
Daily Meditation for the week of March 16 to 22, 2025

Sunday, March 16, 2025 (Second Sunday of Lent)

Verse: Exodus 17:6

"The Lord said, 'I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.'"

Meditation: God provides for His people even in their moments of doubt. During Lent, trust that He is your source of refreshment and sustenance.

Prayer: Lord, quench my spiritual thirst and help me trust in Your provision in all seasons. Amen.

Monday, March 17, 2025 (Third Week of Lent)

Verse: Psalm 95:6-7

"O come, let us worship and bow down, let us kneel before the Lord, our Maker! For He is our God, and we are the people of His pasture, and the sheep of His hand."

Meditation: Lent invites us to worship God with humility, acknowledging that we are His sheep and He is our Shepherd. Rest in His care today.

Prayer: Lord, I worship You as my Creator and Shepherd. Guide me and lead me in Your ways. Amen.

Tuesday, March 18, 2025 (Third Week of Lent)

Verse: Romans 5:3-4

"And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope."

Meditation: Lent can be a time of spiritual endurance. Embrace challenges as opportunities for growth, trusting that God is building your character and hope.

Prayer: Lord, use my struggles to deepen my faith and build my hope in You. Amen.

Wednesday, March 19, 2025 (Third Week of Lent)

Verse: John 4:14

"But those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

Meditation: Jesus offers living water that satisfies the deepest thirst of our souls. During Lent, draw near to Him and be filled.

Prayer: Jesus, thank You for the gift of living water. Fill my heart and renew my spirit. Amen.

Thursday, March 20, 2025 (Third Week of Lent)

Verse: Exodus 17:7

"He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, 'Is the Lord among us or not?'"

Meditation: Even in times of doubt, God is present. Lent is an opportunity to deepen your faith and recognize His presence in all circumstances.

Prayer: Lord, forgive my doubts and help me trust that You are always with me. Amen.

Friday, March 21, 2025 (Third Week of Lent)

Verse: Psalm 95:8-9

"Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your ancestors tested Me and put Me to the proof, though they had seen My work."

Meditation: Lent invites us to soften our hearts to God's voice. Reflect on areas where you may be resisting Him and open your heart to His guidance.

Prayer: Lord, soften my heart and help me listen to Your voice with humility and trust. Amen.

Saturday, March 22, 2025 (Third Week of Lent)

Verse: Romans 5:8

"But God proves His love for us in that while we still were sinners Christ died for us."

Meditation: God's love is unconditional and sacrificial. During Lent, reflect on the depth of His love shown through Jesus' sacrifice.

Prayer: Lord, thank You for loving me even in my imperfections. Help me live in response to Your grace. Amen.