper before I type a word.

May my speech, whether in writing, tone, or silence,  
be gracious and seasoned with the salt of kindness and clarity.

Lord, let no word I type dishonor You, but instead serve as salt and light  
in a digital world often filled with noise.

Guard me from defensiveness, harshness, or careless words that wound.  
Help me discern which messages demand action,  
which call for prayer, and which can be set aside.

Give me humility to seek understanding before assuming.

Lord Jesus, You are the Word made flesh;  
let my words reflect Your truth and compassion.

May even my inbox become a place of ministry,  
where burdens are lifted, encouragement is sent, and peace is shared.

Thank You, Lord, for entrusting me with relationships, even through  
emails, and for giving me the privilege to honor You in them.

Amen.

DAY 4

## Everyday Dialogues

*“...My grace is sufficient for you, for My power is made perfect in weakness.”  
2 Corinthians 12:9 (NIV)*

In my own language, I am sharp and quick,  
filled with wisdom, humor, and knowledge.

But as an immigrant, in English,  
the words escape me.

What remains feels smaller,  
childlike, muted.

I sit in silence,  
wondering if I am less.

Sometimes it feels like I live behind a glass cube—  
seen, yet unseen,  
present, yet muted.

But then I hear His whisper:  
“My grace is sufficient for you,  
for My power is made perfect in weakness.”

It is here, in the fragile space of my “less,”  
that His strength shines brighter.

Though my speech falters,  
His Spirit speaks louder.

Though I feel diminished,  
He is magnified.

And even behind the glass,  
I shine the light of Christ—  
for through my weakness, He is strong,

His purpose is perfect,  
and I live to glorify Him.

May each day He shine through me more and more,  
for His glory alone.

DAY 5

## Misplacing Your Keys

*“He determines the number of the stars;*

*He gives to all of them their names.*

*Great is our Lord, and abundant in power;*

*His understanding is beyond measure.” Psalm 147:4-5 (ESV)*

Lord, You know positively everything which amazes me. You’ve created everything, know every detail of our lives past, present and future, and You uphold the entire universe simultaneously. Praise be to You!!

Thank You for Your mercy towards me and for knowing all the things that I couldn’t possibly know what to do with.

I have managed to misplace my keys, again.

At this moment I feel weak, frustrated, anxious and run ragged.

I’m sorry for letting fear get the better of me and for believing that I am self-sufficient. You have named every star, You prepare rain for the earth, and Your understanding is beyond measure.

My understanding is evidently limited – haha!

I’m sorry for not trusting that You are who You say You are.

Thanks for this moment to rest in Your goodness.

(That reminds me, they’re on the nightstand where I put them before bed last night!)

Holy Spirit, tune my heart to recognize my pride sooner and teach me how to surrender myself to Your omniscience.

I pray all of this to the Glory of Jesus, Amen.

DAY 6

## In the Silence of the Night

*“In peace I will both lie down and sleep; for You alone,  
O Lord, make me dwell in safety.” Psalm 4:8 (ESV)*

Lord Jesus,

I come to You with a grateful heart in this hour of the night, when the house is quiet and everyone rests. As I walk through the home turning off lights or picking up what was left from the day, I sense that these small tasks become offerings before You.

Yes, I am tired, Lord. My body longs for rest, but in this silence I know that You, my Abba Father, are with me. In the calm that follows the day’s noise, I can hear Your gentle voice reminding me that I am not alone. Weariness weighs on me, but in the stillness I feel Your peace holding me—Your peace that renews my strength and prepares me for a new dawn.

Thank You for the gift of this sacred moment, when each corner in order reminds me of Your faithfulness, and every quiet breath of my sleeping family is a testimony of Your constant care.

I ask that You cover me with Your strength to finish this day and prepare my body for rest. Surround my family with Your love, guard our dreams, and let Your peace remain in our home until the morning.

I trust in You yesterday, today, and forever.

In Your name we pray, Amen.



DAY 7

## A First Cup of Coffee

*“The steadfast love of the Lord never ceases; His mercies never come to an end;  
they are new every morning; great is Your faithfulness.”*

*Lamentations 3:22-23 (ESV)*

God,  
I roll out of bed and wipe the sleep from my eyes.

A new day begins.

I slip on slippers and shuffle to the kitchen.

Great is Your faithfulness.

