

## February 28<sup>th</sup> – 2<sup>nd</sup> Sunday in Lent

### Centering Breath Prayer: Wait for the Lord...be strong, take heart.

*Loving and triumphant Lord, as we meet again this day, I wait for you. My heart is not always as strong and true as I would have it, but I wait for your love, your shelter and your Spirit to fill me and guide me through the day. I welcome our time together and wait for your word today. In your special name, I pray. Amen.*

### Scriptures: Psalm 27

#### Key Verses: Psalm 27:13-14:

**(13) “I am still confident of this: I will see the goodness of the Lord in the land of the living. (14) Wait for the Lord; be strong and take heart and wait for the Lord” (NIV).**

We began the week with a lovely song of confidence from Psalm 27 and here, at the end of this second week on the journey, we delve once again into the goodness of the Lord for whom we wait, taking strength and confidence along with us. In between the glorious opening and the confident conclusion of the Psalm we have a solid accounting of ways that the author (presumably King David) perceives God. At the beginning of the week, we focused on letting go of our fears since The Lord is our light, our salvation and the stronghold of our lives. Throughout the week we continued to explore our fears including changes we might make and death itself. Knowing that letting go of our fears is a process, not a one time event, let's move on and spend some time with King David as he enumerates some of the ways he perceived the Lord and see where that leads us.

First, David saw the Lord as a protector against his enemies. (vs. 2-3) He had long relied upon God to lead him in battle and to protect him. Though I do not advocate an expectation that God will lead us in physical combat against one another, I do see God as a protector, protecting our spiritual life in our spiritual battle with the enemy of God. Jesus taught us not to fear those who could kill the body, but those who could kill the soul and to seek the Lord first in all things. I think this is why King David was so successful, he always sought the Lord and desired to dwell, spiritually, with God at all times. David saw the Lord as beautiful, though I doubt that he ever actually saw the Lord. (vs. 4) There is no record of David requesting or being granted a physical meeting with God. Yet, David had a faith in God that was decidedly beautiful. I am not really sure that David was really describing a physical characteristic of God as all. True beauty has nothing to do with one's physical appearance anyway. David also saw God as one who provided shelter and comfort in times of trouble. (vs. 5) David didn't live in some kind of never, never land where trouble never came. He knew all about troubles! Yet, he also knew that God was with him and he felt the shelter and comfort of that presence. We, too, know troubles of many kinds, and, like David, we can sing and make music to the Lord. (vs. 6).

David calls to God to hear his voice (vs.7), not to hide God's face from him or turn from him in anger (vs. 9). David is confident that God will receive him (vs. 10), teach and lead him (vs. 11), and comes full circle to protection from his foes (vs. 12). All of these lead to today's key scriptures where he declares confidence in the

goodness of the Lord. And, where are we in all this? Are we confident in the goodness of the Lord? Do we expect to see that goodness *"in the land of the living?"* Do we still see the Lord as *"my light and my salvation...the stronghold of my life?"* If we do not, perhaps we are missing something valuable as we continue our journey along with our professed Savior. Perhaps we need to *"Wait for the Lord; be strong and take heart and wait for the Lord."* Sometimes on the journey we just need to stop and wait for the Lord; just sit in God's presence and wait for what the Lord might have for us. We often get caught up in the day to day living and forget that we are also living in the kingdom of heaven as well as this physical world. That is why this time with the Lord is so valuable. Each of us will find something different along the way. Let us wait for the Lord in our own way, seeking *"the goodness of the Lord in the land of the living."* Love's triumphant journey is all about *"the goodness of the Lord in the land of the living."* *"Wait for the Lord; be strong and take heart and wait for the Lord."*

**Questions for reflection and/or journaling:**

1. What are some of my perceptions of God?
2. Do I seek the goodness of the Lord?
3. How can I wait for the Lord during the present Lenten journey?

**Suggestions for action:**

1. Try your hand at writing a Psalm in which you give God praise for some of the things you perceive. It doesn't need to rhyme or be as fancy as David's, just a heartfelt rendering of what you believe.
2. Sit quietly for a few moments in your sacred space. Don't expect something grandiose, just wait for whatever comes. It may be something thoughtful and meaningful or it may just be a little peace and quiet to punctuate your day in the middle of all the things you need to do.

*Dearest and loving Lord, I would like to be like David and express my beliefs so well. I am not always so open or so eloquent. But I love you with all my heart and I would wait for your guidance each day. You are "my light and my salvation...the stronghold of my life" and I will not be afraid. Be with me throughout this day as in your loving name, I pray. Amen.*