



## Daily Lenten Meditations Scriptures and Prayers for March 20-25, 2017 (Prepared by Rev. Karen Nyhart)

**Monday, March 20**

**Scripture Verses: Luke 5:17-26**

Jesus Heals a Paralytic

“One day, while he was teaching, Pharisees and teachers of the law were sitting nearby (they had come from every village of Galilee and Judea and from Jerusalem); and the power of the Lord was with him to heal.<sup>18</sup> Just then some men came, carrying a paralyzed man on a bed. They were trying to bring him in and lay him before Jesus;<sup>19</sup> but finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus.<sup>20</sup> When he saw their faith, he said, “Friend, your sins are forgiven you.”<sup>21</sup> Then the scribes and the Pharisees began to question, “Who is this who is speaking blasphemies? Who can forgive sins but God alone?”<sup>22</sup> When Jesus perceived their questionings, he answered them, “Why do you raise such questions in your hearts?<sup>23</sup> Which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Stand up and walk’?<sup>24</sup> But so that you may know that the Son of Man has authority on earth to forgive sins”—he said to the one who was paralyzed—“I say to you, stand up and take your bed and go to your home.”<sup>25</sup> Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God.<sup>26</sup> Amazement seized all of them, and they glorified God and were filled with awe, saying, “We have seen strange things today.”

### **Prayer:**

Lord, when I am weary, sick or down and out, help me to remember that I have friends that care for me and want to help. May I not be so obstinate to deny them an opportunity to do ministry. Sometimes, we find that it is through our friends that can find our faith and hope in you. Amen.

**Tuesday, March 21**

**Scripture Verse: Isaiah 40:28-31**

“Have you not known? Have you not heard?

The LORD is the everlasting God,  
the Creator of the ends of the earth.

He does not faint or grow weary;  
his understanding is unsearchable.

<sup>29</sup> He gives power to the faint,  
and strengthens the powerless.

<sup>30</sup> Even youths will faint and be weary,  
and the young will fall exhausted;

<sup>31</sup> but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.”

**Prayer:**

Lord, when the world swirls around me and exhaustion threatens to overtake me, help me to rest in you. I know you, God, will give me strength and restore my spirit. Amen.

**Wednesday, March 22**

**Scripture Verse: Matthew 11:28-30**

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.”

**Prayer:**

Lord, weariness and stress have been my constant companion this week. Help me to let your love and hope wash over me, relieving me from all of my stress and burdens. Amen.

**Thursday, March 23**

**Scripture Verse: Philippians 4:12-13**

“I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. <sup>13</sup> I can do all things through him who strengthens me.”

**Prayer:**

Lord, I come before you tired and ask for a refreshed spirit. I am exhausted and I need your strength to carry me. Fill me with your joy, so that no matter how tired I am, I can rejoice because I know your love endures forever. May I always remember that I can do all things through you. Amen.

**Friday, March 24**

**Scripture Verse: Galatians 6:7-10**

“Do not be deceived; God is not mocked, for you reap whatever you sow. <sup>8</sup>If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. <sup>9</sup>So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. <sup>10</sup>So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.”

**Prayer:**

Lord, may we always remember that in you we can find strength and hope and courage. May we never grow weary in doing what is right. Amen.

**Saturday, March 25**

**Scripture Verse: Jeremiah 31:25**

“I will satisfy the weary,  
and all who are faint I will replenish.”

**Prayer:**

Lord, thank You for mending my broken and heavy heart. Help me to know that no matter what, I can always depend on you to help me regain my strength in times of trouble, in Jesus name. Amen.