I choose a mug from the cabinet—  
one of my favorites, “A Cup of Grace.”

A new day begins.

The coffee maker hums,  
the drip, drip, drip,  
the rising steam.

Your mercies never come to an end.

I reach for the creamer,  
vanilla with almond milk—  
simple nourishment, body and soul.

A new day begins.

I sit with coffee in hand,  
its warmth reassuring,  
a reminder of comforts past and present.  
But nothing comforts more than knowing:

Your steadfast love never ceases.

Your mercies never come to an end.

They are new every morning.

Great is Your faithfulness.

And so, Lord, as I take this last sip,

I rest in You.

A new day begins.

Amen.

DAY 8

## For Wisdom

*“If you need wisdom, ask our generous God, and He will give it to you.  
He will not rebuke you for asking.” James 1:5 (NLT)*

*“How much better to get wisdom than gold, and good judgment than silver!”  
Proverbs 16:16 (NLT)*

Father God, I pray for wisdom; specifically I pray for wisdom,  
understanding, insight, guidance and protection.

Forgive me of my sins and open my mind  
to the prompting of Your Holy Spirit.

I pray for understanding to make decisions  
without getting lost in “what ifs” or second-guessing.

Lord, provide Your wisdom in my relationships, particularly with  
regards to handling difficult situations in my family.

Give me grace when I inevitably fail to do Your will.

Guide me with insight to specific scripture  
for inspiration in any circumstance.

Father, protect me from the evil one.

In the name of Jesus Christ, hold captive any thought  
that does not align with Your plans for me.

Finally, Father, let me rest in Your love which surpasses all human  
understanding and is a wonderful mystery.

Lord, You are perfect in wisdom, power, love and mercy.  
Hear my prayer.

Amen.

DAY 9

## Grocery Shopping

*“Give us today our daily bread.” Matthew 6:11 (NIV)*

Father, You are our Great Provider, so we praise You.

Help me to see the task of grocery shopping not as drudgery,  
but as a privilege...a gift from You. Forgive me when I grumble  
and complain about it.

I appreciate my neighborhood grocery store that is filled with wonderful  
things that are needed and wanted for the health and well-being of my  
family, so help me to choose wisely.

Thank You for providing people to grow and manufacture the items, to  
order the merchandise, to transport them, to stock the shelves, to run the  
cash registers, to manage the store, and everything else it takes to keep  
the doors open. Bless them as they work and serve us.

The items seem to magically appear, but I know that it all comes from  
You and Your provision. I’m so grateful that I don’t have to grow my  
own food or hunt it or collect manna each day.

Care for those who have limited resources to spend and be with the  
lonely, hurting and downtrodden customers. May the encounters that  
take place in the store be glorifying to You.

Amen.

DAY 10

## When God Seems to Delay

*“The Lord is not slow in keeping His promise, as some understand slowness.  
Instead, He is patient with you...” 2 Peter 3:9a (NIV)*

Lord, we know waiting isn't easy. Sometimes it feels like You're taking too long, but Your word in 2 Peter 3:9 reminds us to be patient.

You see the whole story when we only see a page,  
and Your timing is never late.

Lovely Father, help us to breathe deep in this season.

Remind us that every delay is filled with purpose,  
and that You are preparing something better than we could imagine –  
for our good and for Your Glory.

When our hearts start to doubt, lift us with Your peace.

When we are tempted to give up, whisper to us  
that You are still working on us.

Give us patient hearts that can rest, knowing that  
Your timing is perfect and Your promises never fail.

We choose to trust You, even in the quiet.

We choose to wait for Your time –  
because Your time is always the best time.

Lord, thank You for loving us enough to work in ways we can't yet see.

Thank You for the promises You've already kept,  
and the ones still to come.

Thank You for being faithful yesterday, today, and forever.

In Your precious name,

Amen.

DAY 11

## Scrolling

*“A heart at peace gives life to the body, but envy rots the bones.”  
Proverbs 14:30 (NIV)*

Dear God,

I admit—it's easier to pull out my phone than it is to pray.  
Instinctively, I check emails. I scroll.

The influencers tell me I need new pajamas.  
The dress I wanted is almost sold out.  
An old acquaintance just bought a house—  
it looks nicer than mine.

The fitness account tells me how to lose ten pounds.  
Another links fifty products for the refrigerator alone.  
The motherhood account swears this one pricey gadget  
will finally help my baby sleep.

