

---

# *Journeying Through the Gospels in Lent*

---



**Wednesday  
March 12<sup>th</sup> 2014**

## *Daily Devotional*

*“Lord, open my lips, and my mouth shall declare your praise”*

Welcome to Day seven as we bless our day and our life by spending a minimum of 5 minutes on each **segment** or **step below**:

- ✓ **Meditation** [5 minutes of quiet reflection]
- ✓ **Visualization** See what your day will be. With conviction, declare how you want your day to unfold and your intentions toward God, his creation and other people who you will be privileged to meet today. And who will be fortunate to encounter you.
- ✓ **Gratitude:** Thankful for the good happenings in your life. Appreciate where you are NOW from where you WERE then.
- ✓ **Inspirational Reading:** Read an article about a person or a situation that will inspire you today.

### **Collect:**

Look upon your family, Lord, that, through the chastening effects of bodily discipline, our minds may be radiant in your presence with the strength of our yearning for you. We ask through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

### **The Reading**

Matthew 6:7-15

### **Daily Meditation:**

Lord help me grow in my desire for you. I am learning the intimate connection between the “discipline” I choose these days, and the growth of my desire for you. If my desire for you Lord is weak, if it has to compete with so many other desires that choke it out, then I need to re-form my desiring. Lord I want to be a disciple -

### **Matthew 6:7-15 (MSG)**

<sup>7-13</sup> “The world is full of so-called prayer warriors who are prayer-ignorant. They’re full of formulas and programs and advice, peddling techniques for getting what you want from God. Don’t fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply. Like this:

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what’s best— as above, so below.

Keep us alive with three square meals.

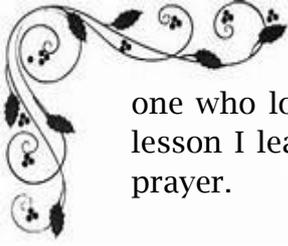
Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You’re in charge! You can do anything you want!

You’re ablaze in beauty! Yes. Yes. Yes.

<sup>14-15</sup> “In prayer there is a connection between what God does and what you do. You can’t get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God’s part.



one who love Jesus, is with Jesus in my desires, and choose to follow Jesus. In today's lesson I learn the Lord's Prayer again. As your child, I turn to you my Loving Father in prayer.

### Today's Reflection

Praise be to Christ, who has given to me himself as the bread from heaven. I want to pray to him, saying: Lord Jesus, you feed and heal my soul; come and strengthen me. Lord, feed me at the table of Grace, with all the gifts of your Passover sacrifice. Give me a right heart to receive your Word, that I may bring forth fruit in patience. Make me eager to work with you in building a better world, so that it may listen to your Church and its gospel of peace. I confess, Lord, that I have sinned. So wash me and let me experience you cleansing and your restoration. I need the gift that only you can give, Lord; the gift of salvation.

### Closing Prayer

Father of my soul, Mother of my heart, my brother and sister who has my back, I know your love for me is limitless beyond my imagination. You care for me as a loving parent cares for their child. Through my smallest Lenten sacrifices, and the devotion to rid my mind and spirit of filthy and impure thoughts and feelings, help me to become less selfish and more aware of your ways. Kindle and Fan the flame of my earnest desire to draw closer and closer to you. Lord, Jesus Christ, Emmanuel, guide me to seek your love today and every day.

*May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life.  
Amen*

