

Monday - March 9

Then they came to Jerusalem. And he entered the temple and began to drive out those who were selling and those who were buying in the temple, and he overturned the tables of the money changers and the seats of those who sold doves; and he would not allow anyone to carry anything through the temple. He was teaching and saying, 'Is it not written, 'My house shall be called a house of prayer for all the nations?' But you have made it a den of robbers''

Mark 11:15-17 (NRSV)

As with the temple Jesus walked through, our lives can become as cluttered with busyness instead of prayer. I often wake up and feel as if I'm already behind. Indispensable parts of my life, my marriage, children, and relationship with God, compete with the sometimes necessary annoyances of life (a bad day at work or never ending home maintenance) and pointless distractions.

Lent is a season where we can recommit to our journey of faith. In my Lenten sacrifice I try to give up something noticeable; not necessarily something hard but something that will be a constant reminder during the day. It is so easy to be distracted by the busyness of life and this constant reminder refocuses me during Lent on what it means to be a follower of Jesus and how to respond to that in my own life. When I refocus on God the indispensable parts of my life have more meaning (and I have more patience!), the annoyances are less annoying, and the distractions fall away.

Jeff

Prayer: God, in this season of Lent, help us to focus on our journey of faith, through Jesus Christ our Lord, Amen.