

Second Wednesday of Lent – Theme: Rock

Centering thought: Lead me to the Rock that is higher than I.

Scripture:

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe. Psalm 61:1

Reflection and Questions to Ponder

How easy it is to allow yourself to exist in a swamp of negativity! To allow yourself to be consumed by all the hurts, the pain, the brokenness in our lives. The pain, the brokenness, does need to be spoken, it does need to be released.

In this Lenten Journey, we should be honest and cry out to God about the painful stuff! If it is not released, then we simply harbor it and when we embrace it, protect it, hide it – it ends up consuming us – silencing our voices – destroying our hope.

We need to release this painful stuff that entombs us, so that we can make space for grace and life-giving joy. In our vulnerability and weariness, when we cannot see what is ahead and we do not know what to do, we need to have the courage to reach out to God with all our being, take the unseen hand, and ascend to a new perspective, to reach up to the Rock that is higher than any of us.

This release of “stuff” ascending to a new perspective and expressing praise is a choice of the heart. Praise is a spiritual discipline. Like the psalmist in Psalm 61 and Psalm 94 we can choose, no matter what is happening in our lives, to remember God’s grace and love.

1. Spend some time remembering a time(s) when you experienced God’s presence and help.
2. How has God been your Rock?
3. When have you experienced God in unexpected places?
4. How have people shown you love?
5. What have you learned or what opportunities have come out of your struggles?
6. How has the Rock of grace renewed or restored your soul?

Prayer: Please lead me to the Rock that is higher than I. Amen.