I scroll because I want ease.

I want peace.

A deep exhale.

And yet when I put my phone down,  
all I feel is anxiety.

Should I?

Did I?

Why not?

God, the scrolling drains my soul.  
But You say, *a heart at peace gives life to the body.*

So be my peace, Lord.  
Because tiny squares and endless links cannot fill me.  
They only consume me.

But You, God—

You satisfy.

You fill me with good things.  
You are enough.

Amen.



DAY 12

## Community

*“Let us consider how we may spur one another on toward love and good deeds,  
not giving up meeting together, as some are in the habit of doing,  
but encouraging one another.” Hebrews 10:24-25 (NIV)*

Heavenly Father,

I pray for the blessing of a true community of close friends.  
That You would strengthen my existing bonds of friendship  
and introduce me to more women of faith.

Women who aren't afraid to let me see their quirks, their cozy  
secondhand furniture, their niche hobbies, and their messy kitchen.

Women who don't judge my clothes, hair, weight, or wrinkles.

Women who spur me on towards love and good deeds.

Women who hold me accountable in love and share honestly  
so I can do the same for them.

Women whose joy in the Lord is authentic and contagious.

Women who have walked this road for years before me,  
and younger women who can learn from my mistakes.

Women with different spiritual gifts to inspire me  
as we together build up the body of Christ.

I pray for Your help in becoming a woman who could be this sort of  
community for others. Help me to be the one to reach out,  
to seek connection, and to show hospitality.

Thank You for creating us to be a people in community.

Amen.

DAY 13

## A Great Party

*Behold, how good and how pleasant it is for brethren to dwell together in unity!  
Psalm 133:1 (NKJV)*

Who doesn't enjoy a great party or get-together?  
Everyone enjoys one so much that it is impossible not to remember  
and share the details of how great it was with as many people  
as possible, because you want them to imagine it  
and experience the joy it brought you.

Lord, You are pleased when we gather, and how great it is when  
we share the moment in Your presence. At times, we don't realize  
how important it is to be with one another to share someone's joy,  
someone's hurt, or just someone's presence.

Lord, help us to be willing to celebrate You with others  
like You celebrated at the wedding in Cana. You made the groom  
feel special when a moment of flaw could have been noticed. You came  
through for him. We can only imagine how he felt knowing that someone  
covered his miscalculation for the wine. And You supplied  
not just any wine, but the best wine ever.

Help us to be ready to celebrate with others, no matter the circumstance.  
Encourage us to share the wonders and signs that happen when we  
gather in Your presence. May everyone know of the great party we have  
in Your presence – one that is filled with joy, hope, and much love.

Amen.

## Prepping My Face for the Day

*“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.” Colossians 3:12 (ESV)*



Heavenly Father,

Some days I like the way my face looks.

Other days, I’m self-conscious –

about wrinkles, pock marks, or untamed brows.

The world offers hope in a bottle of serum or tube of concealer,

but You promise a wellspring of life – bubbling over

with true help and eternal hope.

As I wash my face and pat it dry, dabbing this and that in place,

help me see the sacred beauty of this human face You formed:

Eyes that shine with the knowledge of both joy and sorrow,

Lips that speak with kindness, conviction, and discerning restraint,

Ears that will hear hard things—

and be called again and again to prayer.

In the small routine of getting ready,

remind me that the true preparation

is anchoring my heart in Your saving grace.

Make me a reflection of Your goodness to all I meet:

Eyes lit with the joy of salvation,

Brows furrowed in concern or lifted in delight with your saints,

Cheeks creased with laughter – or grief shared in love.

Thank You for filling this ordinary woman with Your Holy Spirit –

with compassion, humility, patience, and grace –

to be Your ambassador, Your daughter, and Your friend.

Amen.

DAY 15

## A Liturgy of Change: When nothing stays the same

*“Jesus Christ is the same yesterday and today and forever.” Hebrews 13:8 (ESV)*

My God,

Nothing stays the same.

Because it doesn’t.

And it shouldn’t.

But that truth does not make it easier.

I once heard someone say,

“All change is loss.”

And it is true.

All change is loss—

in the welcome kinds,

and in the forced kinds.

And yet,

You remain the constant—

the same *yesterday, today, and tomorrow*.

