

FOUNDED ON GOD'S FAITHFULNESS

SUNDAY, MAY 31, 2026 - DAY 29

God's Sovereignty

Suggested Bible Reading: Psalm 131

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

Israel, put your hope in the Lord
both now and forevermore.

Prayer

By Al Postma, executive director-Canada of the CRCNA. He has served in a variety of denominational roles, and before that he pastored a church in Thunder Bay, Ontario. He and his family are members of Hope CRC in Brantford, Ontario.

Faithful and loving God,

So often I approach you with my needs out front. These may be the hopes and dreams I carry, the desires of my heart, the pressing concerns of the day. And it is truly a gift to be able to approach you with the sure knowledge that you care about all these things.

Yet, when I approach you so often in my neediness, it is easy to forget what it is like simply to be with you in contentment—where my eyes are not focused on big goals or what you can do for me but just on being with you, secure in your embrace. It

is here that the image of a weaned child with its mother centres me in restfulness, companionship, presence, love, and contentment.

So today I ask that you fill me with hope and contentment. Allow me to simply be with you in this moment, enjoying the gift of our relationship. And as we walk through this season of prayer in anticipation of our upcoming synod, may this deep sense of your companionship provide stillness in my heart. May it be that you also provide this for all who are being delegated to discern together on our denominational community's behalf.

In Christ's name I pray.

Amen.

Questions for Reflection and/or Conversation

- In what ways do you need to learn to rest in contentment in God?
- Describe the assurance and peace you can find if you learn to be calm and quiet with the Lord.

FOUNDED ON GOD'S FAITHFULNESS

MONDAY, JUNE 1, 2026 - DAY 30

God's Sovereignty

Suggested Bible Reading: Psalm 139

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar. . . .

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

Prayer

By Pastor Harry Frielink, who has served congregations in Exeter and Barrie, Ontario. He, his wife, Marianne, and their youngest son, Reuben, make their home near the shores of Lake Simcoe, where they enjoy swimming, rowing, cycling, hiking, and skiing. Recently he completed a D.Min. program at Reformed Presbyterian Theological Seminary, writing on "Covenantal Communion with God and Each Other—a Theological Foundation for Relationships."

Sovereign God who is King of kings, I acknowledge not only that you know all things but also that you know me. Our hearts are like a glass beehive to you. You know our thoughts, words, and actions better than we do ourselves. How often, as we gather as your church, do our words turn angry or foolish and require our repentance. We pray, "Set a guard over my mouth, Lord; keep watch over the door of my lips" (Ps. 141:3). Help us to cherish silence in attending to your Word and Spirit. Teach us to speak words of grace and truth that will build up and not destroy.

Sovereign God who is King of kings, I acknowledge not only that you are everywhere present but also that you are present with me. Thank you, Jesus, Son of God, that you came into our world, taking on our human nature. We thank you that we may know your gracious presence when we are high, low, and everywhere in between. Thank you, Jesus, that in faith we are being remade in your image. As we receive this day and the days of synod before us, may we see your plan in our words and our work. May we see that these decisions were written in your book before one of them came to be. Grant us a strong sense of your presence as we do your work in Jesus' name.

Sovereign God who is King of kings, I acknowledge not only that you are all powerful but also that your all-powerful right hand is on me to guide and to hold me fast. With the psalmist we pray that you would stop all wickedness that would thwart the advance of your kingdom and the reign of your grace. Trusting your love, we pray that you would begin by searching our hearts and rooting out any offensive way in us. Free us from hypocrisy and self-deceit. Lead your people and your church through the furnace and fire of testing so that our dross is consumed, that we come out as pure gold. As we meet at synod, reveal what must be confronted, stopped, or gotten rid of, and what must be started or strengthened. In each decision before synod show us the way everlasting that you would guide us into.

As we depend on you and rest in your sovereign knowledge, presence, and power in our lives, grant us peace and make us a people of peace. Amen.

Questions for Reflection and/or Conversation

- What is in your glass beehive that God sees and that you need to acknowledge before God, confess, and repent of?
- How does knowing that God is sovereign in knowledge, presence, and power bring you peace in your life?

