

and rest. Honor God today by taking time to pause long enough to let your body and your soul rest.

Prayer: Loving God, when my soul is tired, give me rest. When my mind is anxious, give me rest. When the journey feels too long, give me rest. My soul finds rest in you, O, God. Blessed is your Holy Name. Amen.

Saturday, John 3:30

Pride comes in two forms. Healthy pride is rooted in self-confidence and self-respect, which lead us to do our best. Unhealthy pride is rooted in low self-esteem and the desire to be viewed as important in the eyes of others. Healthy pride is what we feel after completing a job well done. Unhealthy pride needs a title or public praise to feel valued. John the Baptist is someone who knew the difference. When Jesus came on the scene, John did not feel threatened. John was joyful (v.29). He said that he must become less and Jesus must become greater. Living with humility is the antidote to unhealthy pride. When we live with humility, we do not think less of ourselves, we think of ourselves less. We stop trying to manage our image and focus on serving others. Is worrying about your image stunting your spiritual growth?

Prayer: Thank you, God, for creating me in your image. Teach me not to look outside myself to measure my value and worth. Help me to humbly look to you, my Creator and Sustainer. Today I will decrease so that you can get the glory from my life. Amen.

Lent 2019: *Being Transformed*
Daily Devotions

March 24 – March 30: “God’s Process”

Sunday, Psalm 139

Have you ever noticed that we can be quick to examine others? When was the last time we examined ourselves? We cannot experience transformation without self-examination, as David practiced in Psalm 139. At the end of the psalm, he asked God to search him and identify whatever he did not need in his life. David was frustrated. He seemed to know that only by confronting the truth about himself would he reach his spiritual potential. The same is true for us. Ask God to search you. Ask God to show you what you need to see in yourself. If you want to grow, you have to be honest with yourself about yourself.

Prayer: Merciful God, help me to see what you want me to see. Help me move beyond pride and shame and realize that I am fearfully and wonderfully made. Whatever I need to see, I am ready to open my eyes. Amen.

Monday, Matthew 6:12

One of the most difficult expectations of Christian faith is forgiveness. We like that God forgives us, but we are also called to forgive others. People we do not know cut in front of us on the highway. People we know say mean things about us or to us. It is tempting to hold on to the bitterness and let those negative emotions make us feel like we are the better person. However, it is pretty clear that God wants us to forgive, just as we have been forgiven by God. Forgiving someone does not mean staying in a

dangerous relationship or trusting an untrustworthy person. Forgiveness is letting go of bitterness and hatred.

Prayer: Merciful God, you have forgiven me so many times. Help me to forgive the wrongs that were done to me. Take away the bitterness so that I can be free from the burden of unforgiveness. I cannot do it without you. Amen.

Tuesday, Psalm 20:7-9

Life is a series of triumphs and trials. The good news is that trouble can teach us valuable lessons. David is the author of Psalm 20, and there were moments in his life when trouble looked like it was going to get the best of him. The most important lesson David learned in his troubles was how to trust God. He learned to be confident that God was at work in all his trials. He learned that waiting on God is worth it. How about you? In whom do you trust in times of trial? Relax. God is at work.

Prayer: Jesus, you said that in this world we would have troubles. Work through every situation I face to develop me and deepen my faith in you. You are present in the most difficult circumstances, so I will trust in you at all times. Amen.

Wednesday, Mark 3:13-19

“I can do it by myself!” This is the cry of so many toddlers. Similarly, many adults try to get through life on their own, which is a mistake. We were created for relationship and community. Jesus sets the example when, at the beginning of his ministry, he calls twelve disciples to be with him. Jesus never intended to fulfill his mission on his own. Neither should we. Through friendships and relationships, we experience God’s gift of community. Church is the place where God invites us to be with him and to be with one

another. Be intentional about developing friendships and spiritual community. None of us can do life alone.

Prayer: God, you are Father, Son and Spirit—three in one. You created me for community and relationship. When I want to “go it alone” in life, draw me back to the fellowship. When others need support, help me to lean in to their needs. Help me to find spiritual friends for the journey. Amen.

Thursday, Matthew 5:37

Why do some things have to be so complicated? Government bureaucracies, corporate policies, church protocol—these can be hard to understand. Jesus invites us to enjoy the gift of simplicity. He says, “All you need to say is simply ‘Yes’ or ‘No’...When we examine our lives, we will see where we can make life much more complicated than it needs to be. Simplicity requires saying ‘no’ so that our life is not filled with unnecessary busyness. When we choose simplicity, we create more “breathing room” in our lives. Make one choice today to move toward simplicity. Give something away. Don’t take more than you need. It’s that simple.

Prayer: Lord, deliver me from a complicated life. Help me clear out the clutter. Show me your path of simplicity. Remind me that when I have what you provide, I have all I need. In Jesus’ name, Amen.

Friday, Matthew 11:28-30

Every morning, the streets are filled with people who are late for work. They are rushing and stressed out before the day begins. Work is important. As far as God is concerned, so is rest. Rest reminds us that we are humans, not God. We have limitations. We must depend on God. We can become so addicted to being busy that we cannot hear God speaking. Jesus invites us to come to him