So, I grieve the small things:

the favorite restaurant now boarded up,

the beloved band now broken up,

the corners of my days that once felt familiar,

now shifted or gone.

And I grieve the larger things:

friendships that no longer fit new seasons,

an identity reshaped by a role newly begun,

dreams that have faded, or taken shape in unexpected ways.

There is a love song I treasure that longs,

“I hope your favorite bands stay together.”

But most won’t.

Still,

You remain the same—

*yesterday, today, and tomorrow*.

Whether today brings the change once prayed for,  
or the change we prayed against,

You are the same—

*yesterday, today, and tomorrow*.

In this truth, I find rest.

Because Your love for me will always stay the same.

You will not change.

You are the same *yesterday, today, and forever*.

Amen.

DAY 16

## Budgeting

*“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength.” Philippians 4:11-13 (NIV)*

Jesus,  
I need You.

When I am in the middle of learning to budget  
or the numbers are not adding up.  
When the new trend tempts me to worship material things,  
for I know those are only temporary.  
Showing materialistic things such as a bigger house, fancy trip,  
or nicer vehicle on social media for status is not what the focus should be,  
for I know it will only bring me momentary pleasure.

When my child's school is asking for one more donation,  
one more fee, one more purchase.

When anxiety and worry starts building  
because of lack of knowledge and comfort.

Breathe...

I need You, God.

Shift my focus on the cost You paid instead of the things I have to pay.

Breathe...

Help me shift away from the validation of the world.  
Help me desire to get to know You, instead.  
To spend my time pursuing You, all of You, and only You.  
Instill in me the need to love others, like You love me.  
Help me donate my time, instead of spending it on the temporary.  
For life with You is eternal.  
Life with You is more than plenty.  
More than I need and more than I deserve.

Breathe...

DAY 17

## In the Everyday Waiting

*“I wait for the Lord, my whole being waits, and in His Word, I put my hope.”  
Psalm 130:5 (NIV)*

Lord...

In the daily monotony  
of the carpool line,  
In the sterile silence  
of the doctor's office,  
In the minutes that stretch  
before the phone rings,  
Teach me to wait well.

When my hands ache to fix  
But the best thing I should do  
is wait,  
Anchor me in the truth that  
You are never late, nor hurried.  
Teach me to wait well.

May my moments of  
potential boredom  
be places of Holy Sabbath  
Where trust is practiced  
in small, unseen ways.  
Teach me to wait well.

When the answer to the prayer  
is not *Yes* or *No*, but *Wait*,  
When the future is so unclear,  
and even feels like a closed door,  
Remind me that You are the  
ultimate “behind the scenes”  
orchestrator of my life.  
Teach me to wait well.

And when the waiting ends,  
Whether the result  
brings tears or laughter,  
Let me trust You in the answer.  
For You were with me  
In the idling engine,  
In the worn waiting room chair,  
In the long breath before the news.

Teach me to wait well.

Amen.

DAY 18

## Family Feast, Our Love for Jesus Shared over Meals

*Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. 1 Thessalonians 2:7b-8 (NIV)*

Dear Lord,

I praise You for the opportunity to open our home every Sunday  
for a meal with our adult children and their families.

I ask for Your guidance and blessing for those precious moments.  
Grant that our table might be a place where they sense Your presence.  
Let them feel welcomed, cared for, and loved.

Use my words to bring up meaningful conversations that will bless them.  
Help me to put my love for Jesus on display when  
I work in the kitchen, serve, and clean up.

Lord, transform these ordinary meals into extraordinary moments.  
Pour Your love over all of us. Feed our minds, hearts, and souls  
with the desire for the bread of life.

May the Holy Spirit bring us all to the feet of Jesus,  
where there will always be a “Family Feast”  
and where we will be able to share the joy of walking with Jesus  
and acknowledging God’s provision for our lives.

Amen.

DAY 19

## A Liturgy for My Niblings

*“They will be My people, and I will be their God.” Jeremiah 32:38 (NLT)*

mine they are not,  
but mine they are,  
the kiddos of my sibling,  
treasures of my heart.

by limb, or pigment,  
or our eyes, that  
I’m their aunt,  
one can’t disguise.

busy, curious,  
delightful too;  
their parents want naps,  
I’ll be the prayer crew!

show them Your love  
each day  
in a way  
that each  
with their say  
can profoundly relate.

