

Tuesday 21 July 2026

**habit creation
with gratitude**

Ephesians 2:4–10

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ -by grace you have been saved - and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Reflection

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.

- *How might gratitude change the way I speak, pray and respect nature?*

- *What practical action could I take this week to express my gratitude?*

Community meditation

Today, let us remember one simple thing: we are here because God loves us freely. There is no need to prove anything. Just to welcome, to breathe, to say thank you. So let us set out together for a moment that does us good, that lifts us up and makes us want to live differently.

Psalm 105

Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! Sing to him, sing praises to him; tell of all his wondrous works! Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength; seek his presence continually!



Song

Inhabit creation with gratitude

In the Bible, gratitude is not merely a polite ‘thank you’. It is a way of being, an inner attitude that transforms our relationship with God, with others and with creation.

For the Apostle Paul, it all begins with what God does, not with what we do. God loves us first. God saves us by grace. God lifts us up and gives us new life in Christ. Gratitude arises when we realise that all this is a gift.

And if God gives us life, he also gives us a place to live – that is, the whole of creation. To inhabit creation with gratitude is to recognise that the earth is not a supermarket where we take everything without a second thought. It is to understand that this world is not ‘ours’, but that it has been entrusted to us.

Gratitude is then expressed through praise: it changes the way we see things. Instead of saying, ‘This is mine’, we learn to say, ‘Thank you’. Instead of consuming without limit, we marvel at it. Instead of wasting, we protect.

When I recognise that creation is a gift, I no longer treat it as an object. I respect it, I cherish it, I bring it to life. Gratitude thus becomes a way of living in the world: with respect, with wonder, with responsibility.

Prayer

Lord, let your light shine within me. Help me to walk as a child of light, to transform my surroundings through my actions, my words and my choices. May my life bring light to those around me, not to attract attention, but to reflect your presence. Teach me, Lord, to live within creation with gratitude. To recognise that everything around me is a gift, that the earth is not merely a backdrop but a gift, that every breath, every ray of light, every encounter is a trace of your goodness.

Prayer for the Churches of the Central Africa Region
UEBC-EEC-EELC-EPCRC-EPRw-EECo-EEG



Song

Blessing

May Christ, the source of new life, cause a gratitude that transforms to grow within you: a gratitude that fills you with wonder, a gratitude that respects, a gratitude that protects.
Amen!



Wednesday 22 July 2026

**You can be
a role model
right now**

1 Timothy 4:12

Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

Reflection

You are responsible for human ways of life: consumption, social justice, food, energy.

- *Which human behaviour causes the most damage to creation?*

- *What decision(s) would you make?*

- *How might gratitude change the way I speak, pray and respect nature?*

Psalms 19:1–7

The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge. There is no speech, nor are there words, whose voice is not heard. Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun, which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat. The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple.



Song

You Can Be a Role Model Right Now

Timothy is young, probably in his twenties. He accompanies Paul on his mission, but some older believers doubt him. In the culture of the time, authority was linked to age, experience and status. Paul overturns this logic. For him, spiritual authority does not come from age, but from testimony.

God can use a young person to transform a community.

Paul does not ask Timothy to assert himself through force or status. He offers him another path: to be a role model. In a culture where authority was hierarchical, Paul introduces an ethical and spiritual authority. To be a role model is to live out what one teaches, to embody the Gospel, and to inspire through one's way of being.

Prayer

Lord, give me the courage to be a role model today. Help me to live out a faith that inspires, words that build up, a love that transforms, and conduct that bears witness to You. Make me a light for my generation.

Prayer for the Churches in the Europe Region
CEVI-EPUdF-UEPAL-UNEPREF
EREN-EERV-EPG-EERF-CERFSA-REFBEJUSO



Song

Blessing

**May the Lord strengthen your heart, guide your steps and
make your life a sign to those who look upon you.
Go in His peace and with His light. Amen!**



Thursday 23 July 2026



cc
BY
NC
4.0
International



Job 12:7–8

But ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you.

Reflection

You are responsible for the trees, the forests, the soil and biodiversity.

- *What is the greatest threat to forests today?*

- *What measures would you take?*

- *Which biblical text sheds light on your mission?*

Psalms 104

Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, covering yourself with light as with a garment, stretching out the heavens like a tent. He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; he makes his messengers winds, his ministers a flaming fire. He set the earth on its foundations, so that it should never be moved.



