
Daily Meditations for the week of February 1 thru February 7, 2026

Daily Meditation for February 1

Key Verse: Psalm 90:12 — “Teach us to count our days that we may gain a wise heart.”

Meditation: Numbered days invite focused living.

Prayer: Give me a wise heart for today, Lord. Amen.

Daily Meditation for February 2

Key Verse: Luke 2:30 — “My eyes have seen your salvation.”

Meditation: Like Simeon, hold Christ and find rest.

Prayer: Let me recognize your saving work, Jesus. Amen.

Daily Meditation for February 3

Key Verse: Colossians 3:12 — “Clothe yourselves with compassion...”

Meditation: Dress the day in mercy.

Prayer: Wrap me in compassion and patience, Lord. Amen.

Daily Meditation for February 4

Key Verse: Psalm 62:1 — “For God alone my soul waits in silence.”

Meditation: Silence is soul oxygen.

Prayer: Meet me in quiet, O God my rest. Amen.

Daily Meditation for February 5

Key Verse: Matthew 11:28 — “Come to me... I will give you rest.”

Meditation: Rest is received, not achieved.

Prayer: I come tired, Jesus—give me your rest. Amen.

Daily Meditation for February 6

Key Verse: Romans 5:5 — “Hope does not disappoint... God’s love poured into our hearts.”

Meditation: Hope holds because love roots it.

Prayer: Pour your love into my heart today. Amen.

Daily Meditation for February 7

Key Verse: Proverbs 3:5–6 — “Trust in the Lord... and he will make straight your paths.”

Meditation: Trust clears the road ahead.

Prayer: I trust you with my whole heart, Lord. Amen.