Your gifts in them  
please help them to see;  
a blessing to others,  
do let them be.

and in Your mercy  
care as well  
for their young minds  
their fears please quell.

and also mine,  
for the world seems harsh;  
guide their feet,  
guard their hearts,  
give them light  
when all seems dark.

Nieces and Nephews -  
Nibblings rad,  
mirroring mom,  
resembling dad.

and may they be  
Your avatar  
mine they aren’t  
but Yours they are.

## Looking Out the Window

*“So do not worry about tomorrow, for tomorrow will bring worries of its own.  
Today’s trouble is enough for today.” Matthew 6:34 (NRSV)*

Father God,

On an unscheduled day, the house is quiet.

There is space for the mind to wander.

Sometimes worrying thoughts creep in...  
about parents, children, grandchildren, employment, purpose...

A glance, then purposeful watching, out the window  
reminds me of Your presence and Your care —  
gentle rustling of leaves like the Spirit walking by...  
bright sun in the blue sky almost like a smile...  
majestic pines so tall, standing guard, protecting...  
birds and squirrels find the feeder and entertain...

All these seem to be placed behind my house  
precisely to bring calm and comfort.

God, Your Word says:

Look — you are of value

Consider — God will provide

Don’t worry — your Father knows what you need

Then STRIVE — for the Kingdom — for Righteousness

Thank You for Your kind presence,  
for showing Yourself in the daily provisions You bring.  
Give me eyes to see and ears to hear You at work,  
then the heart to follow You. Amen.



## Practicing the Art of Being Still

*“Be still before the LORD and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it only leads to evil.” Psalm 37:7-8 (NIV)*

Lord, help me to be still and know You are God  
and to wait patiently for You.

When I wake in the night and my thoughts spin out of control  
with worries of the future  
and reconstruction of the past, help me be still and not fret.

When I encounter people that are angry and rude,  
give me peace to love them as You do.  
May I return abrasiveness with kindness and love.

When I get frustrated with the state of our nation  
and worry about how the powers of the world are interacting,  
remind me that You are in control.

When things aren't “right or fair” in my life,  
draw my soul to Your heart and remove my worry.  
For it is in YOU alone I find true peace.  
You are just and will make all things perfect in time.

When my friends or family are struggling and there are no easy answers,  
give me the words to pray and the ability to bring comfort by Your spirit.  
Let us rest together in You and Your promises.

As I go about my day, help me to remember You in each moment.

Help me to abide in You, Jesus. Amen.

## As You Enter Your Place of Labor

*“The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8 (NIV)*

Heavenly Father,

I need You now.

I need You before I turn off my car and enter my place of labor.

You have blessed me with a job –  
A place where I get to learn and be stretched,  
A place where I encounter those alike and different from myself,  
A place where you are tending to the soil  
Of seeds planted long before I arrived.

You have blessed me with breath in my lungs –  
Breath I pray would be used for Your good in my workplace,  
Breath that speaks words to uplift, love, and care for my co-laborers well.

Set a guard over my mouth, Lord;  
Keep watch over the doors of my lips. (Psalm 141:3)

You have blessed me with a new morning –  
A morning in which I want to choose to invite You in,  
A morning I pray You would fill with Your presence  
Within the walls of my office,  
A morning of new possibility, redemption, and hope.

Jesus, we invite You in.  
Walk in step with us today,  
Even when it is hard to rise from bed,  
Even when it is hard to step out of our car,  
And even when walking into work feels like a fight.  
You are fighting the good fight.  
May I not lose sight of that promise today.

Amen.

DAY 23

## Waiting in Line

*“Wait for the Lord; be strong and let your heart take courage; wait for the Lord!”  
Psalm 27:14 (ESV)*

Father God,

A checkout counter, a traffic jam, or the doctor’s office waiting room,  
These are all places where my impatience bubbles up.

Yet waiting is woven into our walk with You.

In those pauses I did not choose,  
please help me to remember the One who waits with us and for us,  
teaching us patience and trust.

When I find myself in these situations, slow my racing thoughts.

Turn my frustration into a breath of gratitude  
for the time You’ve given me.

Open my eyes to those around me—  
remind me each person here is someone You love.

Help me practice patience, not as wasted time,  
but as holy space where I can rest in Your presence.

Teach me to wait with hope, for You are always faithful.

Amen.

