
Daily Meditation for the week of May 10 - 16, 2026

May 10, 2026 (Sunday)

Key Verse: Ephesians 4:2

“With all humility and gentleness, with patience, bearing with one another in love.”

Meditation: Relationships grow when we are patient and gentle. Practice bearing with others in love today.

Prayer: Lord, help me to walk gently and love patiently, just as you have loved me. Amen.

May 11, 2026 (Monday)

Key Verse: Romans 15:13

“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.”

Meditation: Hope overflows from trusting in God. Ask Him to renew your joy and peace today.

Prayer: God of hope, fill me with your joy and peace. Let hope overflow in my heart and life. Amen.

May 12, 2026 (Tuesday)

Key Verse: Psalm 119:105

“Your word is a lamp to my feet and a light to my path.”

Meditation: God’s Word gives clarity and direction. Spend time in Scripture to guide your next steps.

Prayer: Lord, light my path with your Word. Help me to follow your ways each day. Amen.

May 13, 2026 (Wednesday)

Key Verse: Isaiah 40:29

“He gives power to the faint, and strengthens the powerless.”

Meditation: When your strength is gone, God steps in. Trust Him to lift you up.

Prayer: Lord, I feel weary. Be my strength and help me rise again. Amen.

May 14, 2026 (Thursday)

Key Verse: James 4:8

“Draw near to God, and he will draw near to you.”

Meditation: God is always within reach. Take a step toward Him today.

Prayer: God, I come close to you today. Thank you for always meeting me with grace. Amen.

May 15, 2026 (Friday)

Key Verse: Psalm 42:11

“Why are you cast down, O my soul, and why are you disquieted within me? Hope in God.”

Meditation: When your soul feels low, lift your eyes to the One who restores hope.

Prayer: Lord, when I feel down, remind me to hope in you again. Amen.

May 16, 2026 (Saturday)

Key Verse: Proverbs 11:25

“A generous person will be enriched, and one who gives water will get water.”

Meditation: Generosity flows back to the giver. Pour out kindness today.

Prayer: Lord, help me give freely. Fill me so I can refresh others. Amen.