

MATTHEW 5:14

"YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN."

Reflection:

Some days, you don't feel like light. You feel dim. Burnt out. Maybe like your bulb's flickering, and it's only a matter of time before you go dark. But here's the thing — Jesus never said, "You will be the light when you get your life together." He said you are. Right now. Mess and all.

Prayer:

Jesus, help me believe You when You call me light. Even on the days I feel dim, remind me I'm still shining because You live in me.

MATTHEW 6:34

"THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN."

Reflection:

Honestly? This one stings. Because I'm a planner. A worrier. A "what if" scenario champion. But Jesus isn't asking us to ignore reality — He's just inviting us to stop living in tomorrow's problems. Grace is for today. So take it. Tomorrow's got its own.

Prayer:

God, help me unclench my grip on tomorrow. Teach me to breathe in today's grace and let You hold the rest.

MATTHEW 7:7

"ASK AND IT WILL BE GIVEN TO YOU;
SEEK AND YOU WILL FIND; KNOCK AND
THE DOOR WILL BE OPENED TO YOU."

Reflection:

Sometimes prayer feels like shouting into a void. But Jesus doesn't roll His eyes when we keep asking, seeking, knocking. He welcomes persistence. Not because He's playing hard to get — but because He wants us close.

Prayer:

Lord, give me courage to keep knocking. Even when it feels like no one's answering, remind me You always hear.

MATTHEW 11:28

"COME TO ME, ALL YOU WHO ARE
WEARY AND BURDENED, AND I WILL
GIVE YOU REST."

Reflection:

This isn't "rest" like a Netflix binge or a nap (though both are great). This is soul-rest. The kind that meets you where your anxiety hits hardest. Jesus doesn't wait for you to hustle less or carry it better. He just says: come.

Prayer:

Jesus, I'm tired. I'm bringing You the weight I've been dragging around. Teach me how to rest in You.

MATTHEW 14:29

"THEN PETER GOT DOWN OUT OF THE
BOAT, WALKED ON THE WATER AND
CAME TOWARD JESUS."

Reflection:

Peter actually did it. He stepped onto something impossible. Sure, he sank a little later, but first — he walked. Don't let fear of sinking keep you from stepping. Miracles happen in motion.

Prayer:

Lord, help me trust You enough to step out of the boat.
Even if I wobble, catch me when I fall.

MATTHEW 17:20

"...IF YOU HAVE FAITH AS SMALL AS A MUSTARD SEED, YOU CAN SAY TO THIS MOUNTAIN, 'MOVE FROM HERE TO THERE,' AND IT WILL MOVE."

Reflection:

Jesus isn't measuring the size of your faith like a fitness tracker. He's saying even the tiniest flicker counts. Because it's not about how strong your grip is — it's about Who you're holding on to.

Prayer:

God, I don't feel like I have much faith right now. But I'm giving You what I've got. Please make it enough.

MATTHEW 28:20

"AND SURELY I AM WITH YOU ALWAYS,
TO THE VERY END OF THE AGE."

Reflection:

You are never alone. Not in the waiting room. Not in the breakup aftermath. Not in the late-night, “what am I even doing with my life?” spiral. Always means always.

Prayer:

Jesus, thank You for being here — not just in the big moments but in the ordinary, quiet, messy ones too. Don't let me forget You're close.