DAY 24

## Meal Planning

*“Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked Him and He would have given you living water.’”  
John 4:10 (NIV)*

Heavenly Father,

I need Your help!

Why do we need to eat so much—and so often?!

I’ve barely finished the dishes from breakfast when it’s already time  
to fix lunch for five people—one who won’t eat eggs or peanut butter  
or let foods touch, and one who always needs a double portion.

I’ve got recipes bookmarked and saved to my phone, lists going,  
and schedules to work around. And I can hear it already:  
“Mama, can I have a snack?”

Why are we so hungry?

What are we really hungry for?

I know I’m starving for more of YOU—the well that never runs dry,  
the peace that surpasses understanding, the bread of life.

As I put pen to paper again to draft a meal plan  
that’s healthy, budget-friendly, and suited to everyone’s needs and  
preferences (and crock-pot ready for those busy sports nights),  
let gratitude flood my heart. For these children, this life,  
and even this chaos is exactly what I once prayed for.

We are all so hungry.

Let me offer my family not only wholesome food, but also the presence  
of a woman who has hungered for You and been satisfied.

Amen.



## Grandparenting

*“Children’s children are a crown to the aged, and  
parents are the pride of their children.” Proverbs 17:6 (NIV)*

Heavenly Father ...

As I gaze at these angels in baby skin form  
Two pairs of blue eyes ... one pair of brown  
I wonder what I can possibly bring to their little lives  
Me ... and my silver-haired crown.

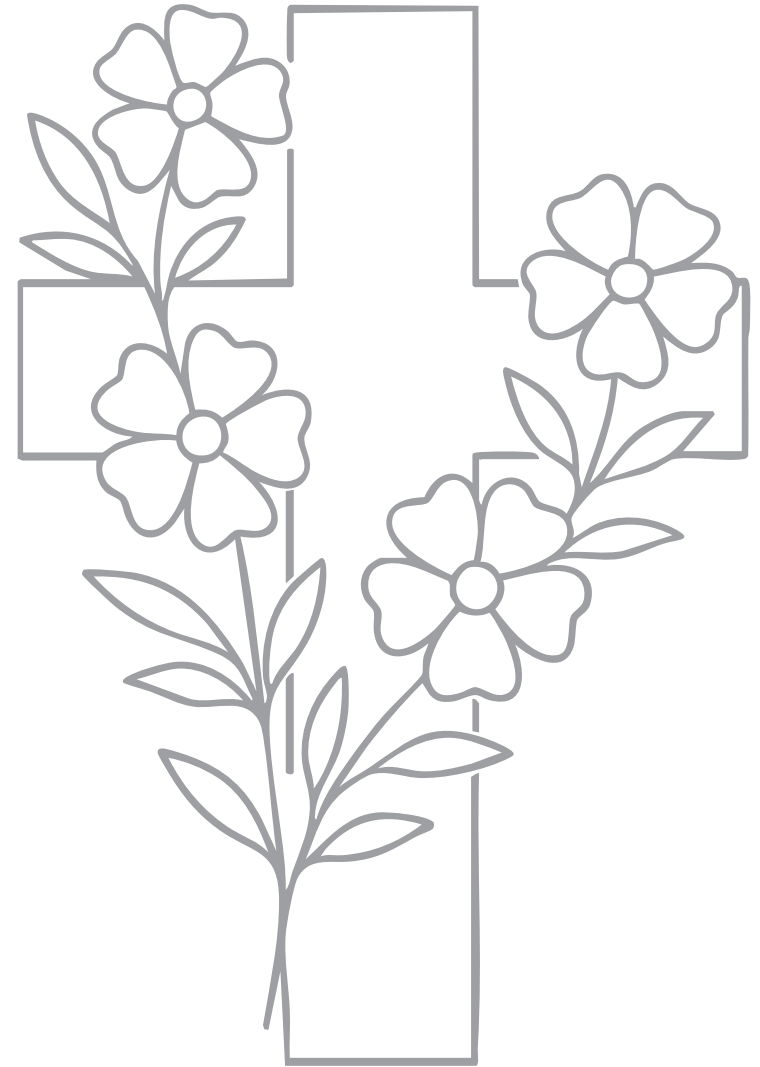
The generation between us was already adored  
I thought more couldn’t possibly be hugged out of my heart  
But then, when the first grand was only a minute old  
I melted at her right dimple ... and I was sold.

