

Thursday, March 7, 2024 - Day 20 of Lent

Open in Prayer:

Holy, Holy, Holy, are you, Lord Jesus! Let your Word move through our bodies today. May your Word stir within our heart and soul a creativity to worship you through song, through reflection, through study, and through silence. May our lives today be a jubilant melody for the world around us to hear, as we point them to you!

You have made it half-way through Lent! Great job! Don't stop now.

Read Psalm 40:1-3 (NIV)

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him.

Answer the following Questions:

1. Have you ever found yourself stuck in the mud? Whether physically, spiritually, mentally, or emotionally? Whether realistically or metaphorically? Recently, my daughter walked out to my Toyota to get in as we were running to the store and she said, "You're a bit in the ditch." I quickly responded, "What did you say!?!?" I did not hear that correctly. She repeated herself, "You're a bit in the ditch." I laughed, and it is now a regular statement we apply to our attitudes when we want the other to check their attitude. What do you do or say to find your way out of the ditch? Out of the mud?
2. Reread the Psalm. The Psalmist reminds us that God hears our cries. He knows when we are stuck in the mud, struggling with people, feeling overwhelmed by life. If we are patient, God will lift us up and make sure we are surely founded upon Jesus, the Rock. When have you experienced that in life – when had God lifted you up and placed you on a solid foundation?
3. Not only does God put us on solid footing, but God places a new song in our mouth – a hymn of praise to God! What song are you singing this week?
4. If you are struggling today, I would encourage you to trust in God, take a step toward Him, or simply cry out to Him, and trust that he will lift you up and put a new song in your mouth.

Just a side note: If you need a new song to listen to today, take a listen to U2's song "40". If you have never listened to it, it will still sound familiar. If you have, you can sing along!

Close in Prayer

Almighty God, thank you for reaching out in love and lifting me from the mud and mire I sometimes find myself in. Please put a new song in my mouth, so that I may live today fully aware of your presence. May others see Christ in me and follow you with all their heart. Amen. *(from Chaplain Jon Cooper)*