

Sunday, March 22, 2015

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### **Scripture**

Psalm 150

- 1 Praise the Lord!  
Praise God in his sanctuary;  
praise him in his mighty firmament!
- 2 Praise him for his mighty deeds;  
praise him according to his surpassing greatness!
  
- 3 Praise him with trumpet sound;  
praise him with lute and harp!
- 4 Praise him with tambourine and dance;  
praise him with strings and pipe!
- 5 Praise him with clanging cymbals;  
praise him with loud clashing cymbals!
- 6 Let everything that breathes praise the Lord!  
Praise the Lord!

### **Devotional**

We are now almost through Lent, feeling the progression of this holy season as the days and weeks pass by from the dark cold days of February to the mild end of March. Our very bodies search to soak in the fragile rays of light that sneak through the dreariness that often complement the mood of Lent. Our bodies feel Lent. The ashes placed on our foreheads a few weeks ago once embedded into our pores, are long washed away. Although the physical marker is gone, perhaps the words, which accompanied those ashes, have stuck with you, "...you are dust, and to dust you shall return" (Gen 3:19).

During this long 40 day season, our entire being, body, and mind feel the strain of Lent. With Psalm 150, we are reminded that our entire being is created to praise God at all times. The end of the Psalms is also our beginning. As we hear the words, "Let everything that breathes praise the LORD," we are reminded of the breath of God that flowed into the dust to give us our life. Take in a deep breath today, and remember that in life and in death, in darkness and in light, from dust to dust, we are God's.

### **Prayer**

Holy God, giver of life, we pray that you would breathe fresh upon us your Spirit so that we may continue in our days praising your name. Let everything that breathes praise the LORD. Amen.