Do I have anything to offer you?  
Perhaps time and patience and wisdom  
And a nobler version of me ... theoretically.

Perhaps I finally recognize the power of simple presence  
Because that’s what my Granny gave to me  
Not much in the way of vast experiences or treasures  
Just a listening ear that set the trajectory for my life.

Fully present love ... unconditional and unhurried  
Could this be the priceless gift a “Honey” brings?  
Lord, give me holy eyes, ears, and touch  
To see these moments as sacred things.

Amen.



## In the Car on My Daily Commute

*“Come to Me, all who labor and are heavy laden, and I will give you rest.  
Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart,  
and you will find rest for your souls. For My yoke is easy, and My burden is light.”  
Matthew 11:28-30 (ESV)*

Jesus,

As the sun rises on a new day of work, You, my God, meet me here.  
As I pack my lunch and pour my coffee, You, my God, meet me here.  
As I hop in the car and plug in my Waze, You, my God, meet me here.

You meet me in the bumper-to-bumper traffic. You meet me on I-45,  
on I-10, and on any road in between. Whether I’m blasting music,  
listening to a podcast, on a phone call, or driving in silence,  
You, my God, meet me here.

I confess to living a hurried life, getting caught up  
with the pace of this world. I confess to rushing,  
missing the present moment because I’m so consumed  
by where I’m headed.

Would I not miss this opportunity to pray, to worship, to listen.  
Would I answer Your call of “Come to Me” because You, my God,  
meet me here, on these mundane repetitive drives time and time again.  
Would this space become sacred and would it give me true rest.  
Would my daily commute be marked by communion with You, my God,  
the One who never fails to meet me.

Amen.

## When Plans Go Awry

*“And we know that in all things God works for the good of those who love Him,  
who have been called according to His purpose.” Romans 8:28 (NIV)*

Most, if not all of us, start our day with a plan for things to do,  
be it chores or errands or jobs to address and either begin or finish.  
As a teacher, I had plans for lessons and backup plans for those plans.  
Forty years of teaching make that planning habit thoroughly ingrained  
in me. You could ask my husband about my planning for our vacations,  
rarely leaving a day or an hour unplanned, sometimes to our detriment.

Fatigue sets in and I sometimes have to plan for rest!

So it is not a surprise to me that I often do not handle it well when my  
plans (written or just in my own head) go awry, when things unfold that  
thwart my ideas for the morning or afternoon or even the whole day.  
I get irritated, caught up in trying to “right the ship,” so to speak, and  
get back on track. Even if it’s for some worthwhile reason that I’d never  
ignore, such as a parent needing my help to get to a doctor’s  
appointment when a car battery dies, or a washing machine  
that suddenly decides it’s time to quit...I jump into action  
but am rattled that my plans are messed up.

Call it a control issue, because that’s what it is. Society is caught up in  
wanting to control life and, when we cannot, we have trouble handling it.  
It’s a form of idolatry, I’m sorry to admit. And when it occurs, I’ve found  
my greatest help is the Holy Spirit. Recognizing it for what it is and  
asking a simple “please help me and remove my frustration” of the  
Holy Spirit is all it takes to get my heart and mind focused  
on what I should do and off of what I thought I’d do.  
And the burden mellows, fading or disappearing.

It is humbling to admit we are not in control the way we like to be or  
think we should be. We have a heavenly Father whose control is far  
better than anything we can do. Keep that as your focus.

DAY 28

## Weeding the Garden

*“...put on the new self, which is being renewed in knowledge  
in the image of its Creator.” Colossians 3:10 (NIV)*

Father,

You are a wondrous Creator. You created me, and You’ve given me  
a new self—made in Your image, renewed day by day by Your grace.

And yet, I still see the weeds of my old life sprouting up inside:  
pride, impatience, selfishness, control, fear.

It’s easy to look past them; too busy, distracted, or ashamed  
to pluck that pesky sin right when it sprouts inside me.  
Instead, I ignore them, hoping they’ll go away on their own.

But they don’t. They take root and they grow.

Lord, give me the courage to get on my knees and let You dig deep.  
Expose what’s hidden and uproot what doesn’t belong.

Help me to not settle for surface change.

Show me the lies I’ve believed, the habits I’ve excused,  
and the desires that compete with You.

