


THE UPPER ROOM

September–December 2025

WHERE THE WORLD
MEETS TO PRAY

A photograph of a person's hands holding a dark mug filled with coffee. The person is wearing a dark sweater. The background shows a rustic wooden table and a dark pan on a stove.

Daily Bible meditations
from Christians around the world

EDITIONS

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WHERE THE WORLD MEETS TO PRAY

Daniele Och

UK editor

INVITATIONAL
INTERDENOMINATIONAL
INTERNATIONAL

32 LANGUAGES

Multiple formats are available in some languages



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How to use *The Upper Room*

The Upper Room is ideal in helping us spend a quiet time with God each day. Each daily entry is based on a passage of scripture and is followed by a meditation and prayer. Each person who contributes a meditation seeks to relate their experience of God in a way that will help those who use *The Upper Room* every day.

Here are some guidelines to help you make best use of *The Upper Room*:

- 1 Read the passage of scripture. It is a good idea to read it more than once, in order to have a fuller understanding of what it is about and what you can learn from it.
- 2 Read the meditation. How does it relate to your own experience? Can you identify with what the writer has outlined from their own experience or understanding?
- 3 Pray the written prayer. Think about how you can use it to relate to people you know or situations that need your prayers today.
- 4 Think about the contributor who has written the meditation. Some users of *The Upper Room* include this person in their prayers for the day.
- 5 Meditate on the 'Thought for the day' and the 'Prayer focus', perhaps using them again as the focus for prayer or direction for action.

Why is it important to have a daily quiet time? Many people will agree that it is the best way of keeping in touch every day with the God who sustains us and who sends us out to do his will and show his love to the people we encounter each day. Meeting with God in this way reassures us of his presence with us, helps us to discern his will for us and makes us part of his worldwide family of Christian people through our prayers.

I hope that you will be encouraged as you use *The Upper Room* regularly as part of your daily devotions, and that God will richly bless you as you read his word and seek to learn more about him.

Helping to pay it forward



As part of our Living Faith ministry, we're raising funds to give away copies of Bible reading notes and other resources to those who aren't able to access them any other way, working with food banks and chaplaincy services, in prisons, hospitals and care homes.

If you've enjoyed and benefited from our resources, would you consider paying it forward to enable others to do so too?

Make a gift at brf.org.uk/donate

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you
for all your support

A creative endeavour

Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us.

Ephesians 3:20 (CEB)

When my grandmother taught me to knit when I was ten years old, I cast on stitches, envisioning a long, fluffy scarf to wrap around me in winter. Soon I saw I was creating a lopsided polygon that bore no resemblance to a scarf. The vision I had for my project did not match reality. Discouraged, I gave up.

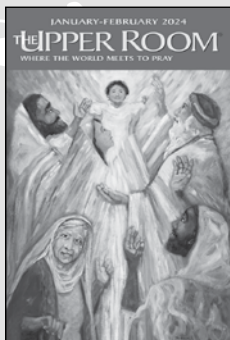
Nearly a decade later, I tried knitting again, and came to it with a little more patience and coordination, and a willingness to reshape my vision as the project progressed. I corrected stitches, ripped out rows, and, eventually, I completed a scarf. I've since finished more knitting projects than I can count; and though I am much more skilled now, my finished projects almost never exactly match my initial vision. And that is part of the joy of creative projects – seeing where the journey leads.

Knitting has helped me think of the journey of faith as a creative endeavour. My idea of the best way to serve God doesn't always match up with the reality of what I can do or what the world truly needs. But God's vision for our service is much more expansive and imaginative than ours. In this issue of *The Upper Room*, writers share stories of unfulfilled dreams, life-altering illnesses and impossible mission projects that – with God's help – they reshaped into new, creative and life-giving ways of serving others and the world.

Scripture overflows with stories of God's creativity. Moses was rescued by the daughter of the Pharaoh who had ordered his execution (see Exodus 2:1–10); the wall surrounding Jericho fell when the Israelites marched around it sounding their trumpets (see Joshua 6:1–20); Jesus turned water into wine at a wedding in Cana (see John 2:1–11); and Christ overcame death on the cross, offering us eternal life. Imagine how we can change the world when we open ourselves to God's creative Spirit.

