



Year C, Second Sunday of Lent, March 16, 2025

Genesis 15:1-12, 17-18; **Psalm 27**; Philippians 3:17-4:1; Luke 13:31-35 or Luke 9:28-36, (37-43a)

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? Psalm 27:1

The word "fear," mentioned twice in this verse, refers to dread. Dread is an emotion experienced as intense anxiety generated by a present threat or the anticipation of a future threat. The body's natural response to fear is to produce hormones that prepares us for "fight" or "flight." The unnatural response to fear occurs when those hormones remain at high levels, for long periods of time and eventually cause dis-ease of the soul and disease in the body.

Please read and meditate on Psalm 27. Allow its words to empower you to acknowledge any fear or fears you have. Express them to the LORD, the Light of Salvation, who is the remedy for all fear.

Let these lyrics connect you more intimately with JEHOVAH, the Covenant Maker who knows just how to shield *your* heart and mind with peace. Let this song strengthen your faith in JEHOVAH, the Promise Keeper who will hide *you* in a tabernacle of love, to restore *your* trust and then set *you* on the rock of restored confidence. Experience the feeling when both body and soul finds freedom, equilibrium, wholeness and REST.

*Lenten Blessings,
Rev. Julia*

"Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!"
V. 14.

