

## Sunday, March 13

### 5<sup>th</sup> Sunday in Lent

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

#### **READ** – Isaiah 43:18-19

Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

#### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

This week we will not be providing questions to ponder concerning the text but rather invite you to reflect upon them more deeply on your own; perhaps think of your own questions to ask your partner.

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

#### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 126:3

**The Lord has done great things for us,  
and we are glad indeed.**

## Monday, March 14

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

#### **READ** - Isaiah 43:20-21

The wild animals will honor me,  
the jackals and the ostriches;  
for I give water in the wilderness,  
rivers in the desert,  
to give drink to my chosen people,  
the people whom I formed for myself  
so that they might declare my praise.

#### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

This week we will not be providing questions to ponder concerning the text but rather invite you to reflect upon them more deeply on your own; perhaps think of your own questions to ask your partner.

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

#### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 126:3

**The Lord has done great things for us,  
and we are glad indeed.**

## Tuesday, March 15

### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

### **READ** - Psalm 126:1-3

When the Lord restored the fortunes of Zion,  
then were we like those who dream.  
Then was our mouth filled with laughter, and  
our tongue with shouts of joy.  
Then they said among the nations, “The  
Lord has done great things for them.”  
The Lord has done great things for us,  
and we are glad indeed.

### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?  
Then you may choose to ponder these questions?  
This week we will not be providing questions to  
ponder concerning the text but rather invite you  
to reflect upon them more deeply on your own;  
perhaps think of your own questions to ask your  
partner.

**PRAY** – Give thanks & ask for God’s help  
for your partner’s or your own High & Low.  
Lift up the other concerns on your heart,  
including those raised in the questions above.  
Close with the Lord’s Prayer.

### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 126:3  
**The Lord has done great things for us,  
and we are glad indeed.**

## Wednesday, March 16

### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

### **READ** - Psalm 126:4-6

Restore our fortunes, O Lord,  
like the watercourses of the Negeb.  
Those who sowed with tears  
will reap with songs of joy.  
Those who go out weeping, carrying the seed,  
will come again with joy, shouldering their  
sheaves.

### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?  
Then you may choose to ponder these questions?  
This week we will not be providing questions to  
ponder concerning the text but rather invite you  
to reflect upon them more deeply on your own;  
perhaps think of your own questions to ask your  
partner.

**PRAY** – Give thanks & ask for God’s help  
for your partner’s or your own High & Low.  
Lift up the other concerns on your heart,  
including those raised in the questions above.  
Close with the Lord’s Prayer.

### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 126:3  
**The Lord has done great things for us,  
and we are glad indeed.**

## Thursday, March 17

### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

### **READ** - Philippians 3:10-11

I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

This week we will not be providing questions to ponder concerning the text but rather invite you to reflect upon them more deeply on your own; perhaps think of your own questions to ask your partner.

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 126:3

**The Lord has done great things for us,  
and we are glad indeed.**

## Friday, March 18

### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

### **READ** - Philippians 3:12-14

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

This week we will not be providing questions to ponder concerning the text but rather invite you to reflect upon them more deeply on your own; perhaps think of your own questions to ask your partner.

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 126:3

**The Lord has done great things for us,  
and we are glad indeed.**

## **Saturday, March 19**

### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

### **READ** - John 12:1-3

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

### **TALK** – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions?

This week we will not be providing questions to ponder concerning the text but rather invite you to reflect upon them more deeply on your own; perhaps think of your own questions to ask your partner.

### **PRAY** – Give thanks & ask for God's help

for your partner's or your own High & Low.

Lift up the other concerns on your heart, including those raised in the questions above.

Close with the Lord's Prayer.

