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# *Journeying Through the Gospels in Lent*

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**ASH WEDNESDAY  
March 6<sup>th</sup> 2014**

## *Daily Devotional*

*Lord, open my lips, and my mouth shall declare your praise*

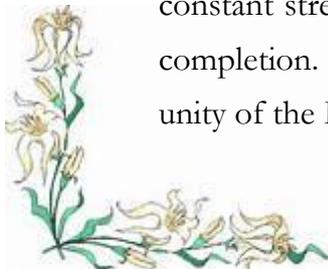
Good day to you my fellow traveler. I trust that God's Holy Spirit has challenged you to develop a discipline devotional space in your busy and rushing life as you seek to walk in the wilderness with Jesus, and experience his passion and suffering for a lost world, and be buried with him in your baptism, until victory is yours in the resurrection. Today is day two of our journey and as I mentioned on Day one (Ash Wednesday), our effort this year is to remove the negative "*vibes*" from our mind and spirit so as to create a more healthy and positive spirit. If you are just joining me on this journey, I will just remind us again, as I will that we often make every effort to purify and make clean and sweet our physical bodies. So during this Lenten season I am inviting us to engage in this **(4) four step** program of daily washing our minds as we give up negative thoughts and emotions. This is to give ourselves the opportunity to experience greater health.

So we begin day TWO at a time specifically convenient to your schedule. Spending a minimum of 5 minutes on each *segment* or *step below*:

- ✓ **Meditation** [5 minutes of quiet reflection]
- ✓ **Visualization** See what your day will be. With conviction, declare how you want your day to unfold and your intentions toward God, his creation and other people who you will be privileged to meet today. And who will be fortunate to encounter you.
- ✓ **Gratitude:** Thankful for the good happenings in your life. Appreciate where you are NOW from where you WERE then.
- ✓ **Inspirational Reading:** Read an article about a person or a situation that will inspire you today.

### **Collect:**

Prompt our actions with the inspiration of your Spirit, O Lord, and further them with your constant strength, that all we do may always begin from you and by you be brought to full completion. We pray through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen





## Today's Scripture Readings

Psalm 1:1-2, 3, 4, 6; Luke 9:22-25

### Psalm 1:1-6

The Message (MSG)

1 How well God must like you—  
you don't hang out at Sin Saloon,  
you don't slink along Dead-End Road,  
you don't go to Smart-Mouth College.

<sup>2-3</sup> Instead you thrill to GOD's Word,  
you chew on Scripture day and night.  
You're a tree replanted in Eden,  
bearing fresh fruit every month,  
Never dropping a leaf,  
always in blossom.

<sup>4-5</sup> You're not at all like the wicked,  
who are mere windblown dust—  
Without defense in court,  
unfit company for innocent people.

<sup>6</sup> GOD charts the road you take.  
The road *they* take is Skid Row.

### Daily Meditation:

In our collect for today we begin our journey. In earnest, it is here that our Journey Begins. There are so many lessons for our journey but it starts with God's inspiration. Yes! Here you and I are reminded of the breath of life (ruach) that God breathed at the beginning of creation and the powerful wind of the Holy Spirit's which came at Pentecost. The grace which we need to accomplish all that we purpose to do in our daily adventures and actions comes from God. It is my prayer that today you and I will be open to it.

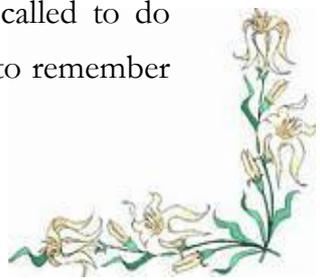
Today I must also acknowledge that for me to accomplish what I need to do in these next six weeks, I will certainly be needing the continued help of God. For even our Saviour, Jesus Christ could not bear the journey all by himself. Each day, with every prayer, every sacrifice, every act of generosity, I will need help which can only come from God. And, It is very important for me to always keep uppermost in my mind, that I will need the Guidance of God to persevere to the end. (Mark 13:13) There will be tough choices, not only between good and evil, but choices about what is the greater good. I may even be called to do something quite heroic and self-sacrificing. A wonderful prayer indeed. Easy to remember and memorize. It is possible to say it every day.

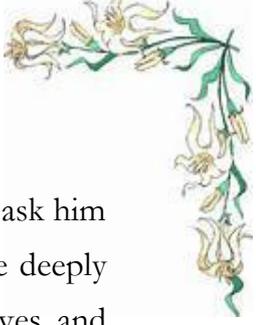
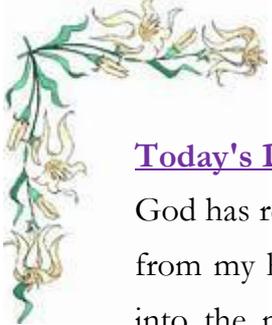


### Luke 9:22-27. The Message (MSG)

<sup>22</sup> He went on, "It is necessary that the Son of Man proceed to an ordeal of suffering, be tried and found guilty by the religious leaders, high priests, and religion scholars, be killed, and on the third day be raised up alive."

<sup>23-27</sup> Then he told them what they could expect for themselves: "Anyone who intends to come with me has to let me lead. You're not in the driver's seat—I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, *my* way, to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you? If any of you is embarrassed with me and the way I'm leading you, know that the Son of Man will be far more embarrassed with you when he arrives in all his splendor in company with the Father and the holy angels. This isn't, you realize, pie in the sky by and by. Some who have taken their stand right here are going to see it happen, see with their own eyes the kingdom of God."





### Today's Daily Reflection

God has revealed himself in Jesus Christ. I want to praise him for his goodness, and ask him from my heart: Remember me, Lord, for I am your child. Teach me to enter more deeply into the mystery of your Spirit, that it may be more effective in my life ourselves and prompt me, each day, to be an instrument of your redeeming grace, in my home, place of work and neighbourhood. Lover of mankind, inspire me to work for human progress, to seek to spread your kingdom in all I think and speak and do. May my heart thirst for you Lord Jesus, - the fountain of living water, the true bread that feeds life. Forgive me of my sins, and direct my steps into the ways of justice and honesty and integrity. Let my life not be a shallow reflection of what you intended me to be. Humble my spirit, even now as I reflect on your word.

### **Closing Prayer:**

Lord, let everything I do this day and in this season of Lent come from you and be inspired by you. My heart is longing to be closer to you. Help me to remember that nothing is important in my life unless it glorifies you in some way. It seem so easy to get caught up in the day to day 'hassle and bustle' of my life and keep saying, "Tomorrow, I will spend more time in prayer," but now my longing meets your love and I want to do it now. Help me to rely on you for help. My heart yearns for your perfect peace. Please, Lord, remind me that "perfection" is not the crazy, "successful" way I try to live my life, but a perfection of my most authentic, real self. My "perfection" might be holding my many flaws and weaknesses in my open hands, asking you to help me accept them. Give me the mirror of your WORD to see my true self and let your spirit wrapped me so that I may find myself in you.

Heal me, Lord, and help me to find you in the darkness and shadows of my life. Let me reach out in this darkness and feel the touch of your hand and the presence of your love there to guide me. Lord I surrender to you.

*May the Lord bless us,  
protect us from all evil  
and bring us to experience everlasting life.  
Amen.*

I wish you a blessed and prayer-filled Lenten Season

*Rev. Keith B. Lewis*

