

LENT DEVOTIONAL



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LENTEN DEVOTIONAL MARCH 26, 2024

SCRIPTURES

PSALM 34

- 1 I will bless the LORD at all times;
his praise shall continually be in my mouth.
- 2 My soul makes its boast in the LORD;
let the humble hear and be glad.
- 3 O magnify the LORD with me,
and let us exalt his name together.
- 4 I sought the LORD, and he answered me,
and delivered me from all my fears.
- 5 Look to him, and be radiant;
so your faces shall never be ashamed.
- 6 This poor soul cried, and was heard by the LORD,
and was saved from every trouble.

7 The angel of the LORD encamps
 around those who fear him, and delivers them.
 8 O taste and see that the LORD is good;
 happy are those who take refuge in him.
 9 O fear the LORD, you his holy ones,
 for those who fear him have no want.
 10 The young lions suffer want and hunger,
 but those who seek the LORD lack no good thing.
 11 Come, O children, listen to me;
 I will teach you the fear of the LORD.
 12 Which of you desires life,
 and covets many days to enjoy good?
 13 Keep your tongue from evil,
 and your lips from speaking deceit.
 14 Depart from evil, and do good;
 seek peace, and pursue it.
 15 The eyes of the LORD are on the righteous,
 and his ears are open to their cry.
 16 The face of the LORD is against evildoers,
 to cut off the remembrance of them from the earth.
 17 When the righteous cry for help, the LORD hears,
 and rescues them from all their troubles.
 18 The LORD is near to the brokenhearted,
 and saves the crushed in spirit.
 19 Many are the afflictions of the righteous,
 but the LORD rescues them from them all.
 20 He keeps all their bones;
 not one of them will be broken.
 21 Evil brings death to the wicked,
 and those who hate the righteous will be condemned.
 22 The LORD redeems the life of his servants;
 none of those who take refuge in him will be condemned.

PSALM 146

1 Praise the LORD!
 Praise the LORD, O my soul!
 2 I will praise the LORD as long as I live;
 I will sing praises to my God all my life long.
 3 Do not put your trust in princes,
 in mortals, in whom there is no help.
 4 When their breath departs, they return to the earth;
 on that very day their plans perish.
 5 Happy are those whose help is the God of Jacob,
 whose hope is in the LORD their God,
 6 who made heaven and earth,
 the sea, and all that is in them;
 who keeps faith forever;
 7 who executes justice for the oppressed;
 who gives food to the hungry.
 The LORD sets the prisoners free;
 8 the LORD opens the eyes of the blind.
 The LORD lifts up those who are bowed down;
 the LORD loves the righteous.
 9 The LORD watches over the strangers;
 he upholds the orphan and the widow,
 but the way of the wicked he brings to ruin.
 10 The LORD will reign forever,
 your God, O Zion, for all generations.
 Praise the LORD!

DEVOTION

The Rev. Sarita L. Robinson '23

This beautiful psalm takes us on a journey of gratitude and guidance, leaving us feeling inspired and uplifted. It reminds us that despite the challenges we may face, we have a God who is always beside us, listening to our prayers and ready to save us from our fears. The psalmist invites us to experience God's goodness and to trust in him completely, even in uncertain and difficult circumstances. Through powerful metaphors like the angel of the Lord and the young lions, the psalmist shows us that even the strongest and most self-sufficient among us can experience hunger and struggle, but those who rely on the Lord will never lack anything they need. The psalmist's wise teachings about the fear of the Lord and his actions toward the innocent and the wicked alike remind us that justice will always prevail, and we should always strive to follow God's ways. Let us take comfort in this psalm and the encouraging message it brings. Let us trust in God's goodness and wisdom and always remember that he is with us every step of the way.

Psalms 146 celebrates the greatness of God and encourages us to trust in him. The author reminds us that human help can be limited and fallible, but God's care for the weak, the suffering, and the oppressed is boundless. By trusting in the Lord, we can find peace and comfort. The psalmist refers to God as the God of Jacob, reminding us of his covenant with his people. Let us praise God's power as the creator of all that exists, and let us never forget the eternal rule of the Lord. May we always choose the path of righteousness and reject the ways of the wicked.

PRAYER

Gracious, merciful, and loving God, I pray for your people who need your touch of comfort, peace, and protection. I pray that you will continue to remind your people that you are near those who are faint-hearted and suffering. Let them know you hear their prayers and will answer them according to your will and ways. This is my prayer, in Jesus' name, Amen.

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Pittsburgh Theological Seminary
616 North Highland Avenue
Pittsburgh, PA 15206
Phone: 412-362-5610



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