

# LENT DEVOTIONAL



LENT PROGRAM

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## LENT DEVOTIONAL MARCH 31, 2025

### SCRIPTURE

#### PSALM 145

- 1 I will extol you, my God and King,  
and bless your name forever and ever.
- 2 Every day I will bless you,  
and praise your name forever and ever.
- 3 Great is the Lord, and greatly to be praised;  
his greatness is unsearchable.
- 4 One generation shall laud your works to another,  
and shall declare your mighty acts.
- 5 On the glorious splendor of your majesty,  
and on your wondrous works, I will meditate.
- 6 The might of your awesome deeds shall be proclaimed,  
and I will declare your greatness.



7 They shall celebrate the fame of your abundant goodness,  
and shall sing aloud of your righteousness.

8 The Lord is gracious and merciful,  
slow to anger and abounding in steadfast love.

9 The Lord is good to all,  
and his compassion is over all that he has made.

10 All your works shall give thanks to you, O Lord,  
and all your faithful shall bless you.

11 They shall speak of the glory of your kingdom,  
and tell of your power,

12 to make known to all people your mighty deeds,  
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom,  
and your dominion endures throughout all generations.

The Lord is faithful in all his words,  
and gracious in all his deeds.

14 The Lord upholds all who are falling,  
and raises up all who are bowed down.

15 The eyes of all look to you,  
and you give them their food in due season.

16 You open your hand,  
satisfying the desire of every living thing.

17 The Lord is just in all his ways,  
and kind in all his doings.

18 The Lord is near to all who call on him,  
to all who call on him in truth.

19 He fulfills the desire of all who fear him;  
he also hears their cry, and saves them.

20 The Lord watches over all who love him,  
but all the wicked he will destroy.

21 My mouth will speak the praise of the Lord,  
and all flesh will bless his holy name forever and ever.

## DEVOTION

### Elizabeth Nicodemus-Creach '23

Psalms demonstrate for us the power of praising God. The text lists many of God's attributes and actions that define God's character. Ancient readers might have used this psalm to sing praises to God because of all that God brought them out of: death and destruction, loss and grief. Today, we might find comfort in remembering that, despite the chaos that surrounds us every day, God watches over all and knows what we are going through.

Even in the midst of life's chaos, the tumult of our world, God is there alongside us, guiding us through all the trials we experience. As James Luther Mays puts it: "God's power is good and God's goodness is powerful." By praising God, we are showing that we want to be in a relationship with the One who is all knowing and all compassionate, who understands us better than we understand ourselves.

As we come to this text during this Lenten season, may we come with open hearts, continuing to praise God even when it feels impossible. May we seek God when it feels like there is no way we can go on. When we feel that everything is crumbling beside us, may we cry out to God for comfort. May we proclaim the greatness of God in the midst of this season in which we await the death of the One sent to show us the powerful depths of God's love. May we realize that God loves us all, no matter what. May we seek the One whose greatness knows no bounds, who provides refuge and strength no matter where we are in our lives of faith. And may we forever seek a relationship with God that shows us the beauty of powerful, unconditional, and never-ending love.

## PRAYER

God of creation, open our eyes to seek your power. Guide our hearts that we may praise you. Open our minds to your greatness. Teach us to guide others towards your everlasting love. Allow us to be open and loving to others, as Christ loves us. In your name, amen.

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