Lindsay Gray
Editorial director

Where the world meets to pray



English edition



Spanish edition

Writers featured in this issue of *The Upper Room*:

Caribbean Netherlands: Arlene Timber-Henry
Dominican Republic: Julianis Báez de Pichardo,
Farlin Vanessa De Los Santos Mejía
Jamaica: Danelle Pinnock
Puerto Rico: Ángel Mattos de Jesús

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The editor writes...

The earth is the Lord's, and everything in it, the world, and all who live in it.
Psalm 24:1 (NIV)

One of the features of each day's meditation in *The Upper Room* is the prayer focus. As outlined on page 3, this, along with the 'thought for the day', is provided as an aid for prayer in response to the meditation for that day. Often the focus is something that, for me at least, sits comfortably within a time of prayer. In a prayer meeting, I would not be surprised for people to ask to pray for, for example, trust in God's strength, wisdom in daily decisions or a child they know who is undergoing surgery (see 5 September, 27 September and 25 November).

But I confess that sometimes I have wondered whether the prayer focus is, frankly, just too mundane. How do I pray for welders? What do jewellers need prayer about? And what about walkers and joggers – that's not even an occupation? (See 15 September, 20 October and 3 November.)

This is where I need a more thoroughly biblical view of creation and redemption. I need to recognise that when the psalmist says, 'The earth is the Lord's, and everything in it', that really does mean *everything*. Equally, God's desire to redeem creation extends to every aspect of it – 'to bring unity to all things in heaven and on earth under Christ' (Ephesians 2:10).

There are no aspects of life, therefore, that are too mundane to bring before God in prayer. As I pray for God's kingdom to come on earth as in heaven, I can think not only of how that applies to my personal spiritual growth or to the work of mission organisations and charities (such as BRF Ministries), but also of what that means for the work of welders, of jewellers and of the other occupations mentioned in this issue – indeed, even what it means for people doing something as mundane as going for a walk.

Daniele Och
UK editor

Spiritual treasures

Read Matthew 6:19–24

Store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.

Matthew 6:20 (NRSV)

My husband and I are downsizing. Moving to a smaller home requires donating and discarding items in our current house. For me, this involves parting with an antique collection I acquired in the 90s with my brother Bob on our ‘treasure hunts’. We were on quests to find relics from the past. Bob scoured shelves for childhood toys while I rummaged through boxes searching for antique tins with graphics from bygone eras.

Bob passed away many years ago, and the antiques displayed in my house remind me of those long-ago treasure hunts. But now it’s time to part with them. In that earlier season of my life, collecting these treasures was a priority. Now as I put them all in a large box, today’s scripture reading is on my mind.

Our earthly treasures, whether money, possessions or a collection of antiques, have no value in heaven. Instead, Jesus exhorts us to store up heavenly treasures. Worship and obedience to God, seeking God in scripture, supporting the church with my tithes, talents, and time, praying for the needs of others, being kind and encouraging, and sharing my faith through my writing are my spiritual treasures. They have value not only here but in my eternal home in heaven.

Prayer: *Lord Jesus, may our desire be to store up heavenly treasures, knowing that where our treasure is there our hearts will be also. Amen.*

Thought for the day: Spiritual treasures have eternal value.

Debra Pierce (Massachusetts, USA)

Divine wisdom

Read Proverbs 3:1–12

In their hearts humans plan their course, but the Lord establishes their steps.

Proverbs 16:9 (NIV)

Our church community was trying to decide on a project to address the increasing environmental pollution in our area. I placed the issue before the Lord in my daily prayers until one day, I felt the Lord asking me: ‘Why not consider the welfare of those who are already taking care of my creation?’ With the Lord’s guidance, we all agreed to conduct a medical fair for the garbage collectors of the city, a forgotten community that renders an invaluable service to our society.

One of the biggest challenges we faced was finding the necessary funds. We approached prospective donors and asked volunteers for support. With the Lord’s help, donations flowed in, and doctors and opticians volunteered their time. The city council authorities extended their full cooperation. Mobile medical testing vehicles were available to conduct health screenings. We were even able to provide attendees with a meal and with safety gear to use while working.

