

A JOURNEY THROUGH LENT

*Traveling a Lenten journey
with people in the third third of life*

Week 2



MONDAY, FEBRUARY 22

I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.
I thought about the former days,
the years of long ago;
I remembered my songs in the night.
My heart meditated and my spirit asked:
“Will the Lord reject forever?
Will he never show his favor again?”

Psalm 77:1-2, 5-7

We continue our Lenten journey. This week we invite you to join us in remembering the many ways that God has been part of our lives—during times of great joy, times of deep sadness, times of immense need, and times of abundant blessings. We then invite you to consider ways to respond by expressing praise to God and committing to follow in the way of Jesus.

This week our reflection questions are:

- When—recently or earlier in your life—did you feel a reason to praise God?
- How does remembering God’s presence in your life help you?
- What does it mean to you to follow Jesus?

Prayer: O God, as we continue our Lenten journey, may we pause to recall the ways you have touched our lives. May we then offer you our praise and commit ourselves as followers of Jesus. Amen.

TUESDAY, FEBRUARY 23

Then I thought, “To this I will appeal:
the years when the Most High stretched out his right hand.
I will remember the deeds of the LORD;
yes, I will remember your miracles of long ago.
I will consider all your works
and meditate on all your mighty deeds.”

Psalm 77:10-12

Years ago when my husband was in graduate school full time, we lived in student housing with our three-year old. With no insurance for the extensive dental work I had done, our tight budget did not include the extra expenses. We prayed. Time was getting short, when one day our answer came in the mail. Unexpectedly, our income tax refund arrived, the amount literally within a couple dollars of the dental bill. We learned we can trust God in all things, including our financial needs.

Prayer: I praise you, God, that you answer our prayers in ways we cannot imagine. Thank you that you know our every need. Amen.

Nancy Bancroft
Wakefield Baptist Church, Wakefield

WEDNESDAY, FEBRUARY 24

Your ways, God, are holy.

What god is as great as our God?

You are the God who performs miracles;
you display your power among the peoples.

With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.

Psalm 77:13-15

The poet Mary Oliver had the incredible gift of seeing the extraordinary—even the miraculous—in the most ordinary things and moments of life. Her poetry—which fills my bookshelves, the walls of my home, and my heart—reminds me to pay attention to the amazement that exists all around us and to allow that wonder to change how I see the world and how I respond in my own life.

Miracles in the Bible often seem to come complete with flashy special effects and dramatic sound tracks. It seems to me, however, that God often works in amazing ways without fanfare or fireworks in the ordinary moments of our lives. During this Lenten season perhaps we can slow down enough to notice where God is working such quiet miracles in our lives.

Prayer: God, may we notice your miraculous touch in the small, ordinary moments of our lives. Amen.

Kathryn Palen
First Baptist Church in America, Providence

THURSDAY, FEBRUARY 25

You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!
For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

Psalm 22:23-24

One dark night, I was dropped off at my home in the West Kingston woods. Entering through the garage, I heard a bang upstairs. I turned around, got in my car and drove off, and then called the police from a phone booth on Route 138. Returning home, I tiptoed upstairs. What! The bedroom window was open. The suction from opening the back door had caused the bedroom door to slam. Wow! I dropped to my knees, praising God that my life was such that the most serious thing I had to fear was a slamming door on a dark night.

Prayer: Dear Father, I praise You for every good thing in my life. And when life is tough, I will still praise You. Amen.

Meredith Eckel
Central Baptist Church, Westerly

FRIDAY, FEBRUARY 26

From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.

The poor will eat and be satisfied;
those who seek the LORD will praise him—
may your hearts live forever!

Psalm 22:25-26

Snow geese fill the predawn sky in noisy Vs, gathering in an icy pond where frozen photographers await. Near daybreak, by some mysterious cue, the over 20,000 birds rise, en masse, up from the waters in a loud cacophony of honking and wing swooshing. We are wrapped in our own gasps of “Oh, my gosh!” Our spontaneous praise at Bosque del Apache Wildlife Refuge for this magnificence in nature, courtesy of our artful Creator.

Prayer: Oh, God, bravo and brava! We praise you as Creator of beauty we experience every day, but especially for breathtaking surprises beyond our wildest imaginations. Amen.

Kathy Merrill
(formerly) Central Baptist Church, Jamestown

SATURDAY, FEBRUARY 27

All the ends of the earth
will remember and turn to the LORD,
and all the families of the nations
will bow down before him,
for dominion belongs to the LORD
and he rules over the nations.

Psalm 22:27-28

Following Jesus is a precious gift we give back to him for his sacrifice—one to follow daily. We need to learn his word and understand it. Thus, we can follow what he desires of us.

He makes the path clear to those who are devoted. May we open our heart, mind, and soul, and show our devotion by our actions.

Challenge will be there. Always have faith. He will be by our side through eternity.

Prayer: Jesus, help us always remember the greatest sacrifice you gave for us. May our hearts be filled with love, praise, and thankfulness for your unspeakable gift. Amen.

Linda Cabral
First Baptist Church, Bristol

SECOND SUNDAY OF LENT, FEBRUARY 28

Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father’s glory with the holy angels.”

Mark 8:34-38

Getting up each day focused on doing what I can to bring glory and honor to God can only be achieved if I have and sustain my personal relationship with my Savior Jesus Christ. Following Jesus is about looking at the world with his eyes, with his compassion, with his love, and above all with his forgiveness.

Asking Jesus each day for his forgiveness and to guide my heart in all circumstances helps me live every day in trying to let the light of his love radiate from me for others to see. I know I have a long way to go, but I know God is with me every step of the way.

Prayer: Gracious and loving God, I come to you humble and lost. May the light of your love shine before me to guide me. May the light of Jesus’ love, which is in me, shine outwardly from me so I may be a beacon of light to others who are in darkness. Thank you for loving even me, a sinner. Amen.

Ron Provencal
Lakewood Baptist Church, Warwick
