



Monday, February 20, 2012

READ- The Old Testament: *Genesis 9:8-17*

After wiping out all humanity and creatures except Noah, his family and the animals Noah was instructed to save, God makes a covenant with Noah and “every living creature” that he will never again destroy the world by a flood. The rainbow is our reminder of God’s promises to Noah.

REFLECT-

- Over and over throughout the Old Testament stories, God shows his great love for humanity and his good creation by giving us undeserved second chances. Jesus was the ultimate undeserved second chance given by God to atone for the sins of the world.

PRAY-

Lord, I praise you that you love us so much that you sent your Son to love us, teach us, suffer and die and rise again that we might have eternal life. Amen.

Tuesday, February 21, 2012

READ- The Epistle: *1 Peter 3:18-22*

First Peter was written to mainly Gentile Christians trying to hold fast to their faith in Christ in the midst of persecution and ridicule from non-believers. The way they lived their lives had to change radically to follow Christ and they needed the encouragement and hope offered by the writer.

REFLECT-

- We too are called to live our lives differently than the prevailing culture around us, following Jesus’ example. We may not be overtly persecuted, but temptations bombard us in ways that those early Christians never imagined. How do you stay strong in your faith and live simply after Jesus’ example?

PRAY-

O God, guide me in the choices I make today so that I may live faithfully, obedient to your will. Amen.

Ash Wednesday, February 22, 2012

READ- The Gospel: *Mark 1:9-15*

In this brief passage, Mark describes the baptism and temptation of Jesus in the wilderness and the beginning of his public ministry. Although he was without sin, his baptism by John foretold the kind of Messiah he would be – one who suffered alongside the human beings he came to save.

REFLECT-

- Today begins the season of Lent as we remember the events of Jesus’ ministry which led up to his suffering, death and resurrection so that we might be reconciled with God. During this time, we are challenged to examine our lives, to repent of our sins and to follow Jesus more closely.

PRAY-

Father, teach me how to clear away the things that prevent me from doing your will. Give me the insight, strength and courage to let them go. Amen.

Thursday, February 23, 2012

READ- The Psalm: *Psalm 25:1-10*

The psalmist asks for God’s protection from those who wish him harm and from his own sinfulness. He asks that God teach him God’s ways. He asks for God’s mercy and love and then affirms God’s faithfulness in the past.

REFLECT-

- We so often only seek God’s presence when we are suffering or afraid. When our lives are filled with good things, we sometimes forget to give God praise and thanksgiving for those blessings. Lift everything up to God today – the pain and the plenty. Ask for what you need and give thanks for what you have.

PRAY-

O God, heal me, guide me, forgive me. Thank you for your love and mercy in my life and in this world. Amen.

Friday, February 24, 2012

ACT-

Disciplines for Lent:

• **Gratitude**

Today I am most grateful to God for _____.

• **Fasting**

Today I will give up _____ in solidarity with those who are in need.

• **Repentance**

Today I ask forgiveness for _____ and ask God’s guidance in turning away from that sin.

• **Giving**

Today I set aside \$_____ from my abundance to give to someone who is suffering or in need through _____.