

Virginia Council of Churches  
Lenten Reflection Series

1<sup>st</sup> Week of Lent, February 18, 2024

Scripture: Psalm 25:1-10

A Time for a Soul-Lift

*“To you, O LORD, I lift up my soul. O my God, in you I trust;...Make me to know your ways, O LORD; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. Be mindful of your mercy, O LORD, and of your steadfast love, for they have been from of old...Good and upright is the LORD; therefore, he instructs sinners in the way. He leads the humble in what is right and teaches the humble his way. All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his decrees.”*

*Psalm 25:1-10*

Among many other things, Lent is a time for lifting of our souls. Psalm 25 begins with a profound statement of trust and the lifting up of the soul and then goes on to both acknowledge difficulties with which we can probably all identify and embrace the hope and goodness of our faith. In the passage, each obstacle mentioned is paired with a hopeful affirmation of God’s grace.

We all know life is not simple or easy. Sometimes it’s easy to feel like our struggles are not seen or understood by those around us. Sometimes it’s hard to trust or find even an inkling of hope. During this season of Lent, allow your soul to be lifted. Look to the God of grace and mercy, the One who can be trusted in all things, the One who sees and understands your struggles and the One who offers hope, grace and belonging.

God guides us when our path is simple and when our path is crooked and challenging. God is merciful and steadfast during all times, and God directs and teaches us as we move through life – whatever that looks like for us. Praise God for the lifting of our souls during this season.

**Prayer:** *I thank you, God, for a season of soul-lifting. I trust you and look to you for guidance and help as I navigate this journey of life. Help me to receive your mercy and grace. I love you, trust you and praise you. Amen.*



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