

## **Monday, March 18, 2024 - Day 29 of Lent**

Open in Prayer:

Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one of outward focus; seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give.

*- Author Unknown*

Read Psalm 113 (NIV)

**Praise the LORD. Praise the LORD, you, his servants; praise the name of the LORD. Let the name of the LORD be praised, both now and forevermore. From the rising of the sun to the place where it sets, the name of the LORD is to be praised. The LORD is exalted over all the nations, his glory above the heavens.**

**Answer the following questions:**

1. Do you believe that God is always worthy? Why or why not?
2. Does it bother you that I would even pose that question? I don't know where you are this morning. I don't know what your schedule holds, what the struggles are you are facing, or even what questions you might have about God. But I would like to ask you to pause this study for about 5 minutes and just meditate (or spend time thinking about, researching, or praying about) that word – Worthy.
3. This Psalm proclaims God's worthiness. In response to God's worthiness, what does the Psalmist encourage us to do as followers? And how often?

Historically, people are told that Lent is a time for giving something up. What if for the next week, you took on a new discipline and looked for the things you might give God praise for throughout the day. Let me help you get started...If you woke up this morning with breath in your lungs, give God praise. If you are blessed to have the technology to acquire these devotionals, give God praise. You take it from here. Just try this each day this week and let's see what changes during the remaining days of Lent.

Close in Prayer

Almighty God, you are worthy of our praise! Reign in our lives and the world from this time on and forevermore. By your grace today, may we find ourselves singing your praise from morning to evening. Amen.