

MARCH 9, 2025  
FIRST SUNDAY  
IN LENT



*Trust in God to protect us.*

### DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	Luke 4:1-13	The temptation of Jesus
Monday	Deuteronomy 26:1-11	A confession of faith
Tuesday	Romans 10:8b-13	Salvation is for all
Wednesday	Psalms 62	Song of trust in God alone
Thursday	Isaiah 12:1-6	Thanksgiving and praise
Friday	Proverbs 3:5-6	Trust God
Saturday	Psalms 91:1-2, 9-16	The Lord is my fortress
Sunday	Luke 13:31-35	Jesus' sorrow over Jerusalem

### SCRIPTURE VERSE FOR THIS WEEK

*You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, "My refuge and my fortress; my God in whom I trust." Psalm 91:1-2 (NRSV)*

### PRAYERS AND BLESSING

#### **A Prayer for the Week:**

Dear God, help us to face the dangers of life with trust in your protection that will be with us always, through Jesus Christ, the Son of God. Amen.

#### **Mealtime Prayer:**

Almighty God, may the gift of this food remind us of your loving protection that provides for our needs through Christ Jesus our Savior and Lord. Amen.

#### **A Blessing to Give:**

May you trust in the Lord with all your heart.



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MARCH 9, 2025  
HYMN OF THE WEEK  
*Guide My Feet*



### WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

### CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- Who do you turn to when you are afraid? Why that person?
- How does trust in God help you in times of fear?

### DEVOTIONS

*Read:* Psalm 91:1-2, 9-16.

Lent helps us honestly face our vulnerability—our fear of being hurt—and our need for God's help. Psalm 91 addresses our fears and God's desire and ability to protect us. The writer understands that we need to face our fears, or they will overwhelm us. This psalm helps us name our fears with hope in God. There is a three-way dialog in this psalm: 1) the poet, who speaks directly to us and for us; 2) ourselves, as the ones praying and "who live in the shelter of the Most High" (v. 1); and, 3) God, who responds to our need for protection. This psalm is a conversation that honestly deals with the fears and challenges of life while affirming the assurance of the protection of God. Reasons for fear will always be present in life. God is our fortress, the one we can trust, and the one who offers shelter during fearful times.

*Discuss:* What fears and concerns keep you up at night?

*Pray:* **Almighty God, as we face our fears and the dangers around us, we thank you for your love and protection through Jesus Christ, the Son of God. Amen.**

### SERVICE

Jesus calls us to serve our neighbor in love. Based on the Daily Bible Readings and theme for this week, who do you know that is feeling fearful? How can you help them?

### RITUALS AND TRADITIONS

Prayer is an important spiritual practice for Christians. Lent is a season of the church year when we focus on prayer. This Lenten season, take time to focus on the prayer Jesus taught us to pray, the Lord's Prayer (Luke 11:2-4). This first week in Lent we reflect on "Father, hallowed be your name" (v. 2a). Draw an outline of a cross on a sheet of paper. Write verse 2a at the top of the paper around the outside of the cross. Take a moment to think or talk about what this verse means to you. Place the cross in a visible place in your home to use as a devotional focus during Lent. Each week, another verse will be added around the cross.

*Pray:* The Lord's Prayer.



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