

Devotion, Week of March 15, 2026—Lent 4
Rev. Jeanne Simpson

O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and you are acquainted with all my ways.

Psalm 139:1-3

This psalm talks about God's everlasting presence with us personally. Later verses say, "Where can I go from your spirit? Or where can I flee from your presence?"

I find this so reassuring. God is always with me, even when I don't feel God's presence. God knows my innermost thoughts, my joy, my sadness, and my fears. Sometimes we just forget that God is there to help us. We start twisting our hands in anxiety. We can't settle down enough to try to solve a problem – it consumes us. We are so afraid of what is going to happen next that we can't just sit still in the present and appreciate the blessings we have right now. We worry when we should rejoice. We can't sleep because we can't let go of all that worry. During Lent, we need to take time to be quiet and listen for God. We need to reflect on Jesus' journey to Jerusalem and the cross, knowing that somehow he didn't get stuck in anxiety and worry about his future. Instead, he just kept teaching and healing and loving the people around him.

A good lesson for us as we walk with Jesus this Lenten season. God is with us, just as he was with his precious Son.

Jeanne