



WHERE LIFE & PURPOSE CONNECT

## Grow, Pray, Study for the Week of February 8, 2026

### Prayer for the Week

God of steadfast love, I bring you the worries of my heart, the questions that remained unanswered, the hope I'm still learning to trust. When I feel overwhelmed, remind me that I am not alone. Teach me to live as one bound, not by fear or despair, but by hope. Help me to choose love over fear, peace over anxiety, and hope over discouragement. Hold me in our peace, lead me in your way. Amen.

### Monday, February 9

#### Scripture: Ezekiel 37:1–3

The Lord's power overcame me, and while I was in the Lord's spirit, he led me out and set me down in the middle of a certain valley. It was full of bones. He led me through them all around, and I saw that there were a great many of them on the valley floor, and they were very dry.

He asked me, "Human one, can these bones live again?"

I said, "Lord God, only you know."

#### Observation

Ezekiel is carried into a valley full of dry bones—no life, no future, no obvious way forward. This vision comes during Israel's exile, when defeat and despair felt palpable. Exile is both communal and deeply personal—times when what once gave life now feels scattered and lifeless. The bones are not hidden; they are fully exposed. God enters, right in the middle of this valley – not avoiding the scene but engaging with it.

#### Application

Where in my life do I feel surrounded by dry bones—relationships, dreams, faith, or energy? Instead of rushing to fix it, I can name the loss honestly before God. I can trust that God meets me even here, especially here. Hope may begin as a question rather than an answer.

#### Prayer

God of truth, help me name the places where I feel exiled or worn down. Give me courage to reflect honestly without losing heart. Meet me in this valley and teach me to hope again. Amen.

## **Tuesday, February 10**

### **Scripture: Zechariah 9:11–12**

Moreover, by the blood of your covenant,  
I will release your prisoners from the waterless pit.  
Return to the stronghold, prisoners of hope.  
Moreover, declare today that I will return double to you.

### **Observation**

God speaks to a people marked by captivity and calls them “prisoners of hope.” This is not naïve optimism but a hope bound to God’s promises. Even while confined, hope refuses to be taken away. Hope becomes resistance against despair. God promises restoration even before circumstances change.

### **Application**

I may not be able to change my circumstances right now, but I can choose where I anchor my identity. I can live as someone held by hope, not by fear. Even waiting can be holy when it is rooted in God’s promises. I can practice hope as an act of trust.

### **Prayer**

Faithful God, when I feel trapped or limited, remind me who I am. Bind my heart not to fear, but to hope rooted in you. Help me live as a prisoner of hope, even when freedom feels far away. Amen.

## **Wednesday, February 11**

### **Scripture: Isaiah 40:30–31**

Youths will become tired and weary,  
young men will certainly stumble;  
but those who hope in the Lord  
will renew their strength;  
they will fly up on wings like eagles;  
they will run and not be tired;  
they will walk and not be weary.

### **Observation**

God gives strength to the weary and lifts up those who have stumbled. Hope here is not about endless energy, but renewed endurance. Those who wait on the Lord are promised not escape, but resilience. God’s strength meets human exhaustion. The promise is not that we will never grow tired, but that weariness will not have the final word. God’s hope sustains us for the long road, not just quick victories.

### **Application**

When I feel depleted, I can release the pressure to be strong on my own. I can practice waiting—prayer, rest, and trust—as spiritual resistance to burnout. God’s hope renews me in ways I cannot manufacture. I am allowed to move at the pace of grace.

## **Prayer**

God of renewal, I bring you my exhaustion and fear. Teach me how to wait on you without shame or hurry. Restore my strength and help me trust your timing. Amen.

## **Thursday, February 12**

### **Scripture: Joshua 1:9**

"I've commanded you to be brave and strong, haven't I? Don't be alarmed or terrified, because the Lord your God is with you wherever you go."

### **Observation**

Courage does not mean the absence of fear, but the refusal to let fear define the future. God repeats this command because fear is persistent; we need continual reminders to be courageous in the face of fear. This courage is grounded not in confidence, but in God's presence.

