

## Wednesday, March 20, 2024 - Day 31 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*

Only 9 Days of Lent left. I hope you are planning to join us for the special worship services next week

- Maunday Thursday Worship and Communion – Fellowship Hall at 7:00 pm, March 28.
- Good Friday Tenebrae Worship – in the Sanctuary at 7:00 pm on March 29.
- Easter Sunday Resurrection Day Worship – In the Sanctuary at 10:00 am on Sunday, March 31.

Let's get into God's Word today!

Read Psalm 109:21-28 (NIV)

**But you, Sovereign LORD, help me for your name's sake; out of the goodness of your love, deliver me. For I am poor and needy, and my heart is wounded within me. I fade away like an evening shadow; I am shaken off like a locust. My knees give way from fasting; my body is thin and gaunt. I am an object of scorn to my accusers; when they see me, they shake their heads. Help me, LORD my God; save me according to your unfailing love. Let them know that it is your hand, that you, LORD, have done it. While they curse, may you bless; may those who attack me be put to shame, but may your servant rejoice.**

### Answer the following questions:

1. In a week where we have been focusing on praise, this passage seems out of place. Can you summarize what the Psalmist is feeling in this passage?
2. What situations have you found yourself in recently where you can identify with the place the Psalmist is writing from? Are you feeling overwhelmed by all that is going on in the world? Do you feel like your stress level, anxiety, panic attacks, depression are making you feel like you are drowning? Do you feel weak? Tired? In pain? Like the world is against you and you don't know what to do? How does the Psalmist respond in those situations?
3. What would it look like to "cry out to God?"

4. In verse 28 (the last sentence above), the Psalmist concludes with “May your servant rejoice.” May we give you praise.

What if crying out to God was not done simply to receive help, but what if crying out was to give praise to God? Can you give God praise when life is hard? Why or Why not? Try that this week (for the next few days). When life gets hard and you feel overwhelmed, take some time to give God praise as you cry out to Him.

#### 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.