FOUNDED ON GOD'S FAITHFULNESS

TUESDAY, JUNE 2, 2026 - DAY 31

Dependence on God

Suggested Bible Reading: Psalm 84

How lovely is your dwelling place,

Lord Almighty!

My soul yearns, even faints,

for the courts of the Lord;

my heart and my flesh cry out

for the living God.

Even the sparrow has found a home,

and the swallow a nest for herself,

where she may have her young—

a place near your altar,

Lord Almighty, my King and my God.

Blessed are those who dwell in your house;

they are ever praising you. . . .

Prayer

By Jake Janssens, who has been a member of the CRCNA since immigrating to Canada in 1948. After his family arrived, they attended a CRC church in Sarnia, Ont., and he is now a charter member of Grace CRC in Chatham, Ont.

Dear Lord,

We come to you at this time to give you praise and thanksgiving. In the words of Psalm 84, "How lovely is your dwelling place!" Blessed are those who worship in your house. We delight in praising you there. Blessed are those whose strength is in you.

We thank you for your faithfulness to our denomination in the past. And now, Lord, we lay before you some of the plans and struggles that we will be dealing with. We thank you for the 150th anniversary of Calvin University and Calvin Theological Seminary and also this year's candidates for ministries that will be presented. Guide us as we discuss a ten-year planting and renewal plan and the future of our denomination.

As we deal with difficult discussions regarding discipline of officebearers and Church Order changes, we pray also for a special measure of your Spirit's leading. You, Lord, are our sun and shield, so we ask you to protect us from the evil one. We pray for a spirit of respect and unity.

We pray especially for all who are leading the meeting of Synod 2026. O Lord Almighty, we put our trust in you! We pray for your blessing, and may your name be honored by all we say and do in this very challenging time in our church and world! May your kingdom come and your will be done on earth as it is in heaven.

In the name of Jesus, we pray. Amen.

Questions for Reflection and/or Conversation

- In what times in your life have you longed for God?
- How does the presence of God give you assurance that he can be depended on?

FOUNDED ON GOD'S FAITHFULNESS

WEDNESDAY, JUNE 3, 2026 - DAY 32

Dependence on God

Suggested Bible Reading:

(Farsi) Luke 24:37-39

مزامیر 62

1جان من فقط برای خدا خاموش می شود زیرا که نجات من از جانب اوست. او تنها صخره و نجات من است و قلعه بلند من. پس بسیار جنبش نخواهم خورد. 3تا به کی بر مردی هجوم میآورید تا همگی شما او را هلاک کنید مثل دیوار خم شده و حصار جنبش خورده؟ در این فقط مشورت میکنند که او را از مرتباهش بیندازند. و دروغ را دوست میدارند. به زبان خود برکت میدهند و در دل خود لعنت میکنند، سلاه. 5ای جان من فقط برای خدا خاموش شو زیرا که امید من از وی است. او تنها صخره و نجات من است و قلعه بلند من تا جنبش نخورم. 7بر خداست نجات و جلال من. صخره قوت من و پناه من در خداست. ای قوم همه وقت بر او توکل کنید و دلهای خود را به حضور وی بریزید. زیرا خدا ملجای ماست، سلاه. البته بنی آدم بظالتاند و بنی بشر دروغ. در ترازو بالا میروند زیرا جمیع از بظالت سبکترند. بر ظلم توکل مکنید و بر غارت مغرور مشوید. چون دولت افزوده شود دل در آن مبنیدید. خدا یک بار گفته است و دو بار این را شنیدهام که قوت از آن خداست. ای خداوند رحمت نیز از آن تو است، زیرا به هر کس موافق عملش جزا خواهی داد.

Psalm 62

Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?
Surely they intend to topple me
from my lofty place;
they take delight in lies.

With their mouths they bless,
but in their hearts they curse.

Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
My salvation and my honor depend on God;
he is my mighty rock, my refuge.
Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.
Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

One thing God has spoken,
two things I have heard:
"Power belongs to you, God,
and with you, Lord, is unfailing love";
and, "You reward everyone
according to what they have done."

