

## The Lenten Journey for February 14, 2018

### Psalm 103:8-14

1 Bless the LORD, O my soul,  
and all that is within me, bless his holy Name.

2 Bless the LORD, O my soul, and forget not all his benefits.

3 He forgives all your sins and heals all your infirmities;

4 He redeems your life from the grave and crowns you with mercy and loving-kindness;

5 He satisfies you with good things, and your youth is renewed like an eagle's.

6 The LORD executes righteousness and judgment for all who are oppressed.

7 He made his ways known to Moses and his works to the children of Israel.]

8 The LORD is full of compassion and mercy, slow to anger and of great kindness.

9 He will not always accuse us, nor will he keep his anger for ever.

10 He has not dealt with us according to our sins, nor rewarded us according to our wickedness.

11 For as the heavens are high above the earth, so is his mercy great upon those who fear him.

12 As far as the east is from the west, so far has he removed our sins from us.

13 As a father cares for his children, so does the LORD care for those who fear him.

14 For he himself knows whereof we are made; he remembers that we are but dust.

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This space is for you to express your thoughts about this Psalm

## The Lenten Journey for February 15, 2018

### Psalm 1

1 Happy are they who have not walked in the counsel of the wicked nor lingered in the way of sinners, nor sat in the seats of the scornful!

2 Their delight is in the law of the LORD, and they meditate on his law day and night.

3 They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything they do shall prosper.

4 It is not so with the wicked; they are like chaff which the wind blows away.

5 Therefore the wicked shall not stand upright when judgment comes, nor the sinner in the council of the righteous.

6 For the LORD knows the way of the righteous, but the way of the wicked is doomed.

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### Reflection by Jen O'Brien

The first line of this psalm grabbed my attention immediately. Happy are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners. I can honestly say that I am a happy person; happy with my life, my life choices. Without sounding too boastful, I ask myself why this is so. The second part of the first sentence of psalm 1 gives me a clue; nor lingered in the way of sinners. I've certainly dabbled in sin, but have not lingered there long. Thanks be to God! Why is this so? The psalmist had the Torah and if they adhered to the Law and rejected the views of the wicked, they were fortunate. We have the bible, the community of believers (the church), and the Holy Spirit dwelling in us. Wow, we have a lot more going for us than those folks did! This is how we can become the righteous, because of what Jesus accomplished for us. We are fed by his living water when we read the bible. We are anchored in a Christian community called the church. We listen to that still small voice within us (the Holy Spirit) that helps us talk to God and do his will. Jesus has allowed us to be in right relationship with God and we will not be doomed! Now that is something to be thankful for.

## The Lenten Journey for February 16, 2018

### Psalm 51:1–10

- 1 Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness and cleanse me from my sin.
- 3 For I know my transgressions, and my sin is ever before me.
- 4 Against you only have I sinned and done what is evil in your sight.
- 5 And so you are justified when you speak and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, that the body you have broken may rejoice.
- 10 Hide your face from my sins and blot out all my iniquities.

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**Your reflection here**

## The Lenten Journey for February 17, 2018

### Psalm 86:1–11

1 Bow down your ear, O Lord, and answer me, for I am poor and in misery.

2 Keep watch over my life, for I am faithful; save your servant who puts his trust in you.

3 Be merciful to me, O Lord, for you are my God; I call upon you all the day long.

4 Gladden the soul of your servant, for to you, O Lord, I lift up my soul.

5 For you, O Lord, are good and forgiving, and great is your love toward all who call upon you.

6 Give ear, O Lord, to my prayer, and attend to the voice of my supplications.

7 In the time of my trouble I will call upon you, for you will answer me.

8 Among the gods there is none like you, O Lord, nor anything like your works.

9 All nations you have made will come and worship you, O Lord, and glorify your Name.

10 For you are great; you do wondrous things and you alone are God

11 Teach me your way, O Lord, and I will walk in your truth; knit my heart to you that I may fear your Name.

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**Your reflection here:**

## The Lenten Journey February 18, 2018

### Psalm 25:1-9

- 1 To you, O LORD, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, and teach me your paths.
- 4 Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; remember me according to your love and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; therefore he teaches sinners in his way.
- 8 He guides the humble in doing right and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness to those who keep his covenant and his testimonies.

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### Reflection by Carol Thoreson

Unto Thee oh Lord, do I lift up my soul.....words that changed me

Many years ago when my family moved to Pacifica California I became very lonely and depressed. I joined a women's bible study at my church. Once a week we gathered in the church kitchen, beginning with prayer and singing the psalms. The very first psalm I learned was Psalm 25.

After my boys went to school I would walk the beach and sing the words, often with many tears. God spoke to me through this beautiful psalm. He taught me to lift up my soul. He taught me I could trust him. He would never humiliate me or put me to shame. He would lead me in the way that should go. For the first time I "got it" that His word was personal. I understood that God would speak to me through his word. Take time to read and ponder these beautiful words. They may change you, too.