

# Lenten Devotional

2021 series

Monday, March 8  
By Rev. Steven Straub

John 4:27-42

Over the past year, we've lost many things, many moments, many experiences. We quickly learned things that we want may differ from that we need. At the same time, I think many of us were reminded of what sustains us and gives us life, things we have often taken for granted.

Even the disciples didn't completely understand what fed and sustained Jesus. The scripture tells us the disciples brought him some food after his encounter with the Samaritan woman. (*Maybe one disciple stopped at the local Long John Silver's and picked up some fish and chips!*) Jesus tells them he has food to eat that they know nothing about. Jesus isn't talking about physical nourishment; he is referring to spiritual nourishment, what feeds his vocation.

***"My food is to do the will of the one who sent me."*** Jesus is nourished by doing ministry. The long conversation at the well with the Samaritan woman wasn't draining for Jesus; instead, that encounter nourished his soul. The conversation fed a hunger inside Jesus that a balanced meal could never address.

Don't get me wrong: caring for your physical needs is important. But we often tend to neglect our spiritual needs, to feed our soul. Maybe this Lenten season provides us a few moments to stop and remember what sustains us as children of God, as people of faith. What nourishment do you need this Lenten season? What feeds your soul?

*God, we thank you for all that you provide for us.  
Nourish and sustain us so we can continue to share your  
love, your mercy, and your grace in this world.  
Amen.*