اعاد (Prayer)

دعا (فارسی - بر اساس مزمور ۶۲)

ای پدر آسمانی،

براستی جان ما تنها در تو آرام می‌گیرد؛ نجات ما از توست. تنها تو صخره و نجات ما هستی، پناهگاه ما. پس متزلزل نخواهیم شد. در میان هیاهو و ناپایداری این جهان، به ما بیاموز که در حضور تو آرام باشیم و با صبر در انتظار تو بمانیم.

خداوند، دل‌های ما را از اعتماد به قدرت انسان و چیزهای زودگذر نگاه دار. کمک کن امید خود را در ثروت یا فهم خودمان قرار ندهیم، بلکه در هر زمان به تو توکل کنیم. به ما بیاموز که دل‌های خود را نزد تو بریزیم، زیرا تو پناهگاه ما هستی.

هنگامی که متزلزل می شویم، به ما یادآوری کن که تو صخرهٔ نیرومند ما هستی. وقتی زیر بارها خم می شویم، تو پناه امن ما هستی. تو فرموده‌ای که قدرت از آن توست، ای خداوند، و محبت پایدار نزد توست. عدالت تو کامل است و هر کس را بر حسب اعمالش جزا می دهی.

ای خداوند، ایران، خاورمیانه و تمام جهان را به حضور تو می آوریم. تو هر بی عدالتی، هر درگیری و هر اشتیاق برای صلح و آزادی را می بینی. از تو می خواهیم که صلح خود را در میان جنگ‌ها برقرار کنی، عدالتت را در برابر ظلم برپا سازی و نور خود را در تاریکی‌ها بتابانی. آزادی را برای ستمدیدگان، آرامش را برای رنج‌دیدگان و امید را برای همه کسانی که به سوی تو فریاد می زنند عطا فرما.

به ما کمک کن که تنها در تو آرام بگیریم، بدون ترس استوار بایستیم و به محبت پایدار تو اعتماد کنیم.

به نام مقدس تو دعا می کنیم،

آمین.

Prayer

By Nasser (Nathan) Zand, a devoted servant of Christ with a deep and enduring passion for ministry. He currently serves as a commissioned pastor for the Farsi Ministry through the Spiritual Growth Ministry and has led the Farsi Fellowship at Willowdale CRC in Toronto, Ontario, for the past ten years as his local mission field and home church. Originally from Iran, Nasser came to faith in Jesus Christ from a Muslim background as a young man. Since giving his heart to the Lord, he has spent over 40 years as a dedicated disciple, evangelist, and servant leader, boldly sharing the gospel and walking as a soldier for Christ. His life and ministry reflect a profound commitment to spiritual growth, discipleship, and reaching others with the love and truth of Jesus.

Heavenly Father,

Truly our souls find rest in you alone; our salvation comes from you. You alone are our rock and our salvation, our fortress—we will not be shaken. In the noise and uncertainty of this world, teach us to be still before you and to wait patiently for you.

Lord, guard our hearts from trusting in human strength, power, or what is fleeting. Help us not to place our hope in riches or in our own understanding, but to trust in you at all times. Teach us to pour out our hearts before you, for you are our refuge.

When we feel shaken, remind us that you are our mighty rock. When we feel burdened, remind us that you are our safe place. You have spoken: power belongs to you, O God, and with you, Lord, is unfailing love. You reward each person according to what they have done, and your justice is perfect.

We lift up Iran, the Middle East, and all the nations of the world. You see every injustice, every conflict, and every longing for peace and freedom. We ask that your peace would reign where there is war, your justice where there is oppression, and your light where there is darkness. Bring freedom to the oppressed, comfort to the suffering, and hope to all who cry out to you.

Help us to rest in you alone, to stand firm without fear, and to trust in your unfailing love.

In your holy name we pray.

Amen.

Questions for reflection and/or conversation:

- What times of uncertainty in your life have taught you that God is the mighty rock?
- In which areas of life are you currently trusting in human strength, power, or what is fleeting instead of trusting in God?

FOUNDED ON GOD'S FAITHFULNESS

THURSDAY, JUNE 4, 2026 - DAY 33

Dependence on God

Suggested Bible Reading: Psalm 91

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

Surely he will save you
from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart. . . .

Prayer

By Pastor Jeff Bulhuis, who came to ReFrame Ministries in 2018, at first to oversee their growing Prayer Team. With a passion to see people grow in their walk with God, he stepped over to be the managing editor of the Today devotional guide and to provide content strategy for all of ReFrame's English programs. Prior to serving with ReFrame, Jeff served as a CRC pastor for ten years in Indiana.