This project enabled us to share the love of God and to care for those who labour to keep God’s creation clean. Tasks that are too big for us to accomplish on our own become possible through the grace and guidance of the Lord Jesus Christ.

Prayer: *Dear Lord, we praise and thank you for giving us the guidance and wisdom to execute our plans. Thank you for opportunities to bear witness to your love and care. Amen.*

Thought for the day: When I need guidance, I will place my concerns before God.

Nihal Cooray (Sri Lanka)

Stronger together

Read Romans 15:1–6

Live in harmony with one another... so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

Romans 15:5–6 (NRSV)

There are two sawmills in my state that cut and form desert mesquite trees for furniture. This distinctive wood has a vivid and striking spectrum of colour, shapes and swirls, but the mesquite is so dense that saw blades dull after a few cuts. Despite being difficult to work with, mesquite has greater structural integrity than other hardwoods because of its tight grain pattern, which makes the wood less likely to warp, crack or split.

Several years ago a Bible drive at our church brought similar ‘structural integrity’ to the congregation. We collected Bibles and other Christian literature to send overseas to believers hungry for the word of God. Congregants of all ages became strongly motivated with this assignment, scouring their homes for any extra Bibles and Christian resources. The project brought people together.

Unity within the body of Christ is an important message in Paul’s letters. It’s not just a matter of diverse people getting along but also sharing goals to bring glory to God. Like the mesquite’s dramatic beauty, superior strength and tightly woven pattern, churches thrive when we live in harmony, participating together in spreading the love of Christ.

Prayer: *Dear God, bless all who organise outreach ministries.*

Thank you for all who work together to share the good news of your love with others. Amen.

Thought for the day: Our ministry grows stronger when we are united in purpose.

Beverly Taylor (Arizona, USA)

Through it all

Read John 1:1–5

Through him all things were made; without him nothing was made that has been made.

John 1:3 (NIV)

When I was diagnosed with stage-four breast cancer at 27 years old, I became aware of God's constant presence in a whole new way. God was with me during my suffering as well as my healing process and eventual remission, which I still celebrate over 20 years later. God was working through the doctors, my friends and the other people who helped me during this major life crisis.

I used to think God was only present in the good, 'holy' moments I experienced. But I discovered that God is always with me, regardless of whether I perceive God's presence. I learned to reframe my thinking about who God is and God's nature. Instead of thinking of God as distant, merely watching me fail as a human, I began to see God as scripture describes – everywhere and in all things.

God is always with us, and nothing can change that fact. No matter what we do or what happens in our lives, God guides and loves us through it all.

Prayer: *Dear God, thank you for being with us in sorrow and in joy. Help us to notice your presence and to trust that you are at work in our lives. Amen.*

Thought for the day: God's love surrounds me today and every day.

Elizabeth M. (Washington, USA)

Source of strength

Read 2 Corinthians 4:1–15

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

2 Corinthians 4:7 (NIV)

Sometimes it seems like everything is going wrong all at once – as if the world is collapsing around us. When life is going awry, it can be easy to fall into despair. Personally, this tempts me to numb myself with over-eating or watching too much TV and to neglect my regular prayer time.

But scripture gives us another answer. It tells us that our weakness is made perfect by God's strength. The very fact that we can become distressed by the burdens of life shows that it is not our own strength that helps us endure. Christians do not have more willpower or grit than non-believers. Rather, it is the power of our mighty God that helps us to persist.

When we are pressed on every side, are perplexed or paralyzed by indecision, are persecuted for our faith or are rejected and struck down, we need not despair – God promises that we will not be crushed and will never be abandoned. We can persevere in God's strength and stand firm in the power of our loving Saviour.

Prayer: *All-powerful God, we give you the hardships of this day. We pray that when we feel beaten down by life, we will remember that you are mightier than our problems. Amen.*

Thought for the day: In life's struggles, I can lean on the strength of my creator and redeemer.

Jillian Bell (Ontario, Canada)

The gift of sight

Read Acts 9:1–17

Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus.

Acts 9:8 (NRSV)

After reading a devotion in *The Upper Room* about the gift of being an organ donor, I felt convicted to share my perspective as an organ recipient. In my late 20s, I was diagnosed with keratoconus, a degenerative corneal disease that can require corneal transplantation. With my vision uncorrected, I was legally blind.

