

Friday, March 22, 2024 - Day 33 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 7 Days of Lent left. You are almost there! 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! We are going to look at one of the best Praise Psalms in Scripture. We are also only going to focus on 2 verses today. I would encourage you to commit these verses to memory. They are key verses to hold tight to as the people of God!

Read Psalm 121:1-2 (NIV)

**I lift up my eyes to the mountains - where does my help come from?
My help comes from the LORD, the Maker of heaven and earth.**

Answer the following questions:

1. All of us are on a journey in this life. We are physically moving around, spiritually growing or running away, mentally being challenged, and emotionally being stretched. Each of our journeys looks different. But one thing that they all have in common is the presence of mountains in front of us from time to time. In fact, some of us today are staring up at the grandeur of the mountain in front of us, and wondering how the heck you are going to get past that giant obstacle in your way. The Psalmist reflects on this. What are some of the obstacles in your journey currently? What are some obstacles which you have moved past already in this journey?

2. The Psalmist, when faced with this insurmountable obstacle, looks for help. Remember, we were not created to be alone in our journey. God created us relational as humans. We might not need a large group of people to walk through life with, but we all need someone. In the Psalmist's case, they are looking to

God. Who do you look to when faced with obstacles? How far down the call list is God?

3. The Psalmist points out that “My help comes from the Lord.” The God who made the heavens and the earth, also knows us intimately enough to be called “mine.” My Lord. My Savior. My Help. My Hope. My Father. My Comfort. My Friend. Do you know God knows you that well...that you can call Him “mine?”
4. I do not know what the light or the darkness ahead of you will bring. And neither do you. But what I do know is that you can rest easy and trust fully that the God of the Universe is watching over you from now to the end of eternity! How does that truth make you feel?

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.