

Grow, Pray, Study for the Week of November 30, 2025

Weekly Prayer

Gracious and present God, in these moments of stillness, open my heart to Your Word. When pressure closes in, remind me that Your Spirit sustains, guides, and empowers me. Shape me through Scripture, form me in Christ's likeness, and fill me again with the hope that does not disappoint. Amen.

Monday, December 1

Scripture: Joshua 2:1–21

Joshua, Nun's son, secretly sent two men as spies from Shittim. He said, "Go. Look over the land, especially Jericho." They set out and entered the house of a prostitute named Rahab. They bedded down there. Someone told the king of Jericho, "Men from the Israelites have come here tonight to spy on the land." So the king of Jericho sent word to Rahab: "Send out the men who came to you, the ones who came to your house, because they have come to spy on the entire land."

But the woman had taken the two men and hidden them. Then she said, "Of course the men came to me. But I didn't know where they were from. The men left when it was time to close the gate at dark, but I don't know where the men went. Hurry! Chase after them! You might catch up with them." But she had taken them up to the roof and hidden them under the flax stalks that she had laid out on the roof. The men from Jericho chased after them in the direction of the Jordan up to the fords. As soon as those chasing them went out, the gate was shut behind them.

Before the spies bedded down, Rahab went up to them on the roof. She said to the men, "I know that the LORD has given you the land. Terror over you has overwhelmed us. The entire population of the land has melted down in fear because of you. We have heard how the LORD dried up the water of the Reed Sea in front of you when you left Egypt. We have also heard what you did to Sihon and Og, the two kings of the Amorites on the other side of the Jordan. You utterly wiped them out. We heard this and our hearts turned to water. Because of you, people can no longer work up their courage. This is because the LORD your God is God in heaven above and on earth below. Now, I have been loyal to you. So pledge to me by the LORD that you in turn will deal loyally with my family. Give me a sign of good faith. Spare the lives of my father, mother, brothers, and sisters, along with everything they own. Rescue us from death." The men said to her, "We swear by our own lives to secure yours. If you don't reveal our mission, we will deal loyally and faithfully with you when the LORD gives us the land."

So she lowered the spies on a rope through the window. Her house was on the outer side of the city wall, and she lived inside the wall. Then she said to them, "Go toward the highlands so that those chasing you don't run into you. Hide there for three days until those chasing you return. Then you may go on your way." The men said to her, "We won't be responsible for this pledge you made us swear unless, when we come into the land, you tie this red woven cord in the window through which you lowered us. Gather your father, your mother, your brothers, and your whole family into the house with you. Those who go outside the doors of your house into the street will have only themselves to blame for their own deaths. We won't be responsible. If anyone lays a hand on those who are with you in the house, we will take the blame for their death. But if you reveal our mission, we won't be responsible for this pledge you made us swear." She said, "These things will happen just like you said." She sent them away and they went off. Then she tied the red cord in the window.

Observation

Rahab lives under intense social and political pressure—an outsider in every sense, caught between allegiance to her own people and a burgeoning faith in the God of Israel. Yet in the moment of crisis, she acts with courageous trust. Rahab's declaration, "*The Lord your God is indeed God in heaven above and on earth below,*" marks a profound turning point. God chooses her—an unlikely person in an unlikely place—to become part of God's redemptive story.

Application

When pressure closes in, we often fear that our story disqualifies us from God's work. But Rahab shows us that God meets us where we are and uses us as we are. This is God's prevenient grace already at work, even before we recognize it. God was stirring in Rahab long before the spies arrived. Likewise, God is already preparing us for moments of courage, even in seasons of chaos or fear. Where is God nudging you toward courageous faith today? What step—large or small—might you take toward trust?

Prayer

God of courage, meet me in my pressure-filled places. Give me Rahab's faith to act boldly, trusting that Your grace has gone before me and will carry me. Amen.

Tuesday, December 2

Scripture: Psalm 42:1–5

Just like a deer that craves streams of water,
my whole being craves you, God.
My whole being thirsts for God, for the living God.
When will I come and see God's face?
My tears have been my food both day and night,
as people constantly questioned me,
"Where's your God now?"
But I remember these things as I bare my soul:
how I made my way to the mighty one's abode,
to God's own house,
with joyous shouts and thanksgiving songs—
a huge crowd celebrating the festival!
Why, I ask myself, are you so depressed?
Why are you so upset inside?
Hope in God!
Because I will again give him thanks,
my saving presence and my God.

Observation

The psalmist expresses deep spiritual thirst: "*My whole being thirsts for God.*" Pressure and distress have created a longing for God's presence. Yet even in the midst of despair, the psalmist speaks to his own soul: "*Hope in God! Because I will again give him thanks.*" This is a movement from inner turmoil to intentional trust.

Application

Like the psalmist, we may find that pressure drains our spiritual energy. When God feels distant, we are invited not to hide our feelings but to bring them honestly before God. Even the desire to desire God is a sign of grace at work. Your longing is not failure—it is evidence that God is drawing you deeper. Take a moment today to speak gently to your own soul, "Hope in God." Let that hope anchor you.

