

SUNDAY, JUNE 22 | May my heart be light today. Unburden me from the weight of “should” and “must.” Let joy be found in enough. (Matthew 11:28-30)

MONDAY, JUNE 23 | Show me where I’ve complicated what should be simple. Help me strip away what’s not needed. Let your grace be my only excess. (2 Corinthians 1:12)

TUESDAY, JUNE 24 | Lord, I don’t need more—I need more of you. Empty me of false needs and fill me with real joy. (Psalm 16:11)

WEDNESDAY, JUNE 25 | Grant me discernment in what I keep and what I release. Let every possession serve your purposes. (Matthew 13:44-46)

THURSDAY, JUNE 26 | Keep my life rooted in the eternal, not entangled in the temporary. Give me eyes to see the lasting treasure of your love. (2 Corinthians 4:18)

FRIDAY, JUNE 27 | Help me live a life that whispers peace instead of shouting pride. Let me be known by love, not status. (Colossians 3:12)

SATURDAY, JUNE 28 | Let my body and mind slow into a rhythm of renewal. May this day be light on burden and rich with grace. Help me receive rest as your gift. (Isaiah 58:13-14)

SUNDAY, JUNE 29 | May I live like a pilgrim, traveling light and joyful. Let my true home be your heart. (Hebrews 11:13-16)

MONDAY, JUNE 30 | Thank you, God, for all that I released and all that I received this month. Keep leading me in the path of simplicity. (Micah 6:8)

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24 Hour Prayer Line | Call 214-291-8044 to leave a prayer request.



THE DISCIPLINE OF SIMPLICITY

Simplicity is the quiet rebellion against the clutter that competes for our hearts. In the Wesleyan spirit, simplicity isn't about scarcity—it's about ordering life so that love of God and neighbor is unhindered. Simplicity frees us from the tyranny of things and the clutter of constant craving. Simplicity is not bare minimalism, but wholehearted living—free to seek first the kingdom of God. This month we ask: what truly matters, and what can we release to better follow Christ? This month, we untangle from excess and return to the sufficiency of Christ.

Daily Prayers | June

SUNDAY, JUNE 1 | God, help me see through the fog of too much. Teach me to live with a spacious soul, clear-eyed and content. May I be rich toward you, not in things but in love. (Luke 12:15)

MONDAY, JUNE 2 | Free me from the need to impress. Let my heart be quiet and satisfied in your presence. Help me choose what is enough. (1 Timothy 6:6-8)

TUESDAY, JUNE 3 | Lord, I release what clutters my mind and schedule. Simplify my day so I can notice what matters. Teach me to live gently and with purpose. (Psalm 90:12)

TUESDAY, JUNE 10 | Spirit, simplify my speech. Let my words be few but full of grace. Help me speak truth without ornament, love without pretense. (Ecclesiastes 5:2)

WEDNESDAY, JUNE 11 | Unpack my inner life, Lord. Clear out the spiritual clutter so your light can fill me. Let integrity, not image, define me. (Proverbs 11:3)

THURSDAY, JUNE 12 | Jesus, help me live unhurried. Teach me the pace of grace, where love and presence are more important than productivity. (Mark 6:31)

FRIDAY, JUNE 13 | Let me give something away today, not to feel noble but to become free. Detach me from what I think I need. Grow my soul through letting go. (Luke 3:11)

SATURDAY, JUNE 14 | Slow me down, Lord, until I remember that I am not a machine. Let me rest without guilt and move through this day without striving. Renew what is weary in me. (Hebrews 4:9-10)

SUNDAY, JUNE 15 | Keep my heart from grasping. May I live openhanded and openhearted. Let me see every possession as a gift to share. (1 John 3:17)

WEDNESDAY, JUNE 4 | In a world of more, give me the grace of less. Unburden my soul from comparison and show me the beauty of ordinary grace. (Philippians 4:11-12)

THURSDAY, JUNE 5 | God of abundance, keep my desires from becoming endless. Teach me to receive and release with open hands. May your kingdom be my treasure. (Matthew 6:21)

FRIDAY, JUNE 6 | Let me give freely and joyfully today. May generosity become my protest against greed. Shape me into someone who holds nothing too tightly. (Acts 20:35)

SATURDAY, JUNE 7 | In the quiet of this day, lead me beside still waters. Let rest restore what noise has taken. Teach me to breathe deeply and want less. (Psalm 23:2)

SUNDAY, JUNE 8 | Lord, anchor me in what is eternal. Help me let go of all that rusts and rots. Let love be my measure of success. (Matthew 6:19-20)

MONDAY, JUNE 9 | Help me find joy in small things: the breeze, a kind word, an unhurried moment. Train my eyes to notice your presence in the simple and the slow. (Job 12:7-10)

MONDAY, JUNE 16 | Lord, shape my choices today to reflect your simplicity. Help me say no without fear, and yes without pressure. Let peace guide my decisions. (Isaiah 32:17)

TUESDAY, JUNE 17 | May my joy not depend on screens or shopping carts. Help me taste the sweetness of enough. Set me free from compulsive wanting. (Ecclesiastes 2:24-25)

WEDNESDAY, JUNE 18 | Lord, make space in me today for silence. Crowd out the noise that distracts from your voice. Simplify my hearing so I can truly listen. (1 Kings 19:12)

THURSDAY, JUNE 19 | In a culture of constant striving, let contentment be my quiet rebellion. Fill me with your presence until I want nothing more. (Psalm 131:2)

FRIDAY, JUNE 20 | Help me delight in hidden things: the seed, the stillness, the faithful act no one sees. Teach me that smallness is holy. (Zechariah 4:10)

SATURDAY, JUNE 21 | Let this day be uncluttered by urgency. Teach me to enjoy the fruit of stillness. Fill this quiet with your presence and peace. (Isaiah 30:15)