



Monday, March 17, 2014

**READ-** Old Testament: Exodus 17:1-7

The Israelites had been wandering in the desert about two months at this point and had traveled about 250 miles from Egypt to this location. They were weary, thirsty, and their faith in God and Moses was faltering. Moses appealed to God for guidance and God met their needs.

**REFLECT-**

- Like the Israelites who were accustomed to an abundance of food and water in Egypt, our American culture expects everything at our fingertips. God often supplies what we need just as we need it and only what we really need. When have you experienced that in your life? Was that a fearful experience or did it increase your faith?

**PRAY-**

O God, increase my faith. You are always faithful to provide for my needs. Help me to live simply so that I may share what I have with those around me who are in need. Amen.

Tuesday, March 18, 2014

**READ-** The Psalter: Psalm 95

Intended as a psalm of worship, the psalmist begins by praising God and giving thanks for all God has done in the past. The beauty and jubilation of the opening verses are followed by a warning to the worshipers against unfaithfulness and lack of confidence in God – as has happened to the people of Israel over and over in the past.

**REFLECT-**

- Read verses 1-7 of the psalm aloud as your expression of praise and thanksgiving to God today. And today, make extra effort to listen for God's voice, be attentive to God's presence, and aware of God working in everything you do.

**PRAY-**

Lord, I thank you for all the ways in which you bless and guide me. Help me to trust you and do your will. Amen.

Wednesday, March 19, 2014

**READ-** The Epistle: Romans 5:1-11

Paul reminds us here of the importance of Christ's sacrifice in reconciling us with God. He also offers encouragement and hope in the face of the suffering the Roman Christians were experiencing.

**REFLECT-**

- Ironically it seems, many of the deepest experiences of faith may be rooted in places of suffering in our life. During a serious illness, a divorce or the death of a loved one, we often experience God's deep care and abundant love for us and our faith may be increased. Why do you think that is the case?

**PRAY-**

Father, help me be an instrument of your love and peace to those around me who are suffering. Amen.

Thursday, March 20, 2014

**READ-** The Gospel: John 4:5-42

Jesus' conversation with a Samaritan woman was a radical thing for a good Jew to do. Samaritans were despised by Jews, so Jesus traveling through that area and revealing himself as the Messiah to those people was a bold announcement that the salvation he offered was for all people, not just the Jewish people.

**REFLECT-**

- Jesus offered this woman forgiveness, freedom from shame, a feeling of worth and a personal relationship with a God who loves her. She had never heard anything like it. He offers the same to each of us. What burden do you need for Jesus to lift from you?

**PRAY-**

O God, forgive me for the times when I have been unfaithful, ungrateful, and determined to go my own way. Give me your living water. Amen.

Friday, March 21, 2014

**ACT-**

Focus Verse: John 4:34

Jesus said to them, "My food is to do the will of him who sent me and to complete his work."

The sustenance of our life as Christians is also to do the will of God and to complete God's work for his Kingdom. Each of us is called by God to do Kingdom work – sharing our faith with others, feeding the hungry, clothing the naked, caring for those who are grieving or suffering, visiting those in prison. We are called as Christ's Church to work together, sharing our individual gifts and resources, to do this Kingdom work. Make it a point today to do something which expresses your love for God and your love and care for your neighbor. Make time for prayer and scripture reading. Take time to offer care and compassion to someone who is hurting or in need and you will be "well-fed" spiritually today.