

FEBRUARY 1, 2026
FOURTH SUNDAY
AFTER EPIPHANY



Do justice and love kindness.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	Matthew 5:1-12	Sermon on the Mount
Monday	Micah 6:1-8	True obedience
Tuesday	1 Corinthians 1:18-31	Message of the cross
Wednesday	Proverbs 21:12-15	When justice is done
Thursday	Romans 12:9-13	Marks of a Christian
Friday	Isaiah 1:11-17	Rescue the oppressed
Saturday	Psalms 15	Life of the blameless
Sunday	Matthew 5:13-20	Salt and light

SCRIPTURE VERSE FOR THIS WEEK

He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and love kindness, and to walk humbly with your God? Micah 6:8 (NRSV)

PRAYERS AND BLESSING

A Prayer for the Week:

Merciful God, bless us with contentment to a life lived pursuing justice, kindness, and humility. Amen.

Mealtime Prayer:

We thank you for the gift of each day and the food that nourishes us. Help us to show our thanks with compassion for others. Amen.

A Blessing to Give:

May you find peace and comfort in God.



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FEBRUARY 1, 2026
HYMN OF THE WEEK

What Does the Lord

Require of You?

WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- How has someone shown you kindness recently?
- Where have you seen God's mercy and kindness in action?

DEVOTIONS

Read: Micah 6:1-8 and Matthew 5:1-12.

In the reading from Micah, God is pleading a court case against Israel. The people have turned from God, but God wonders how this could be. The guilt of the people is on themselves because God has done marvelous things for the people by bringing them out of Egypt and slavery and giving them leaders like Moses, Aaron, and Miriam. Their enemies were conquered. With their guilt before them, the people wonder what the appropriate penance is. Is it thousands of sacrifices? Is it endless amounts of holy oils? Sacrifice one's own child? Nothing will do but *"to do justice, and to love kindness, and to walk humbly with your God"* (Micah 6.8). In the Beatitudes of Matthew 5:1-12, Jesus offers a similar path for faithful followers: poverty of spirit, humility, and mercy. The larger Gospel of Matthew cannot be understood without the content of the Beatitudes and the Sermon on the Mount. This is the path for us to be satisfied and blessed, the path of living as a disciple with purpose.

Discuss: How easy or difficult is it to live as a disciple?

Pray: **Dear God, give us the simple joy of trust in you by living a life of purpose that seeks justice, kindness, and humility with you and all people, through Christ our Lord. Amen.**

SERVICE

Jesus calls us to serve our neighbor in love. Based on the Daily Bible Readings and theme for this week, how can you bless someone with a spirit of humility?

RITUALS AND TRADITIONS

Matthew 5:3-11 speaks of blessings. A wonderful ritual to practice regularly in your home is that of blessing one another. When we bless another, we are calling upon God to show goodness and kindness to them, as well as demonstrating our own care and concern for them. There are three basic elements to a personal blessing—God's name, words, and touch (e.g. a hand on a shoulder, or making the sign of the cross on their forehead or palm). Consider blessing one another at mealtimes, bedtimes, and at daily farewells with family and friends. *Say:* **May God bless you with kindness and mercy.**



In addition to *Taking Faith Home*, celebrate milestones in your daily life as an effective faith formation tool. Go to: www.milestonesministry.org