

Fifth Sunday in Lent, April 3, 2022

Scripture Reading: Philippians 3:4b-14

We are always the same age inside. –Gertrude Stein

It's spring, and at high schools and college campuses across the country, athletes are now gearing up for the track-and-field season.

Students are preparing to compete in the shot put, discus throw, long jump, high jump and a variety of short- and long-distance races. They will run, for example, in the 100-, 400-, 800- and 1,000-meter races. These events are exciting to watch. The winner often arrives at the finish line only nanoseconds before the runner behind him or her. Often, photos of the competitors show the winner straining forward to capture the win.

This reminds me of today's reading from Philippians. There, the apostle Paul compares himself to the runner who crosses the finish line first by "straining forward to what lies ahead" (v. 13).

Note that he gets to the finish line after making proper preparations.

He keeps his goal in mind. "[I] press on toward the goal for the prize of the heavenly call of God in Christ Jesus" (v. 14).

He also lays aside everything that does not help him achieve his goal. "I regard them as rubbish in order that I may gain Christ, and be found in him" (vv. 8-9).

He does not dwell on the past: "But this one thing I do, forgetting what lies behind ..." (v. 13).

This is good advice for all of us, not just those who are nearing the finish line of their earthly existence.

- Strain forward to what lies ahead
- Keep the goal in mind
- Start getting rid of stuff
- Don't dwell on the past

Eleanor Roosevelt once said that "today is the oldest you've ever been, and the youngest you'll ever be again." So true. Therefore, let's live each day with thanksgiving, giving glory to God!

—Timothy Merrill

Prayer: Ever present God, I am grateful for today. I am leaning into this day and every day, straining toward my high calling in Christ Jesus! Amen.

Daily Bible Readings

- Sunday:** Luke 1-3
Monday: Deuteronomy 23-25
Tuesday: Deuteronomy 26-28
Wednesday: Deuteronomy 29-31
Thursday: Deuteronomy 32-34
Friday: Joshua 1-3
Saturday: Psalm 33

Verse to Remember

This book of the law shall not depart out of your mouth; you shall meditate on it day and night.

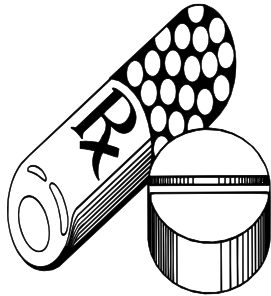
—Joshua 1:8

April 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

A Taste of Your Own Medicine

You take a pill every half hour. You have three pills to take. How long will the pills last?



Scramble Fun!

Unscramble the following words and then use the letters in the circles to reveal the hidden word.

ROSSC ○ ○

MTOB ○

GANLE ○ ○

TNEOS ○

Hidden word:



Answers to A Taste ... : One hour. Take the first at 4 p.m., the second at 4:30 p.m., and the third at 5 p.m. **Answers to Scramble Fun:** cross, tomb, angel, stone. **Hidden word:** Easter. **Answers to Double Up:** SPARK, ALIKE, SPOIL, OFFER. **Answers to Your Guess ...:** 1. b; 2. c; 3. a.

Your Guess Is as Good as Mine!

- America's first automobile parking meter was installed in Oklahoma City in
a) 1835, b) 1935, c) 1899, d) 1765.
- The world's first postage stamp was issued in the U.K. in
a) 1653, b) 1753, c) 1840, d) 1904.
- The first American policewoman began work in
a) 1908, b) 1760, c) 1955, d) 1980.

DOUBLE UP

This puzzle consists of four 5-letter words that use 10 different letters exactly twice. Since there are already two S's, you cannot use another S. But there is only one F. Try to think of a word that has an F in it.

- S A K
- L K
- S O L
- F E