

**Virginia Council of Churches
Lenten Reflection Series**

3rd Week of Lent, March 3, 2024

Scripture: Psalm 19:14

“Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.” Psalm 19:14

How often have we heard these words, or some part of them, prayed at the beginning of a sermon or a Sunday School lesson? Maybe we have even prayed them ourselves. But I wonder, in hearing these words, do we not get so caught on the first part of the prayer, that we lose sight of the second? This brief prayer comes at the end of the nineteenth Psalm, after the Psalmist has already reflected upon the revelation of God in creation and in the scripture. Lent, as a season, is a time for focus on our relationship with God. It is a time to ask ourselves, am I still in the faith that I proclaimed at my baptism? Our thoughts, our prayers and our meditations not only testify to the current state of our faith; they also provide the grounding from which the Holy Spirit will lead us.

So as we continue our journey with Jesus this Lenten season, may we pause to consider the state of the words of our mouths and the meditations of our hearts. Do our meditations reflect appreciation for God’s goodness and mercy? Do we spend our time pondering the good gifts that God has given to us? Or is our focus centered on what we perceive as lacking in our lives? Likewise, do we dwell on the words of scripture, on the witness of Jesus and the disciples and upon God’s word? Or is our focus on the concerns and cares of the world? For the Word of God to revive our souls, to make us wise or to warn and encourage us, we must focus our meditations on God?

Prayer: Holy God, plant your word in us, that our thoughts, our prayers and our voices might lead toward your light. This we pray through Christ Jesus, our Savior. Amen.



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