

## **Saturday, March 2, 2024 - Day 16 of Lent**

Open in Prayer:

Lord Jesus, you know that in this world we are under great pressure, so that at times, we fall, we get hurt, we are wounded, we retreat. Remind us that in our weakness, Your strength is enough. You can pick us up and place us on the path You desire for us to walk. You can heal any wound or hurt. And when we retreat, we can retreat to the shadow of the cross, and abide in You. This week, help me find refuge in You, O Lord. Amen.

Read Psalm 25:1-7 (NIV)

**To you, O LORD, I lift up my soul. I trust in you; do not let me be put to shame, nor let my enemies triumph over me. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause. Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, LORD, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, LORD, are good.**

### **A different way to do things today!**

We are almost halfway through Lent, and I would like to switch things up a little today. Lent is a season to allow our soul to be transformed by God's grace and love.

The Hebrew word for "soul" in verse 1 is "Nephesh," which is best defined as "the whole self" not just the soul. As we walk this road together toward the cross and the empty tomb, it is good to take some days and just be reminded of the foundation of our faith. It is good to pause in discovering the depth of God's love for us and spend time just praising our God, who guides us along the road of life, even when the road is not always straight.

Take some time today and write our a brief description of the landscape you have lived, whether through loneliness, affliction, a troubled heart, painful situations, loss, joy, successes, or celebration. Reflect on God's teachings you have learned, forgiveness you've experienced, and the joy of your salvation. And remember, in every obstacle you face in life, there is an affirmation of God's grace.

God is good, and His love endures forever. His mercies are new every morning! Therefore, let us throw off the sin that so easily entangles and run the race marked out for us, keeping our eyes fixed on Jesus, the author and perfecter of

our faith. Let us run to the refuge of the King, and allow Him to care for us, equipping us to continue the race.

#### Close in Prayer

Rather than me giving you a prayer to close with this week, take a few moments and write a prayer today which relates to God's refuge. Put it on a post-it note and leave it on your bathroom mirror, that will give you 6 different prayers by the end of the week to pray as you get ready in the morning, or wind down in the evening.