Song

Becoming Protectors of Creation

Job asserts that creation itself is a source of wisdom. Animals, the earth, plants and the natural elements become witnesses capable of teaching humankind. This text is particularly powerful for a theology of ecology: nature speaks and teaches; it reveals something of the Creator; it reminds humankind of its place in the order of the world; it invites an attitude of listening, respect and protection. Job 12:7–8 thus echoes Genesis 2:15, where humankind is given the task of tending and keeping the earth.

To become a protector of creation is to enter into a relationship of listening, respect and responsibility towards all living things. It is to recognise that creation is not an object to be exploited, but a partner who instructs us and entrusts us with a mission.

Prayer

“Lord, teach us to become protectors of your creation”

God of life, You who have breathed life into every creature, You who have planted the forests, dug the springs and shaped the earth, we come before You to listen to the wisdom of Your work.

You tell us, through the voice of Job, that animals can instruct us, that the earth can teach us, that trees and the natural elements bear witness to your presence. Open our ears and our hearts so that we may learn to recognise your voice in the rustling of the leaves, in the song of the birds, in the silence of the forests.

*Prayer for the Churches of the West and North Africa Region
EPMB-EMCI-EPCG-EEAM-EPS-ELS-ELCTG-EEPT-EMT*



Song

Blessing

**May the earth speak to you once more of the Creator, in the
breath of the wind, in the dance of the trees, in the patience of
the stones.**

**May God bless you.
Amen!**



Friday 24 July 2026

**habit humbly in
prayer**

Luke 18:9–14

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.

Reflection

- *How can God dwell in my actions, my gestures, my choices and my relationships?*

- *Which areas of my life are still 'closed' to his Word?*

Psalms 100

Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.



Song

Living in humility through prayer

Prayer and humility are not two separate attitudes. They sustain, nourish and reveal one another. Prayer is not primarily about words. It is a way of being. A way of dwelling in the world, in others, in oneself... and in God. Prayer is a space where I can finally breathe truly.

In the parable, the Pharisee talks a great deal, but he encounters no one: neither God nor himself. He watches himself pray. He compares himself to others. He justifies himself. He takes up all the space. The tax collector, on the other hand, does not know how to pray 'properly'. He lacks the words. He has only the truth of his heart. He stands at a distance, he lowers his eyes, he beats his breast. Humility begins when I recognise that I am not the centre, that I do not control everything, that I need to be guided, enlightened and loved.

When I pray with humility, creation is no longer merely a backdrop, but a sanctuary. The wind becomes a word. The light becomes a blessing. The earth becomes a call. Others become brothers and sisters. Then, like the tax collector, like the one who dares to speak the truth from his heart, we can invite God to walk with us, simply and sincerely: 'Lord, I need you. Walk with me.'

Prayer

Lord, You who see the heart before the words, You who welcome truth more than appearances, we come before You just as we are.

Deliver us from prayer that is self-absorbed, from prayer that takes up all the space, from prayer that seeks to make a show of itself. Teach us the simplicity of the tax collector, the truth that does not deceive, the humility that opens a path to You.

Give us a heart that listens. A heart that does not compare itself to others, that does not justify itself, that does not seek to be the centre of attention.

A heart that recognises its fragility and opens itself to Your light.

When we pray, Lord, grant that creation may become a sanctuary for us: may the wind speak to us of Your breath, may the light remind us of Your presence, may the earth invite us to walk gently, and may others become brothers and sisters rather than rivals or strangers.

*Prayer for the Churches of the Southern Africa and Indian Ocean Region
FJKM-EPIM-EPre-IPM-LECSA-UCZ*



Song

Blessing

May God open your heart so that you may pray sincerely,
without pretence, without comparison.

