Week Five: March 16
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Text: Psalm 119:9–16

9 How can young people keep their way pure? By guarding it according to your word. 10 With my whole heart I seek you; do not let me stray from your commandments. 11 I treasure your word in my heart, so that I may not sin against you. 12 Blessed are you, O Lord; teach me your statutes. 13 With my lips I declare all the ordinances of your mouth. 14 I delight in the way of your decrees as much as in all riches. 15 I will meditate on your precepts, and fix my eyes on your ways. 16 I will delight in your statutes; I will not forget your word.

Reflection:

In Psalm 119, the Psalmist asks God not to let him stray from the commandments. He remembers God’s law and rejoices in following it. What is the law of God? What does God ask of us?

In the Gospel of Matthew, when Jesus is asked which commandment is the greatest, He answers, “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the greatest and first commandment. And the second is like it: Love your neighbor as yourself. On these two commandments hang all the law and the prophets” (Matt. 22:36–40).

What does it mean to love? What does a life of love look like in our world, in our workplace? Must love be a grand gesture or might it be as simple as sincerely welcoming and accepting those around us or offering a word of encouragement in the midst of a busy day? Can it be felt in moments of understanding and acknowledgement of belonging? Does love live in an embrace amidst tears of loss and hurt? Can it live in a smile that opens hearts and brings joy to others?

Personal Prayer:

Loving, compassionate God, open my heart to accept your infinite love for me. Open my eyes to see how I am called to touch others with your love. May it flow from an abundant heart, bringing harmony, encouragement and joy to others.

Community Prayer Focus:

Pray for increased love through us and among us that all would know by our love that we are His.

Meeting Idea:

During your meetings this week, notice when you feel anxious, irritated or unloving. As you silently acknowledge your true emotions, take three deep breaths and let your awareness and your breath connect you with the indwelling Spirit. As you do, pray for God’s love to flow through you.