

# LENT DEVOTIONAL



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## LENTEN DEVOTIONAL MARCH 25, 2024

### SCRIPTURE

#### PSALM 119:73-80

73 Your hands have made and fashioned me;  
give me understanding that I may learn your commandments.

74 Those who fear you shall see me and rejoice,  
because I have hoped in your word.

75 I know, O Lord, that your judgements are right,  
and that in faithfulness you have humbled me.

76 Let your steadfast love become my comfort  
according to your promise to your servant.

77 Let your mercy come to me, that I may live;  
for your law is my delight.

78 Let the arrogant be put to shame,  
because they have subverted me with guile;

as for me, I will meditate on your precepts.

79 Let those who fear you turn to me,  
so that they may know your decrees.

80 May my heart be blameless in your statutes,  
so that I may not be put to shame.

## DEVOTION

**The Rev. Drew Himes '13**

Lent is a season for seeking wholeness. During these 40 days, we are called upon to slow down, pause, and reflect. For many, it is a season of penitence and seeking to be forgiven of our misdeeds and inactions. For others, it is a time to return to God after rushing about throughout the rest of the year. In either way, both approaches call us to return wholly to God, the source of our life and seek God's wholeness again.

The idea behind the English word "heart" is the Hebrew "xœÖµx" which gives the impression of the very depth of our being, the soul or psyche some may call it. From the very deepest reaches of our humanity—broken, tired, worn out, hurting, empty—we cry out to the God of life who, as Easter reminds us, resurrects us from our graves and brings us back to life.

The author of this Psalm reminds us of the personal touch of God: "Your hands have made and fashioned me." God reaches out to us to make us, remake us, and give us life. When we cry out we know that God not only hears but also grabs us and embraces us.

The source of our life is God's love for us. This is God's very being whom we cling to in our Easter promises. The psalmist tunes our hearts and minds back to God: "Let your steadfast love become my comfort." Prayerfully we ask that God would love us back to life again. Prayerfully we seek mercy and reconciliation with God, our sisters and brothers, and God's wonderful creation. Honestly, we confess our need for God and our need for the grace of life and love.

May your Lenten journey make you full of life again. May you find yourself in the stillness of your existence and give yourself the time and space to slow down, speak honestly to our God, and allow God to embrace you back to life.

## PRAYER

God of mercy, hear our prayers. We humbly ask you to embrace our weary bodies and reach into the depth of our beings to pour your love and life into us again so that on the day of Resurrection we may experience the fullness of our future life with you. Amen.

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