

## Devotion for Lent 1

### Psalm 25:1-11

**To You, O Lord, I lift up my soul; in you I trust, O my God.  
Do not let me be put to shame, nor let my enemies triumph over me.**

No one whose hope is in you will ever be put to shame,  
but they will be put to shame who are treacherous without excuse.

**Show me your ways, O Lord, teach me your paths;  
guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.**

Remember, O Lord, your great mercy and love, for they are from of old.  
Remember not the sins of my youth and my rebellious ways;  
according to your love remember me, for you are good, O Lord.

**Good and upright is the Lord; therefore, He instructs sinners in His ways.  
He guides the humble in what is right and teaches them His way.**

All the ways of the Lord are loving and faithful for those who keep the demands of His covenant.  
For the sake of your name, O Lord, forgive my iniquity, though it is great.

**Who, then, is the man that fears the Lord? He will instruct him in the way chosen for him.  
He will spend his days in prosperity, and his descendants will inherit the land.**

The Lord confides in those who fear Him; He makes His covenant known to them.  
My eyes are ever on the Lord, for only He will release my feet from the snare.  
Turn to me and be gracious to me, for I am lonely and afflicted.

*Glory be to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning, is now and will be forever. Amen*

### James 1:1-27

#### *Putting the Word into practice*

Why should we be joyful when our faith is tested?  
What is the difference between being testing and temptation?  
Why is an unbridled tongue so dangerous?

### Matthew 4:1-17

#### *Jesus in the wilderness*

What Old Testament event corresponds to Jesus' time in the wilderness?  
How did Jesus overcome temptation?  
How did His testing prepare Him for ministry?

### What We Believe About God

What do you believe about God? In the Christian religion we believe that God is one divine being in three persons; Father, Son and Holy Spirit. According to the Christian religion we believe that the essence of God's nature is love. St. John writes, "*God is love.*" In the Christian religion we believe that God gave the greatest expression of His love in giving His Son to be born a human being and to sacrifice His body on the cross, to make atonement for the sin of the world. Jesus said, "*God so loved the world that He gave His only begotten Son that whoever believes in Him would not perish, but have everlasting life.*" Do you believe that about God?

Even as God demonstrates His love in actions towards human beings, James says that what we believe about God is expressed, both with the confession of our lips and in our actions towards others. James writes, "*Religion that is pure and undefiled before God, the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.*" His words were affirmed by St. John who said, "*Beloved, if God so loved us, we also ought to love one another.*"

James asks us to show our religion by our actions. We consider how we might better express our beliefs about God, in the way we think about and treat others. When we were orphaned from God's family and estranged from His love, God expressed Himself by giving Jesus to be our Saviour. He pours His love upon us richly and freely for the sake of Christ Jesus. This is God's action. We express our religion in our active response to God's action in Christ Jesus, by loving others as He loves us.

**Hymn: Prayer of St. Francis CCLI #453681**

**Make me a channel of your peace. Where there is hatred let me bring your love.  
Where there is injury, Your pardon, Lord...And where there's doubt, true faith in you.**

**Make me a channel of your peace. Where there's despair in life, let me bring hope.  
Where there is darkness, only light...And where there's sadness, ever joy.**

**Bridge**

**Oh, Master, grant that I may never seek, so much to be consoled as to console,  
to be understood, as to understand, to be loved as to love with all my soul.**

**Make me a channel of your peace. It is in pardoning that we are pardoned,  
in giving to all men that we receive...And dying that we're born to eternal life.  
And dying that we're born to eternal life.**

**Prayer**

Heavenly Father, you bless us with your love in many ways in the natural world; food, family, clothing, friendship and shelter to name a few. You bless us with your love most fully by giving Jesus to be our Saviour. In Him we receive blessings for time and eternity; forgiveness of sin, peace in our relationship with you and fellowship with other believers in the body of Christ. Bless us to live more fully in love and to walk more intentionally with your Spirit, who leads us along paths of righteousness. Help us to love one another more fully and unconditionally, even as you love us completely and without condition, for the sake of Christ our Saviour. In His Name. Amen

**The Lord's Prayer**

**Our Father who art in heaven. Hallowed be Thy name. Thy Kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory, Forever and ever. Amen**

**The Creed**

**I believe in God, the Father Almighty, maker of heaven and earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen**

**Benediction 1 John 3:1**

*"See what kind of love the Father has given to us, that we should be called children of God: and so we are."*

**Bible Knowledge Quiz**

- What did God send to feed Elijah during a famine?
- Who fed Elijah during his forty day pilgrimage to Mount Horeb?
- Who ministered to Jesus after the temptation in the wilderness?

**Answers to last weeks' quiz**

- King Saul (1 Samuel 18:17-27)
- Bathsheba (2 Samuel 12:25-26)
- Rehoboam (1 Kings 11:43)