Triune God—Father, Son, and Holy Spirit:

As we look forward to this year's synod, we are reminded once again that we completely depend upon you. We sometimes sing about how we "need you every hour," and again we see the deep truth of those words.

Reflecting on “the fowler’s snare” and “the deadly pestilence,” we recognize that we often have our own worries and concerns. Spare us, Lord, from all the worries we face in our families, communities, churches, and nations.

What a beautiful and mysterious comfort it is to think of being covered with your feathers and finding refuge under your wings! Thank you for these wonderful pictures of your protection, love, and care for us. Help us to be aware of the ways you protect us daily from illness, famine, and disaster; please provide deep care for all who are facing such difficulties in their lives today.

Together with believers in all times and places, we confess that you, Lord, are our refuge. Thank you for providing unshakable safety through Jesus Christ. Thank you that through his life, death, and resurrection we are secure. The gifts of forgiveness of sins, reconciliation with you, and eternal life are more than we can wrap our minds around, so we ask you to plant those truths deep within our hearts.

God, we thank you for the promise of rescue and protection. We are so blessed to know that you answer us when we call on you. Thank you for your presence and deliverance in times of trouble. Now and always, be our salvation.

In Jesus’ powerful name, Amen.

Questions for Reflection and/or Conversation

- In what situations have you been covered with God’s wings of refuge in your life? Give God praise for those times.
- What worries in your life do you need to give over to God, trusting that he will shield and save you? Ask the Holy Spirit to help you do that.

FOUNDED ON GOD'S FAITHFULNESS

FRIDAY, JUNE 5, 2026 - DAY 34

Dependence on God

Suggested Bible Reading:

(Dutch) Psalmen 127

Als de HEER het huis niet bouwt,
vergeefs zwoegen de bouwers;
als de HEER de stad niet bewaakt,
vergeefs doet de wachter zijn ronde.
Vergeefs is het
dat je vroeg opstaat,
je laat te ruste legt,
je aftobt voor wat brood -
Hij geeft het zijn lieveling in de slaap.
Kinderen zin een geschenk van de HEER,
de vrucht van de schoot is een beloning van God.
Als pijlen in de hand van een schutter,
zo zijn kinderen, verwekt in je jeugd.

Gelukkig de man
wiens koker is gevuld
met pijlen zoals zij.
Hij staat niet te schande
als hij zijn vijanden aanklaagt in de poort.

Psalm 127

Unless the Lord builds the house,
the builders labor in vain.
Unless the Lord watches over the city,
the guards stand watch in vain.

In vain you rise early
and stay up late,
toiling for food to eat—
for he grants sleep to those he loves.

Children are a heritage from the Lord,
offspring a reward from him.
Like arrows in the hands of a warrior
are children born in one's youth.
Blessed is the man
whose quiver is full of them.
They will not be put to shame
when they contend with their opponents in court.

Gebed (Prayer)

Brenda is als campuspredikant verbonden aan de Christelijk Gereformeerde Kerk, aan de Universiteit van Toronto en de York University. Ze ontmoette haar man, Matthijs, tijdens haar studie Oude Testament in Amsterdam. Zij en haar gezin bezoeken de Willowdale Christian Reformed Church in Toronto, waar Brenda als ouderling dient.

Eeuwige God,
God van gisteren, vandaag en morgen,
U kent de kerken en instellingen die wij hebben opgebouwd,
de plannen die wij hebben gemaakt,
en de kinderen die wij hebben opgevoed in het geloof.
U was bij ons wanneer ze opbloeden en wanneer ze vastliepen.
Wij treuren om de kerken die hun deuren hebben moeten sluiten
en om hen die het kerkverband hebben verlaten.
Hoe lang nog, HEER?
Hoe lang zullen wij te schande staan?
Hoe lang zullen wij de zorg en vermoeidheid dragen
van arbeid die vergeefs lijkt te zijn geweest?
Help ons geloven dat deze kerken en instellingen,
en de woorden die uit liefde voor U en voor onze naaste zijn gesproken,
niet vruchteloos zijn geweest,
maar de taak volbrengen die U hun gesteld hebt (vgl. Jesaja 55:11-12).
Leid ons in onze arbeid, ons bouwen en plannen.
Laat onze motieven en woorden niet voortkomen
uit angst, bezorgdheid, of schaamte.
Bewaar ons ervoor groot te willen zijn,

maar leer ons te werken en te rusten in U,
zodat ons werk van vandaag vrucht mag dragen in de toekomst .
Waak over uw kerk, o Heer,
Open onze ogen om te zien hoe U werkt en bouwt,
in en door uw volk.
Door Jezus Christus, onze Heer.
Amen.

