



Louise

**Song:** "Have Thine Own Way"  
**Prayer:** As the Spirit Leads  
**Scripture:** Psalm 84

**Meditation**

*RESTING IN THE LORD*

We are now in the season of Lent. As we prepare for the celebration of Jesus Christ's triumphant victory over death, many of us will identify something to give up during this 40-day period. Some will give up eating certain food items such as chocolate, sweets, coffee, etc. Others will refrain from activities that tend to consume their time. Then there are some who will start a new regimen toward a healthier lifestyle. While these are all good, let me ask a question. Will our Lenten actions help us to fortify our connection with God?

Have you ever thought about committing to resting in the Lord during the Lenten season? Yes, resting in the Lord. One may ask, what does it mean to rest in the Lord. One thing that it does not mean is saying your prayers and going to sleep. A commitment to rest in the Lord means you are going to trust and rely on God to take you through whatever evolves in your life. It means you are giving the pressures, anxieties, worries, and attacks from the world into His hands.

So, what does one do when they are resting in the Lord? One strives to obey God's Word, and to obey His Word, one commits to studying the instructions He has given in the Bible. This must be done in fair and foul weather on a regular basis, and when one sits down to study, one must pray for understanding. One must start each day purposed on letting the fruit of the Holy Spirit permeate our thoughts, words, and deeds. To sum it all up, resting in God means making time to be alone with Him, sharing with Him, trusting Him, and listening to Him.

**Thought for the Day:** If you have not decided the type of sacrifice you will make during the Lenten season, I urge you to consider resting in the Lord.

**Prayer:** Dear Heavenly Father, we come to asking forgiveness of various sins, and thanking you for your never ending grace and mercy. Today, we ask that you prick our hearts and fill us with a desire to fortify our individual relationship with you. This we ask in the name of your precious Son, Jesus Christ. Amen.

Polishing Your Communication Power

- 1. Meditate 2. Reconcile 3. Fire 4. Asceticism

- \_\_\_ a) restore friendly relations between
- \_\_\_ b) extremely good, cool, and amazing thing
- \_\_\_ c) severe self-discipline and avoidance of all forms of indulgence
- \_\_\_ d) think deeply or focus one's mind for a period of time

**THE LENTEN SEASON**  
**Word Search**

H P J C U W D M Y P Y D J Q T H D  
P U R P L E N A A M H A D A D I E  
H F E Y P A O V D G P L E N T J F  
B R F A T T U E S D A Y C S C E L  
P D K I T E S X E I B H H A Q C M  
Y F W Y G X J C N H O P N C P N A  
M K L F Y D S W D R E Y A R P E R  
A S W O P X K E E X G Z H I Q I C  
R E R R S Q R V W R H H U F T T H  
D D K T Y T T O H P B P M I W A M  
I I G Y P F X L S H L N I C M P A  
G E X D V L A P A O S J L E U D D  
R G T A B T H S T R N Y I U K O N  
A G R Y E U Z U T C V V T G P G E  
S I I S I T P V I I F V Y M L N S  
V E L C U W Y D J A N Z N N Y V S  
D F V D I D X D V P J G M S K J N

Ash Wednesday	Ides	Mardi Gras
Fasting	Kites	Patience
Fat Tuesday	Lent	Prayer
Forty Days	Love	Purple
Humility	March Madness	Sacrifice