Prayer

Holy God, when my soul feels faint and thirsty, remind me that You are near. Teach me to speak words of hope over my life, trusting that You will meet me again with Your steadfast love. Amen.

Wednesday, December 3

Scripture: Psalm 42:6–11

My whole being is depressed.

That's why I remember you
from the land of Jordan and Hermon,
from Mount Mizar.

Deep called to deep at the noise of your waterfalls;
all your massive waves surged over me.

By day the LORD commands his faithful love;
by night his song is with me—
a prayer to the God of my life.

I will say to God, my solid rock,
“Why have you forgotten me?
Why do I have to walk around,
sad, oppressed by enemies?”

With my bones crushed, my foes make fun of me,
constantly questioning me: “Where’s your God now?”

Why, I ask myself, are you so depressed?

Why are you so upset inside?
Hope in God!
Because I will again give him thanks,
my saving presence and my God.

Observation

The psalmist’s pressure and despair continue, yet so does the inner dialogue of trust. The psalmist remembers God’s faithfulness from the past while wrestling with present sorrow. In the tension between memory and pain, a truth emerges: *“By day the Lord commands his faithful love; by night his song is with me.”*

Application

When pressure persists, faith is not the absence of struggle but the choice to remember God’s steadfast love. This aligns with the role of means of grace—rhythms that help us recall God’s faithfulness even when we don’t feel it. Scripture, prayer, Christian community, and acts of service anchor us in God’s song “by night.” Which rhythm of grace do you need to lean into today?

Prayer

Faithful God, hold me in the tension between what I remember and what I feel. Surround me with Your song in the night and guide me toward renewed trust in Your unfailing love. Amen.

Thursday, December 4

Scripture: Isaiah 29:19–20

The poor will again find joy in the LORD,
and the neediest of people will rejoice in the holy one of Israel.

The tyrant will be no more,
the mocker will perish,
and all who plot evil will be eliminated:

Observation

Isaiah speaks of a future in which the humble will grow in joy, and the poor will rejoice in the Holy One of Israel. The oppressors and those who cause pressure and injustice will fade away. This is a vision of God's restorative justice—God setting things right for those who have been pressed down.

Application

When pressure closes in, especially pressure caused by injustice or unfairness, God's promise stands firm: oppression is not the final word. Wesleyan theology emphasizes God's transforming grace, which works not only in individuals but in society. God lifts up the humble and brings justice against what causes harm. Where in your life—or your community—do you need God to bring restoration? How might God be inviting you to participate in that restorative work?

Prayer

God of justice, strengthen the humble and bring renewal to those who are pressed down. Give me courage to join You in the work of restoration and hope. Amen.

Friday, December 5

Scripture: Luke 1:46–50

Mary said,
"With all my heart I glorify the Lord!
In the depths of who I am I rejoice in God my savior.
He has looked with favor on the low status of his servant.
Look! From now on, everyone will consider me highly favored
because the mighty one has done great things for me.
Holy is his name.
He shows mercy to everyone,
from one generation to the next,
who honors him as God.

Observation

Mary's Magnificat begins with praise that flows from pressure-filled circumstances. She is young, vulnerable, and facing an uncertain future—yet she sings. She recognizes God's mercy not as an abstract idea but as a personal reality: "*He has looked with favor on the low status of his servant.*" Her praise rises from deep trust.

Application

Mary teaches us that praise is not the denial of pressure but a declaration that God's mercy is greater than our fear. John Wesley often spoke of assurance—the Spirit's witness within that we are held by God. Mary's song is grounded in that assurance. Today, consider offering God praise not because everything is easy, but because God's mercy meets you exactly where you are.

Prayer

Merciful God, give me Mary's courage to praise You even when I feel overwhelmed. Let Your mercy be the source of my strength and hope. Amen.

Saturday, December 6

Scripture: Luke 1:51–55

He has shown strength with his arm.

He has scattered those with arrogant thoughts and proud inclinations.

He has pulled the powerful down from their thrones
and lifted up the lowly.

He has filled the hungry with good things
and sent the rich away empty-handed.

He has come to the aid of his servant Israel,
remembering his mercy,
just as he promised to our ancestors,
to Abraham and to Abraham's descendants forever.”

Observation

Mary continues her song, proclaiming a God who overturns oppressive systems, lifts up the lowly, fills the hungry, and remembers His promises. Her words echo God's faithfulness across generations. Even under pressure, Mary sees herself as part of God's ongoing story of redemption.

Application

Pressure often narrows our vision—but Mary's song widens it. She sees God not just acting in her life but in the world. This is an example of holiness of heart and life—personal transformation that leads to social transformation. God's work in us is connected to God's work in the world. Today, consider how God might be inviting you to see beyond the pressure you feel—to the bigger picture of God's faithfulness and justice.

Prayer

God of every generation, open my eyes to Your faithfulness in my life and in the world. When pressure closes in, remind me that I am part of Your unfolding story of hope and redemption. Amen.