

Monday, March 25, 2024 - Day 35 of Lent

Open in Prayer:

Father, allow me to fast from judging others; while feasting on Christ, dwelling in me. May I fast from the fear of illness, while feasting on the healing power of God. May I fast from words which seek to pollute the area around me, while feasting on speech which purifies. Help me to fast from discontent, while feasting on gratitude. May I fast from anger and feast on patience, fast on pessimism and feast on hope. May I fast from all that is negative while feasting on the encouragement of others and the encouragement You give. During this week, help me to fast from bitterness, while feasting on forgiveness, fast from self-concern as I feast on compassion. Help me to fast from suspicion and feast on truth...to fast from gossip while intentionally feasting on purposeful silence. May I fast from problems which overwhelm me, while feasting on prayer, which can sustain me. Finally, Oh Lord, may I fast from anxiety while feasting on faith. Guide and direct me, as I journey to the cross and the resurrection this week.
-Adapted from "The Fast Life" by Author Unknown.

As you enter the last week of Lent and journey to the Cross, the Tomb, and the Resurrection, May God encourage you and grow you.

Let's get into God's Word today!

Read Psalm 139:23-24 (NIV)

**Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.**

Answer the following questions:

1. David does something very bold in this Psalm. He asks God to analyze his motives and behaviors. David desires to make sure that his motives and intent aligns with God's heart and thoughts, so he asks God to guide him to those which do not align. When is the last time you asked God to check your motives and attitude?
2. Why would David do this?
3. The last thing David wanted was to have his thoughts or actions put a chasm between him and God. How much time do you take in your prayer life to sit and wait for God to point out the areas in life which are out of alignment?

4. Don't be afraid to allow God to search your heart, your mind, and your spirit. God loves each of you and God desires a closer walk with you. If nothing else this Lenten season, may God fill you with the love to sit quietly and allow Him to help align your thoughts, actions, and intent with His thoughts, actions, and intentions.

Close in Prayer

Almighty God, you know me better than I know myself. You know my comings and my goings. You know my thoughts, and my dreams. You know when I lay down and when I get up. You know...Search the deepest parts of my heart for anything which might be displeasing to you; please examine my intents and my actions. Expose for me the areas in my life which need work, and then, through the power of your Holy Spirit, give me the strength to make the changes you desire. I long to be closer to You, o God. In Christ's name I pray, AMEN.