

peace be with you

# weekly devotional

from the desk of Rev. Marta Wheeler  
SAINT PAUL BENSON

**March 16, 2022**

## ATTAINING STRENGTH TOGETHER

Sometimes our hearts hurt.  
for those in harm's way.  
The skies darken and we wonder.  
what tomorrow will bring.

Finally, the clouds begin to clear.  
Through them sunrays boldly  
shine forth in all directions.  
God's intends that we believe.

Fortifying the spirit  
for the week ahead  
occurs simply by entering  
the sanctuary prayerfully.

Most certainly, there  
is utter change in the  
energy of the room when  
we gather to worship.

*Continued*

## **Psalm 27** **Of David (CEB)**

**27** The LORD is my light and my salvation.

Should I fear anyone? The LORD is a fortress protecting my life. Should I be frightened of anything?

**2** When evildoers come at me trying to eat me up— it's they, my foes and my enemies, who stumble and fall!

**3** If an army camps against me, my heart won't be afraid. If war comes up against me, I will continue to trust in this:

**4** I have asked one thing from the LORD—it's all I seek: to live in the LORD's house all the days of my life, seeing the LORD's beauty and constantly adoring his temple.

**5** Because he will shelter me in his own dwelling during troubling times; he will hide me in a secret place in his own tent; he will set me up high, safe on a rock.

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## ATTAINING STRENGTH TOGETHER

Akin to when sisters  
and brothers cease fighting  
for a spell, and this sense of  
gratefulness for the  
peaceful moment of bliss  
immediately overcomes us.

Strength and unity  
bless us when uniting  
in song and prayer and being  
immersed in the Word of God.

Stirring within our hearts,  
the Spirit of Christ  
unequivocally transforms  
us from deep within.  
Whether near or far  
nothing can separate the  
Christ within from uniting  
And blessing the other.

We attain strength together.

## Obtain Hope

In times like these, it is so important to focus on the present moment while doing the rather mundane things in life. Simple tasks such as washing the dishes, folding clothes, or sweeping the floor can help keep us in our right minds when we pay attention to what we are doing. Even washing your face can be prayerful if breathing deeply and expressing gratefulness for the miracle of life that is you.

As we continue wandering through this Season of Lent, it is especially good to recognize the strength that we have when our hearts are united with other people of faith. Ever since we first sang Jesus Loves Me, This I Know, For the Bible Tells Me So, or prayed the Lord's Prayer, we knew there was power and courage gained in singing words of faith aloud with others.

Dear ones, hear these closing words from Psalm 27:14:

Have hope in the LORD!

Be strong! Let your heart take courage!

Hope in the LORD!

*God's grace and peace be with you and flow  
out into the world,*

*Marta*

Rev. Marta Wheeler