

Wednesday, March 27, 2024 - Day 37 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 1:1-3 (NIV)

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever they do prospers.

Enjoy the following devotional:

by Rev. Tim Ehrhardt

In his book *The Hidden Life of Trees*, veteran forester Peter Wohlleben has written a winsome and fascinating account of what he has learned about trees. His primary thesis is that trees are social—they communicate with and care for each other. Trees planted by streams of water are not a group of individual trees. Rather, through their extensive root system in the ground, they share vital nutrients with each other when one of them is sick; send something akin to electrical impulses with one another to warn of danger; and take ownership of helping the entire forest grow together in health and strength. And they are not in a hurry. Their slow growth is deliberate and careful, a testament to their resilience and longevity. Wohlleben describes this intricate care and communication system as “the wood-wide web.”

As we move through the season of Lent, we are not alone. We do not attempt to shed the old sinful nature by ourselves through sheer willpower. We assist one another. We

depend upon the Holy Spirit through the Word of God. We embrace the slow, patient, and deliberate work of soul-craft as we anticipate meeting Jesus.

1. Who is it in your life who is walking with you, encouraging you, praying for you, offering godly counsel? Take some time this Holy Week to write them a letter expressing thanks for the role they play in your life. Words like those are words of life offered to someone who might need to hear them today.

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.