



## Daily Meditations

### March 23-28, 2020

*The Biblical readings are taken from the Daily Office in the Book of Common Prayer for Year 2 and written by the St. Stephen's Meditation Writing Team: Dave Boyd, Becky Denton, Pat Gillory, Traci Maxwell, Jay Nickel, Bob Reed, T.Cay Rowe, and Carroll Wilson.*

*Click on the scripture reading for each day to go directly to link.*

### COLLECT, LENT 4:

*Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world; Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

### The Promises of True Love

Monday, March 23, 2020

#### Psalm 89

*I am persuaded that your love is established for ever; you have set your faithfulness firmly in the heavens. - Psalm 89:2*

God's promises are so big, so deep, yet he promises to keep them forever. How can that be? Will he overlook our disregard for his laws and diminish their power? Does he say he will overlook our sins so he can keep his promise? No, not at all. He will keep his promise and will not waive his laws. In this psalm he tells us he holds us responsible for our errors so we can learn to live in love, but he will not desert us, never stop loving or helping us. He does not "back track" or dilute; he keeps his promise and will help us to keep ours. Does that sound like "touch love," the only real love?

We need to be brave and honest knowing he will help us to find a way out of our dilemma--even this current health challenge we find ourselves in. But it won't be easy. Think about it, pray about it, for this is absolutely amazing. Thanks be to God, whose word is true and whose love is steadfast.

### Where do You Put Your Trust?

Tuesday, March 24, 2020

#### Psalm 99

*Moses and Aaron were among his priests...they called on the Lord, and he answered them." - Psalm 99:6*

When the Israelites left Egypt on their long trek, they asked God for food, and he brought quail and gave them food from heaven in abundance. He opened the rock and the water gushed out; it flowed through the desert like a river.

Why did God take such good care of them? The psalmist says, "For he remembered his holy promise with Abraham, his servant." Pretty simple--God just kept his promise. That is a pretty important trait for a caregiver, especially when you are on the lam in a strange country.

Where do we put our trust? FDIC, the CDC, Wall Street, the U.S. Air Force? Big question! Are we comfortable with our answer?

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## **Life: A Mystery to be Lived**

*Wednesday, March 25, 2020*

### **Psalm 119:121-144**

*Your justice is an everlasting justice and your law is the truth. The righteousness of your decrees is everlasting; grant me understanding, that I may live. - Psalm 119:142,144*

When I was a little girl, I dreamed that my fairy godmother might offer three wishes; I was always in trouble because I could not pick three...still can't.

I have come to believe that everything is connected and everything matters. How can I select only a few?

I am trying to look at life, not as a problem to be solved, but as a mystery to be lived. That changes everything, for I am not looking for three words that are correct at this moment. I am looking for understanding so that I can walk in his light and his love forever. Thanks be to our God who gives us the freedom to choose within the parameters of love.

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## **Is it so Black & White?**

*Thursday, March 26, 2020*

### **Psalm 69**

*Pour out your indignation upon them, and let the fierceness of your anger overtake them. Let them be wiped out of the book of the living and not be written among the righteous. - Psalm 69:26, 30*

Sometimes I feel unjustly wronged, so I know how the psalmist feels. He is clear about what he hopes God will do to his enemies. As I read this, I didn't know what I thought about it; I kept running into stumbling blocks. Now that I have written about his words in black and white, I'm still not sure and that doesn't feel good.

But I learned something about myself. I didn't want the victimized man to be unjustly punished, and I didn't want the abusers to receive the terrible punishments described in the psalm. It seemed mean and inappropriate behavior to ask of God, but who am I to question God? I'm still not sure how I feel about it; allow me my humility. How do you feel as you read it?

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# Non-Aquatic Storms

Friday, March 27, 2020

## Psalm 107

*He stilled the storm to a whisper and quieted the waves of the sea. They were glad because of the calm, and he brought them to the harbor they were bound for. - Psalm 107:19-20*

I have never been in an ocean storm, but I can imagine somewhat how that must feel--desperate, helpless, powerless. The psalmist tells us they were glad when God stilled the storm and brought them safely to port, "Glad" is probably a weak word to describe what they felt when the storm turned into calm.

I have, however, weathered some non-aquatic storms swamped not with salt water, but with deep anxiety and near desperation. When we read these ancient songs, we can translate the wet water into deep despair and the message is clear--God can save us, will save us, and has saved us.

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## Our Responsibility to Choose Our Teachers

Saturday, March 28, 2020

## Psalm 33

*But the Lord's will stands fast forever, and the designs of his heart from age to age. - Psalm 33:11*

When the television tells you the world is falling apart, evil is winning the race and doom is imminent, think about this verse. Who will you choose to believe? Commercial or even Public Television, or the word of the Lord handed down to us through the ages and carefully studied and meditated on with a real desire to know what God's word today really is. It's not easy but is the work of a lifetime to consider and pray about the very different sources of information and seek God's wish for us.

We don't have to buy gloom and doom just because it is constant and loud. It is our responsibility and privilege to choose our teachers and mentors. If we swallow it whole, without thought or prayer, we will reap anxiety and dread. But there is another choice. It is up to us and the Lord our God and to our brothers and sisters struggling with the same questions. We are all in this together. God help us all.

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