

## **Saturday, March 9, 2024 - Day 22 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!

Read Psalm 46:1-7 (NIV)

**God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The LORD Almighty is with us; the God of Jacob is our fortress.**

### **Answer the following questions:**

1. Uneasiness, anxiety, depression, apprehension, dismay. The road of Lent helps us to explore these feelings and thoughts, express the areas where we have submitted to fears, and expect restoration and refreshing. What are the places, the thoughts, the emotions which have led you to that place of unrest?
2. Where in life this Lenten season have you experienced the joy and life-giving presence of someone as you were just going through your daily motions?
3. As the Psalmist writes, no matter the circumstances life might throw our way, we need not fear, for God is in charge. God is our refuge. God is our strength. So, when we feel afraid, we can turn to God. When we feel weak, we can rely on God's strength. When have you felt weak or afraid this Lenten season? How did you respond? What might have been different if you turned to God as the first response?

Be aware of God's grace around you. Be watching for those times when God might need to use you to share the Jesus-shaped love with others in your community. And if you need a song for today, take a listen to "Angel Armies" by Chris Tomlin.

Close in Prayer

**God of angel armies, in one moment in history—your Son's death on the cross—the sinful powers of the world were robbed of their**

**power. Enable us to see signs of your kingdom, evident in lives, institutions, and the expansive world around us. In the name of our crucified Lord, Jesus Christ, we pray. Amen.**

*(prayer by retired Army Chaplain, Ken Sampson, who currently works with Guidepost Magazine)*