

Daily Reflection

Set Free by Love

3/24/20

As a family take some time together to reflect on and share your answers to the following questions:

1. Can you name a time in your life when you knew that God was near you? What was that experience like for you?
2. Strongholds are places of protection. Can you name some of the things in your life from which you want protection? After each family member has done so, reread the Psalm from this reflection together as a family.

Walking the Walk

Have each member reflect at several points of the day (perhaps before lunch, at dinner, and before bed), and write down where they saw God's presence during that point. Share these with each other.

Daily Prayer Focus: Psalm 30

God is our refuge and our strength,
an ever-present help in distress.

Therefore we fear not, though the earth be shaken
and mountains plunge into the depths of the sea.

R. **The Lord of hosts is with us; our stronghold is the God of Jacob.**

There is a stream whose runlets gladden the city of God,
the holy dwelling of the Most High.

God is in its midst; it shall not be disturbed;
God will help it at the break of dawn.

R. **The Lord of hosts is with us; our stronghold is the God of Jacob.**

The LORD of hosts is with us;
our stronghold is the God of Jacob.
Come! behold the deeds of the LORD,
the astounding things he has wrought on earth.

