

**Daily Meditation**  
**for the week of September 15 to 21**  
*Rev Dr Richard Chung*

**Sunday, September 15**

**Verse:** Isaiah 50:4

*"The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary."*

**Meditation:**

God equips us to encourage others. Consider how you can use your words to uplift someone in need today.

**Prayer:**

Lord, give me the wisdom and compassion to speak words of encouragement to those who are weary. Use me as a vessel of Your comfort. Amen.

**Monday, September 16**

**Verse:** James 3:10

*"Out of the same mouth come praise and cursing. My brothers and sisters, this should not be."*

**Meditation:**

Consistency in our speech reflects a heart aligned with God's will. Reflect on the power of your words today and strive to speak life.

**Prayer:**

Father, cleanse my heart so that my words may consistently honor You. Help me to be mindful of the impact my speech has on others. Amen.

**Tuesday, September 17**

**Verse:** Mark 9:35

*"Sitting down, Jesus called the Twelve and said, 'Anyone who wants to be first must be the very last, and the servant of all.'"*

**Meditation:**

Greatness in God's kingdom comes through serving others. Look for opportunities today to serve with humility and love.

**Prayer:**

Jesus, teach me to serve others selflessly, just as You served. Let my actions reflect Your love and humility. Amen.

### **Wednesday, September 18**

**Verse:** Proverbs 31:8

*"Speak up for those who cannot speak for themselves, for the rights of all who are destitute."*

**Meditation:**

We are called to advocate for the voiceless. Consider today how you can stand up for justice and compassion in your community.

**Prayer:**

Lord, give me the courage to speak out for those in need. Help me to be a voice for justice and mercy in a world that needs Your love. Amen.

### **Thursday, September 19**

**Verse:** James 3:18

*"Peacemakers who sow in peace reap a harvest of righteousness."*

**Meditation:**

True peace comes from a heart committed to righteousness. Strive today to be a peacemaker in your interactions with others.

**Prayer:**

God of peace, help me to sow seeds of peace in my relationships. Let my actions lead to a harvest of righteousness. Amen.

### **Friday, September 20**

**Verse:** Mark 9:37

*"Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me."*

**Meditation:**

Welcoming others, especially the vulnerable, is an act of welcoming Christ. Reflect on how you can show hospitality and kindness today.

**Prayer:**

Lord, open my heart to welcome others as I would welcome You. Help me to see Your image in every person I meet. Amen.

### **Saturday, September 21**

**Verse:** Psalm 1:3

*"That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."*

**Meditation:**

A life rooted in God is fruitful and resilient. Focus today on deepening your spiritual roots through prayer and scripture.

**Prayer:**

Lord, plant me by the streams of Your living water. Nourish my soul so that I may bear fruit in every season of life. Amen.