### **BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 126:3

**The Lord has done great things for us,  
and we are glad indeed.**

## **Sunday, March 20**

### **Palm Sunday of the Passion**

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

#### **READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

## **Monday, March 21**

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

#### **READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

## **Tuesday, March 22**

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

#### **READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead.

You may say these words adapted from:  
Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

## **Wednesday, March 23**

#### **SHARE** – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family

member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

**READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead. You may say these words adapted from: Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

**Thursday, March 24**

**SHARE** – your High & Low of the Day  
If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

**READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead. You may say these words adapted from: Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

**Friday, March 25**

**SHARE** – your High & Low of the Day  
If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

**READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead. You may say these words adapted from: Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

**Saturday, March 26**

**SHARE** – your High & Low of the Day  
If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

**READ**

**TALK** – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

**PRAY** – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

**BLESS** – Trace the cross on their / your forehead. You may say these words adapted from: Psalm 51:12

*May God restore the joy of your salvation and Sustain you with God's bountiful Spirit.*

**LENT 2016**  
**DEVOTIONAL**  
**Nurturing Our Relationships**  
**Prince Of Peace Lutheran**  
**Marlton, New Jersey**

The people of Prince of Peace Lutheran Church are using this year to focus on “Nurturing Our Relationships;” our relationship with God and with others.

Lent is a time when Christians take stock of their lives as disciples of Jesus in order to more fully live into the risen life promised. A key focal point is our relationships with others. We are inviting every person to take a moment to look closely at each of their relationships.

First, which relationships are going well and why? What might you be able to do to strengthen these even more? Is there anything you might be taking for granted in the relationship? If you are not sure, ask them, “Is there something you wish I would do in our relationship that I have not?” Is there one practice you might take on that would positively impact the relationship; examples: listen more, surprise notes of appreciation?

Second, are there people from whom you have drifted away; who and why? Pick one or more of these people and plan to make some kind of contact with them during lent.

Third, there are those with whom your relationship is broken. Who are these people in your life? Make a list and note the reason why the relationship is fractured. Now vow to pray for each, during the forty days of lent, that God’s steadfast love would be known by them. Then chose one or more with whom you would like to take some steps towards reconciling or at least forgiving. Ask a friend to join you in praying for your conversion, forgiveness and reconciliation. You may also chose to discuss with that friend what actions you might take towards amendment of the relationship. If it is a particularly difficult situation you may choose to speak with your pastor.

**This years devotions** are organized around the FAITH5 (Faith Actions In The Home) developed by The Rev. Dr. Richard Melheim. There are five steps in the process: Share, Read, Talk, Pray, and Bless.

The first thing is to enter into relationship with someone; someone new in your life or someone old. It is great if the person is physically present but if not

perhaps you could call, text, or Skype a family member, friend or another disciple of Jesus so that you may **SHARE** your High & Low of the Day. You may chose one person to covenant with for the whole season of lent, or one person to speak with every day for a week and another for the next week and so on. Perhaps you will speak with on person on Mondays and another on Tuesdays. As a last resort you could review them with yourself or write them in a journal.

Next you **READ** the scripture passage that has been chosen for the day. The readings have been selected from the previous Sunday’s church readings from the Revised Common Lectionary Reading Cycle C. Each reading has one verse that is bolded; this is a suggestion of a verse which you might want to memorize or repeat frequently throughout the day as a touch stone.

Then you move on to the **TALK** portion of the devotion. Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then I have provided four questions related to the reading text for you to ponder. You may or may not choose to discuss these with another but please do consider them. Again, if you are doing this alone you may choose to journal about these.

Now **PRAY**; bring it all to God. Ideally, you would give thanks for your partner’s High and ask God’s help for their low, then they for you. Also, use this time to lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

Finally, we close each time with an action of **BLESSING**. If you are physically with the others you may trace the cross on their forehead or place your hand on their shoulder as you say the words of blessing provided. If you are alone, make the sign of the cross and say the words aloud yourself. The words for blessing are adapted from one of that weeks scripture lessons and change each Sunday; they will be the same throughout the week.

Then I make some suggestions for actions you may choose to take that day, or week, or the whole season of lent or forever that may bring blessings to others. These are based upon the lessons and are intended to help nurture relationships.

May you have a Blessed + Lent as you return to the Lord and your neighbor.

Pastor Brett W. Ballenger