
Daily Meditation for the week of June 22 – 28, 2025

June 22, 2025 (Sunday)

Key Verse: Hebrews 11:1

“Now faith is the assurance of things hoped for, the conviction of things not seen.”

Meditation: Faith sees beyond the present moment. Trust God even when the outcome is uncertain.

Prayer: Lord, increase my faith. Help me trust in your promises, even when I can’t see the way.
Amen.

June 23, 2025 (Monday)

Key Verse: Matthew 22:37

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”

Meditation: Love for God isn’t partial—it involves your whole being. Give your heart to Him fully today.

Prayer: God, help me to love you completely—with my thoughts, my energy, and my soul.
Amen.

June 24, 2025 (Tuesday)

Key Verse: Psalm 34:8

“O taste and see that the Lord is good; happy are those who take refuge in him.”

Meditation: Experience God’s goodness firsthand. Take time to notice how He provides.

Prayer: Lord, open my eyes to your goodness. Let my soul take refuge in your care. Amen.

June 25, 2025 (Wednesday)

Key Verse: 2 Timothy 1:7

“God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.”

Meditation: The Spirit in you brings courage, love, and clarity. Step boldly into what God has for you today.

Prayer: Holy Spirit, fill me with courage and love. Help me walk in your strength and self-control.
Amen.

June 26, 2025 (Thursday)

Key Verse: Romans 8:28

“We know that all things work together for good for those who love God.”

Meditation: Even what feels broken can be used for good. Trust God's redemptive work in your life.

Prayer: Lord, help me trust that you are working all things for good, even when I can't see it yet. Amen.

June 27, 2025 (Friday)

Key Verse: Psalm 55:22

“Cast your burden on the Lord, and he will sustain you.”

Meditation: Let go of what you're carrying. God can handle it. You don't have to do this alone.

Prayer: God, I lay my burdens down at your feet. Carry me in your strength today. Amen.

June 28, 2025 (Saturday)

Key Verse: John 14:6

“I am the way, and the truth, and the life.”

Meditation: In a world of confusion, Jesus remains our way and truth. Follow His voice.

Prayer: Jesus, lead me today. Help me to follow your way and hold fast to your truth. Amen.

