

Tuesday, March 19, 2024 - Day 30 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 103:1-6 (NIV)

Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The LORD works righteousness and justice for all the oppressed.

Answer the following questions:

1. Do you believe that God is deserving of praise? Why or why not?
2. Again, does it bother you that I would even pose that question? 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) the word – Praise. What does it mean to give praise?
3. How does this passage and these words influence your perspective on life, knowing the loving grace of Jesus?

Sometimes I question this psalm. I don't always feel like God is doing all that David says he will do. All my sins? All my diseases? Out of the pit...really?

And then, as I sit with his Word and meditate on it, God realigns my heart and mind with His heart and mind, and I realize that God is always faithful. God always fulfills his promises. And my human understanding of what I desire this to say, is not really what it is saying – Forgiveness is amazing – but the miracle is that God does not hold a grudge when I slip back into my sin, or when more of my sin is exposed for the Spirit to cleanse me of. God healing my disease might not be a supernatural healing like I would desire, but it might be his tender care as he walks with me through the treatment and teaches me more about why He is God, and I am not. My pride is cured when He does that.

Sometimes the healing comes through the process. Sometimes God's love and compassion are seen in the suffering endured while keeping our eyes fixed on Him. Sometimes the satisfaction is realizing God is at work, even when we don't see Him, feel Him, or even desire to be worked on. God's love and grace bring satisfaction in a life where, in the words of the great Theologian, Mick Jagger, "I can't get no satisfaction!" Take some time today to reflect on what God is doing in your life that is praise worthy and continue the practice from yesterday!

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.