



Theme artwork by
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Lent at Lakeside:
My Heart as Sanctuary
My Life as Prayer
Devotion for Wednesday,
March 14, 2018

Where I'm From
By Alaya Banks

I am from the black panther,
from a home where we know where we come from,
Day by day we go.
Life with Papa and Baba is not easy

I grow from a place where
I know who I am and what I am:
I am a black,
educated girl.
I am a fighter.
I am the person who loves people
No matter who they are.

Matthew 6:25-34

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Prayer

The thirteenth-century German theologian, Meister Eckhart, said, “If the only prayer you said in your whole life was, ‘Thank you,’ that would suffice.”

In that spirit of gratitude, let these words of Joyce Rupp be our prayer for today:

Lord, in your mercy, help us:

To be grateful for what is,
instead of underscoring what is not.

To find good amid the unwanted aspects of life,
without denying the presence of the unwanted.

To focus on beauty in the little things of life,
as well as being deliberate about the great beauties
of art, literature, music and nature.

To be present to one’s own small space of life,
while stretching to the wide world beyond it.

To find something to laugh about every day,
even when there seems to be nothing to laugh about.

To search for and to see the good in others,
rather than remembering their faults and weaknesses.

To be thankful for each loving deed done by another,
no matter how insignificant it might appear.

To taste life to the fullest,
and not take any part of it for granted.

To seek to forgive others for their wrongdoings,
even immense ones, and to put the past behind.

To find ways to reach out and help the disenfranchised,
while also preserving their dignity and self-worth.

To be as loving and caring as possible,
in a culture that consistently challenges these virtues.

To remember to say or send "thank you"
for whatever comes as a gift from another.

To be at peace
with what cannot be changed.