



**Year C, First Sunday in Lent, March 9, 2025**

*Deuteronomy 26:1-11; Psalm 91:1-2, 9-16*

*Romans 10:8b-13; Luke 4:1-13*

The Biblical Book of Psalms are an anthology of Hebrew music poems, written over many centuries and sung to proclaim the glory of God. Thanksgiving, praise and supplication are the main themes. The Psalms are divided into five sections, modeling the first five books of the Bible. Psalm 91 is in book four. It is a promise from God to empower our faith in times when the world seems to be falling apart. Please read this song as often as needed.

"You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, "My refuge and my fortress; my God, in whom I trust."

Because you have made the LORD your refuge, the Most High your dwelling place, no evil shall befall you, no scourge come near your tent.

For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your foot against a stone.

*You will tread on the lion and the adder; the young lion and the serpent you will trample under foot.*

Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble; I will rescue them and honor them.

With long life I will satisfy them and show them my salvation."

***Lenten Blessings,  
Rev. Julia***