

Food for the Soul -- Fourth Sunday in Lent -- March 22, 2020

Today's readings are rich with meaning about the nature of God and Jesus Christ. The lessons tell us how all that we hold so dear as a society – beauty, power, status and wealth – have nothing to do with what God thinks is important.

The Lectionary sends us Psalm 23, which has comforted and reassured God's children for at least 3,000 years. Here is a meditation on Psalm 23 in pictures:

The Lord is my shepherd; *
I shall not be in want.



He makes me lie down in green pastures *
and leads me beside still waters.



He revives my soul *
and guides me along right pathways for his Name's sake.



Though I walk through the valley of the shadow of death, I shall fear no evil; *
for you are with me; your rod and your staff, they comfort me.



You spread a table before me in the presence of those who trouble me; * you have anointed my head with oil, and my cup is running over.



Surely your goodness and mercy shall follow me all the days of my life, * and I will dwell in the house of the Lord for ever.



May the Lord bless us and keep us.
May the Lord make His face shine upon us and be gracious to us.
And may the grace of our Lord Jesus Christ, the love of God
and the fellowship of the Holy Spirit be with us now, through this week, and always.
Amen.