Gebed (Prayer)

By Brenda Kronemeijer Heyink, who serves the Christian Reformed Church in North America as a campus minister at the University of Toronto and York University. She met her husband, Matthijs, when she was studying the Old Testament in Amsterdam, the Netherlands. She and her family attend Willowdale Christian Reformed Church (Toronto), where Brenda serves as an elder.

Eternal God, you are the God of yesterday, today, and tomorrow,
You know the churches and institutions we have built,
the plans we have made, and
the children we have nurtured in the faith.
You have been with us as they flourished
and as they floundered.
We are saddened by the churches and programs that have closed
and those that have left the denomination.
How long, O Lord?
How long will we be put to shame?
How long will we feel the anxiety of toil that seems to have been in vain?
Help us to trust that these churches and institutions
that the words shared out of love for you and our neighbour
have not been empty
but instead are accomplishing your purpose (cf. Isaiah 55:11-12).
Guide us as we labour, build, and plan.
May our motives and words not arise
from anxiety, fear, or shame.
May we seek not our own glory
but instead labour and rest in you
so that our efforts today may bear fruit in the future.
Guard your church, O Lord.
Open our eyes to how you are working in and through your people.
In Jesus' name,
Amen.

Questions for Reflection and/or Conversation

- God is the same yesterday, today, and tomorrow. How does this give you assurance today?
- How can you apply the truth of the statement “Unless the Lord builds the house, the builders labor in vain” in your planning for the future? In what ways is this truth deeply assuring to you?

FOUNDED ON GOD'S FAITHFULNESS

SATURDAY, JUNE 6, 2026 - DAY 35

Dependence on God

Suggested Bible Reading: Psalm 130

Out of the depths I cry to you, Lord;
Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.

If you, Lord, kept a record of sins,
Lord, who could stand?
But with you there is forgiveness,
so that we can, with reverence, serve you.

I wait for the Lord, my whole being waits,
and in his word I put my hope.
I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.

Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.

Prayer

By Roberta Vriesema, who, with her husband, recently moved to Eastern Ontario, near Quebec, as empty nesters. She serves as the director of partnership administration in the CRCNA's binational Office of General Secretary. She is grateful for the opportunity to serve our churches in this role and loves working alongside the staff on both sides of the border.

Lord,

We return to you in this pattern of daily prayer, repeating our request—hear us, Lord! Lord, we are sending our representatives to synod for a time of discernment, deliberation, and decisions.

As the final moments of preparation are under way, the culmination of planning efforts over many months, we thank you for the work that has already been done. We thank you for the hands, hearts, and feet that have sought to serve you by laying the foundations for these meetings. May these servants be sustained in these final days of organization and activity.

We pray for all of the delegates preparing to come to synod. Provide them traveling mercies. Provide them safety. Provide them listening ears, calm hearts, and discerning minds. May they have the preparation time needed to bring them to these meetings ready, with reverence, to serve you. We request that your presence be known to these delegates.

Let the hope that we have in you, the unfailing love you have granted us, remain the centre point in all our discussions. Where moments of tiredness, frustration, or anger may occur, may we hold on to the forgiveness you have granted us, and likewise find ways to grant this to each other. Grant us all the nourishment we need to complete this work.

Yes, Lord, we put our hope in you. We thank you for your unfailing love and for bringing us redemption. You are the one we wait for, the one we long to see.

Come, Lord Jesus; we seek to serve you. Amen.

Questions for Reflection and/or Conversation

- How does the hope that we have in God's unfailing love change our perspective in difficult circumstances?
- When we wait for God to work according to his will, what does that do to us?