

Tuesday, March 26, 2024 - Day 36 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 140:1-3 (NIV)

Rescue me, LORD, from evildoers; protect me from the violent, who devise evil plans in their hearts and stir up war every day. They make their tongues as sharp as a serpent's; the poison of vipers is on their lips.

Answer the following questions:

1. Have you ever heard, or said, the phrase, "Sticks and stones may break my bones, but word will never hurt me."? What is the hopeful meaning behind that phrase?
2. Do words actually hurt?
3. King David was not immune to the pain slander can cause, nor the impact words can have on a life. How does David explain the power of hurtful words?
4. Why would David bring this to God's attention? Doesn't God have bigger things to worry about and focus on?

5. It is alright to ask God to protect you from the evil and hurtful words of others, just as it is alright for you to ask God to protect you from weapons of war. As we walk toward the cross, may we remember the words hurled at Jesus, by those in power, those on the cross, and those in the gallery, and trust that God is in control. Jesus walked through the venomous words of others, bearing their pain and hurt, so we might know what words which bring life look like. Look to share words of life this week, and surround yourself with those who use those readily.

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.