

LENTEN DEVOTIONAL MARCH 1, 2016

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SCRIPTURE

PSALM 25

- 1 To you, O LORD, I lift up my soul.
2 O my God, in you I trust;
do not let me be put to shame;
do not let my enemies exult over me.
3 Do not let those who wait for you be put to shame;
let them be ashamed who are wantonly treacherous.
4 Make me to know your ways, O LORD;
teach me your paths.
5 Lead me in your truth, and teach me,
for you are the God of my salvation;
for you I wait all day long.
6 Be mindful of your mercy, O LORD, and of your steadfast love,
for they have been from of old.
7 Do not remember the sins of my youth or my transgressions;
according to your steadfast love remember me,
for your goodness' sake, O LORD!
8 Good and upright is the LORD;
therefore he instructs sinners in the way.
9 He leads the humble in what is right,
and teaches the humble his way.
10 All the paths of the LORD are steadfast love and faithfulness,
for those who keep his covenant and his decrees.
11 For your name's sake, O LORD,
pardon my guilt, for it is great.
12 Who are they that fear the LORD?
He will teach them the way that they should choose.
13 They will abide in prosperity,
and their children shall possess the land.
14 The friendship of the LORD is for those who fear him,
and he makes his covenant known to them.
15 My eyes are ever toward the LORD,
for he will pluck my feet out of the net.
16 Turn to me and be gracious to me,

for I am lonely and afflicted.

17 Relieve the troubles of my heart,
and bring me out of my distress.

18 Consider my affliction and my trouble,
and forgive all my sins.

19 Consider how many are my foes,
and with what violent hatred they hate me.

20 O guard my life, and deliver me;
do not let me be put to shame, for I take refuge in you.

21 May integrity and uprightness preserve me,
for I wait for you.

22 Redeem Israel, O God,
out of all its troubles.

DEVOTIONAL

At the end of the day, when watching the evening news or checking the notifications on my phone, I have often found myself feeling great loss in the pain and suffering so readily displayed in our “news” outlets. I see updates about political candidates demeaning and criticizing people of different cultures and heritages, I read sharp judgment and hate exchanged between those in disagreement with each other, and I hear about growing violence and countless lives lost. My soul aches. I feel lonely and afflicted as the growing distress of the world weighs down my heart. All I can taste and feel is the salty brine and harsh rub of sin. I imagine the despair that many of Jesus’ followers must have felt in the hours and days following his death, all hope lost. My hope lost.

I look to the Psalms and am reminded to lift my soul to the Lord and put my trust in God. I can rest in the comfort of the Lord’s steadfast love for me and find new hope, my old sin and pain washed away.

PRAYER

Holy God, through desolate deserts, turbulent seas, and stormy nights you have comforted your people. In the midst of persecution, violence, and sin your steadfast love has sustained us. You have washed away our sins through the sacrifice of your son. Lord, be with us in our pain and sorrow, and teach us your paths. We lift up our souls to you in trust and thanksgiving. Amen.

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