When I was 42 years old, I was like Saul – a self-reliant, lukewarm believer. But one morning, I woke up blind in one eye. My ophthalmologist said I needed a corneal transplant. After two transplants, my vision is nearly perfect. I was amazed at the clarity I had been missing all those years. Most certainly, the praise and honour goes to God the Father, but I also honour the two donors, both of whom I think of as Ananias.

Every day I look in the mirror, thankful to the donors who gave me the gift of physical sight. As I pray each day, I thank God for these donors and for sending Jesus as my Lord and Saviour. Jesus and the donors have both offered generous love to me. These gifts inspire me to live a life committed to following Christ.

Prayer: *Sovereign God, we thank you for the grace and mercy you extend to us every day. In Jesus' name, we pray. Amen.*

Thought for the day: I am thankful for the generous love Christ shows to me.

Victor Carcioppolo (Ohio, USA)

Unexpected blessings

Read Ruth 2:1–16

I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus.

Philippians 1:6 (CEB)

One summer morning I noticed a lily blooming in my garden. It was such a pleasant surprise! This species of lily generally blooms during the rainy season, not during the scorching summer. But there it was, standing tall, waving in the wind.

Even though I had been unaware of it, my lily's bloom had been developing for a long time. The plant's cells organised to form a bud, nutrients and water nourished the plant, and the lily gradually grew a blooming flower. God had prepared the plant in advance to produce a flower, but the preparation was unseen.

Just like my lilies, life often brings beautiful, unexpected surprises that rejuvenate our soul. These events don't happen out of the blue; they are all planned by the Lord.

Many times we wait hopefully on the Lord for our desires to be fulfilled. We may not even be aware of the preparation taking place in our lives. Who knows what is best for us better than the Lord? We might feel like our life is dull or unproductive, but as we wait upon the Lord, he prepares us for what is still to come. The next thing may unexpectedly bloom one day, just like my lily.

Prayer: *Caring God, we trust you with our needs and our desires. We lay our burdens at your feet, believing that you are preparing us for what lies ahead. Amen.*

Thought for the day: Even when I am waiting, I will keep trusting the Lord.

Deepika Emmanuel Sagar (Waikato, New Zealand)

A generous spirit

Read Luke 6:27–38

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.

Luke 6:38 (NIV)

Decades ago, I had a friend who needed financial assistance. I helped her because she needed it and I was able to. Years later, when my own finances were in shambles, an old college friend came to my rescue. At that time I had little money to spare and struggled to make it from one month to the next.

I remember getting a cheque in the mail a week before I was due to receive my disability income. I went to the bank to cash it. The rules of the bank required me to have enough money in my account to cover the face value of the cheque, and I did not. The bank supervisor must have sensed my desperation and made an exception to the rule and cashed it anyway. Relief washed over me. Not long after that, I made a donation to a Christian organisation, feeling very thankful for kind deeds and for God's angels who have helped me.

God encourages us to carry each other's burdens, to love one another. The good Samaritan recognised this. I have had the good fortune and blessing to be in both positions – blessed to be needed and humbled to need. And I've learned that generosity is not about the amount of money you have to give. It's about your willingness to be kind – to give and receive with an open heart.

Prayer: *God of bounty, nurture within us a spirit of generosity that is eager to help others as we have been helped. Amen.*

Thought for the day: It is a blessing both to give and to receive.

Janet R. Parker (Connecticut, USA)

UPPER ROOM has a worldwide readership of some three million. Each daily meditation includes a Bible reading, reflection and prayer. Questions for small group study are also included for each week. All the meditations are written by readers of *The Upper Room*, who seek to share their insights with others.

‘I very much appreciate reading the contributions from so many different places, and indeed so many different cultures.’

‘I feel so enriched... reading people’s personal experiences born from lives of faith.’

‘Like is an understatement – I am in love with *The Upper Room* daily devotional!’

This edition of *The Upper Room* is published by BRF Ministries, the home of Anna Chaplaincy, BRF Resources, Messy Church and Parenting for Faith. As a Christian charity, we inspire, equip and support people of all ages to grow in faith.

Also available in giant print for the visually impaired. For more information, see page 156.



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