I don’t want a life that just looks good—I want a heart that’s truly Yours.  
Make space in me for love, peace, humility, and grace to grow.  
Shape me more and more into the image of Christ.

Thank You for Your patience with me.  
Thank You for being faithful to finish what You’ve started.  
Keep renewing me, Lord.

Amen.

DAY 29

## Caring for Loved Ones

*“Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7 (NIV)*

*“You anoint my head with oil; my cup overflows.” Psalm 23:5b (NIV)*

God my Father,

As a woman, I have many people who need my nurturing care:  
my children, my spouse, my coworkers, my friends,  
my aging parents.

Wash, errands, meetings, doctors appointments, carpool,  
just being present. The list goes on.

My life is full! I thank You for putting these people in my life to love.  
I often see Your face through them –  
their quiet smiles or exclamations of joy.  
And I learn so much from them.

But sometimes, there is not enough time in a day.

Sometimes, my list seems too long.

Sometimes, I get weary.

But God, You are here. You care for me. You anoint my head with oil.  
You fill my cup, and it overflows.

May I learn to care for others out of Your overflow.  
Lead me, this year, to find ways to keep my personal cup full of You.  
Lead me to the right devotional, the right Bible Study,  
the right friends, the right small group.  
And may any care I provide always point those I encounter to You.

Amen.

DAY 30

## Setting the Table

*“... they broke bread at home and ate their food with glad and generous hearts”  
Acts 2:46 (NRSV)*

*“When He was at the table with them, He took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized Him, and He disappeared from their sight” Luke 24:30-31 (NIV)*

Father in Heaven,

As we set the table, toss the salad, pour the milk yet again  
and again and again

Let our hearts be grateful  
for those gathered at our table  
may each one be welcomed, loved, honored  
even as we welcome You, Father God

Let us cherish these ordinary days  
Swapping stories  
Mediating fights  
Wiping tears  
Laughing at the same silly jokes

Remembering that all of it is extraordinary and fleeting and sacred

Let these moments, this food, these people  
become invitations to bring heaven to earth  
even when the drudgery overwhelms us

Nourish us with the supernatural gift of Your Presence at our table—  
open our eyes to see You

And when our table is lonely or chaotic or contentious

Help us to create an atmosphere that reflects Your glory, builds our  
family, and blesses all those who gather.

In Your name we pray,

Amen

DAY 31

## Ordinary Things

*“Pray at all times in the Spirit with all prayer and supplication.”  
Ephesians 6:18a (RSV)*

In a world of busyness, God is present in the quiet moments  
in the shower (or tub). It is an opportunity to talk to our Heavenly Father  
and reflect on Him in our lives. We might talk to Him about what He  
wants us to do that day for Him and then look forward to His mission.

Thank You, Lord God, for Your “always listening ear.”  
Thank You for Your love that covers all things!  
May we see You in it all, even in the most ordinary tasks.

Amen.

## Further Reading & Companions for the Journey

If these liturgies have encouraged you, here are a few kindred voices and resources that help us notice God's presence in our everyday lives:

**Every Moment Holy** ([everymomentholy.com](http://everymomentholy.com)) — Beautiful prayers and liturgies that invite us to see God in ordinary moments — from daily chores to deep grief.

***Liturgy of the Ordinary* by Tish Harrison Warren** — A gentle reminder that the smallest tasks can become acts of worship when we live with awareness of God's grace.

**Kate Bowler** — Author and podcast host who helps us wrestle honestly with faith, hope, and the goodness of God in the midst of uncertainty.

**Emily Ley** — Encourages us toward simple, intentional rhythms that make space for what matters most — our families, our faith, and our peace.

**Morgan Harper Nichols** — Poet and artist who celebrates God's nearness, beauty, and hope through heartfelt words and art.

**Caroline Cobb** - songwriter, performer and writer who encourages us toward God's heart of love.

**Leigh McLeroy** — A writer and (forever) beloved member of our church, Leigh's words continue to point us to the beauty of God's faithfulness and encourage us to see God in everyday life. We trust she is enjoying the sweetest of heavenly homecomings.

**MDPC Bible Classes** ([discipleship.mdpc.org](http://discipleship.mdpc.org)) — A welcoming place to study Scripture, grow in faith, and find community right here at Memorial Drive Presbyterian Church.

May these voices and spaces remind us that God is near — in the sacred and the simple, in every ordinary day.

## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]



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