### **Application**

When I was expecting my firstborn, I painted a canvas with these words for the nursery. It was a prayer wrapped in hope that no matter what this little one experienced, they could be strong and courageous, knowing God was with them. No matter our age, this verse offers encouraging minders. When I feel overwhelmed, I can remember that courage grows from companionship with God. Each small step forward can be an act of trust. I am not walking alone. And neither are you.

## **Prayer**

God who goes with me, steady my heart when fear feels loud. Help me choose courage rooted in your presence. Lead me forward, one faithful step at a time. Amen.

## **Friday, February 13**

### **Scripture: Romans 8:31–39**

So what are we going to say about these things? If God is for us, who is against us? He didn't spare his own Son but gave him up for us all. Won't he also freely give us all things with him?

Who will bring a charge against God's elect people? It is God who acquits them. Who is going to convict them? It is Christ Jesus who died, even more, who was raised, and who also is at God's right side. It is Christ Jesus who also pleads our case for us.

Who will separate us from Christ's love? Will we be separated by trouble, or distress, or harassment, or famine, or nakedness, or danger, or sword? As it is written,

*We are being put to death all day long for your sake.*

*We are treated like sheep for slaughter.*

But in all these things we win a sweeping victory through the one who loved us. I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rulers, not present things or future things, not powers or height or depth, or any other thing that is created.

### **Observation**

Paul proclaims that nothing can separate us from the love of God. This hope is defiant, refusing to give suffering the final word. Even in hardship, God's love remains unbroken. Hope is secured not by circumstances, but by God's commitment. God's hope is relational and resilient, and it'll never let you go.

### **Application**

When I feel abandoned or overwhelmed, I can return to this promise. I can let God's love redefine my story rather than my struggle. Hope grows as I remember what cannot be taken from me. I am held, even now.

### **Prayer**

God of steadfast love, remind me that I am never beyond your reach. When fear or grief tries to convince me otherwise, anchor me in your promises. Help me live from love, not despair. Amen.

## **Saturday, February 14**

### **Scripture: John 14:15-27**

"If you love me, you will keep my commandments. I will ask the Father, and he will send another Companion, who will be with you forever. This Companion is the Spirit of Truth, whom the world can't receive because it neither sees him nor recognizes him. You know him, because he lives with you and will be with you."

"I won't leave you as orphans. I will come to you. Soon the world will no longer see me, but you will see me. Because I live, you will live too. On that day you will know that I am in my Father, you are in me, and I am in you. Whoever has my commandments and keeps them loves me. Whoever loves me will be loved by my Father, and I will love them and reveal myself to them."

Judas (not Judas Iscariot) asked, "Lord, why are you about to reveal yourself to us and not to the world?"

Jesus answered, "Whoever loves me will keep my word. My Father will love them, and we will come to them and make our home with them. Whoever doesn't love me doesn't keep my words. The word that you hear isn't mine. It is the word of the Father who sent me."

"I have spoken these things to you while I am with you. The Companion, the Holy Spirit, whom the Father will send in my name, will teach you everything and will remind you of everything I told you."

“Peace I leave with you. My peace I give you. I give to you not as the world gives. Don’t be troubled or afraid.”

### **Observation**

Here, Jesus is offering words of promise to his disciples. At its core, Jesus is offering a promise of presence that brings peace. This doesn’t mean an absence of trouble, but a reminder that through the pains of life, we are not alone. Christian hope is realistic, not escapist. Jesus prepares his followers for hardship while grounding them in peace. Hope becomes courage shaped by trust in Christ. Peace is something we receive, even amid uncertainty.

### **Application**

I can stop expecting peace to come only after problems are solved. I can receive Christ’s peace right now, as strength for today. Even in exile-like seasons, hope can shape how I live and love. I choose to trust the One who has overcome the world.

### **Prayer**

Prince of Peace, I receive the peace you offer today. Hold me steady when life feels overwhelming. Shape me into a bearer of hope, even in troubled times. Amen.