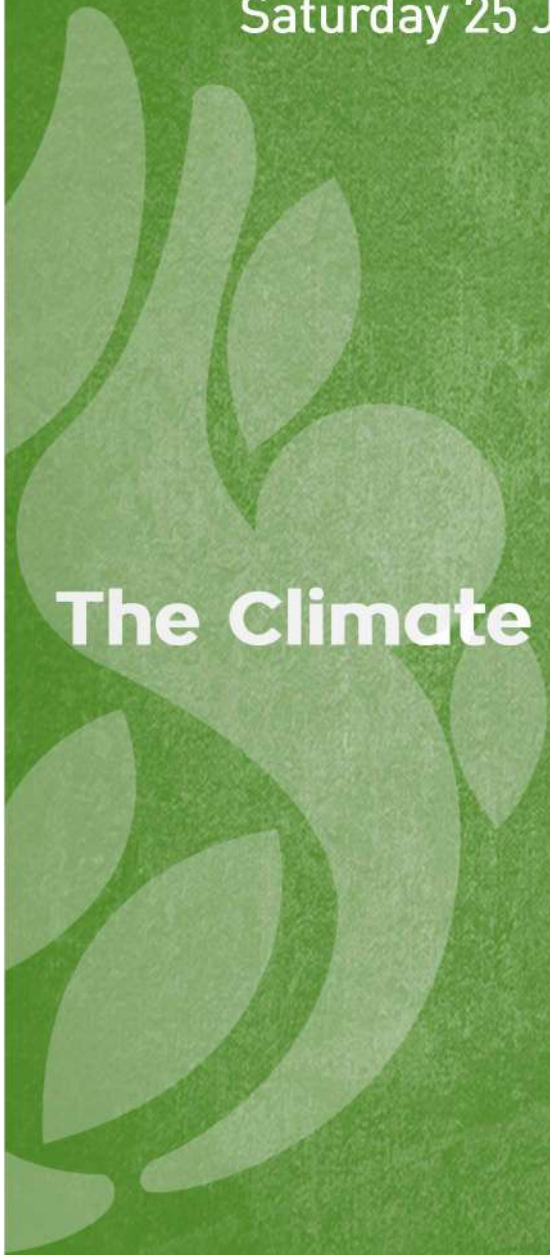
Go in His peace.

Amen!



Saturday 25 July 2026

The Climate ☞

A decorative graphic on the left side of the page, consisting of several overlapping, stylized leaf shapes in a lighter shade of green than the background. The leaves are arranged in a vertical, flowing pattern, with some pointing upwards and others downwards, creating a sense of movement and organic growth.

Matthew 13:31–32

He put another parable before them, saying, 'The kingdom of heaven is like a grain of mustard seed that a man took and sowed in his field. It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.'

Reflection

- What is a Climate Watcher?

- If we were to create a commitment booklet together as Climate Watchers, what elements would absolutely have to be included for it to truly help us make progress in our communities?

Psalms 67

To the choirmaster: with stringed instruments. A Psalm. A Song. May God be gracious to us and bless us and make his face to shine upon us, Selah that your way may be known on earth, your saving power among all nations. Let the peoples praise you, O God; let all the peoples praise you! Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth.

Selah Let the peoples praise you, O God; let all the peoples praise you!

6The earth has yielded its increase; God, our God, shall bless us.

7God shall bless us; let all the ends of the earth fear him!



Song

The Climate Watchers

Jesus chose one of the smallest seeds in the world to speak of the Kingdom. He could have chosen a majestic cedar, a sturdy oak, or an impressive palm tree. But no. He chose a tiny, almost invisible seed, one that could be lost between two fingers.

Why?

Because the Kingdom of God never begins with strength, power or the obvious. It begins with the small, the fragile, with what seems useless or insignificant. It begins with what everyone overlooks... except God.

Jesus shows that the Kingdom begins small. A tiny gesture can become a tree that shelters life. For young people, this is an essential message: every small ecological gesture counts.

The Climate Watchers do not seek to change everything at once: they plant, they protect, they persevere. They know that the Kingdom grows like a seed – slowly, humbly, but surely. In this way, they become sowers of hope, young people who believe that the transformation of the world begins with a single gesture, a choice, a daily act of faithfulness.

Prayer

Lord, You who place tiny seeds, fragile beginnings and tentative steps into our lives, we come before You just as we are. You know our strengths and our limitations, our enthusiasm and our hesitations. You know that sometimes we feel too small to make a difference, too weak to hope, too discouraged to persevere.

But You remind us, Jesus, that Your Kingdom begins like a mustard seed: almost nothing, and yet already a promise. A gesture, a choice, a word, and life can spring forth.

Teach us to believe that whatever we sow in sincerity, You make it grow in secret. Teach us to plant without growing weary, to protect without growing tired, to persevere without losing heart.

Make us trees where others may find refuge: trees of peace, trees of justice, trees of gentleness. May our lives become open branches where the most vulnerable may rest.

*Prayer for the Churches of the Pacific and Latin America Region
EPKNC-EPMa-IEVRP*



Hymn

Blessing

May the God who causes the smallest seed to grow also cause
the strength to hope to grow within you.

May Christ, the tree of life, spread his branches of peace over
you and teach you to become a refuge for others.

Amen!

