

Somedays' Meditations

Reflections on Scripture for teens and pre-teens



Lent 2026

Sunday February 22, 2026

“The tempter came to him and said to Jesus, ‘If you are the Son of God, then command these stones to become loaves of bread.’”

Matthew 4:3

We have a few things going on in this excerpt from Jesus’ temptation in the wilderness. First, we can see that Jesus has been fasting and is now being tempted to indulge in an easy meal. Of course he could cheat, but that would negate the whole purpose of the fast. He refuses because he has been fasting in order to turn his thoughts to something more important than food. “Man does not live by bread alone”, he says.

Secondly, the tempter is challenging Jesus to prove himself. “If you are the Son of God”, then prove it by doing the impossible. Show me a miracle, Jesus, if you think you can do it. Of course, Jesus has been giving his followers constant signs, miracles, and proof of his divine nature. From the moment he was born and a new star rose in the sky, wondrous things have been happening. But Jesus does not need to prove himself to someone who wants to cause him trouble.

Later we will hear this challenge again. When Jesus is on the cross and the crowd around him shouts, “If you’re God, then save yourself.” Just like with the temptation in the desert, this would be possible for Jesus to do, but it would set him apart from humanity.

Reflect:

The lectionary readings often point to Holy Week or Easter, especially the readings in Lent. As you go through the lectionary, try to see how each passage relates to Holy Week and, ultimately, to Easter.

Sunday March 1, 2026

“I lift my eyes to the hills. From where is my help to come? My help comes from the Lord, maker of Heaven and Earth.”

Psalm 121:1-2

This is a very famous Psalm, and for good reason! The poetry in here is really interesting. Just take a look at the very beginning of it.

The narrator lifts their eyes to the hills in despair. We don't know exactly why the narrator is upset and that doesn't really matter, in the end. Whether the person is facing immediate hardship or worried about the future, the feeling of doom and despair is the same. The narrator here says they lift their eyes to the hills—not to a family member, or a neighbor, or an authority figure. And when they lift their eyes to the far-off hills, they are reminded of God, who made them.

You can hear the narrator immediately switch from worry to “hey, wait, I know better than to give up!” They ask, where will my help come from? God! The creator of Heaven and Earth can surely help me with any problem I have! After all, to be able to shape the hills, the very planet that I am standing on, is way more complicated than any trouble I am facing!

And that's just the beginning of this Psalm, it continues along in the same tone. This isn't just someone trying to reassure themselves with empty platitudes. The depth and breadth of the reassurances are pretty thorough. This is a great Psalm to think of in a variety of situations.

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Give it a chance:

Read through the entirety of Psalm 121. Do any lines speak to you? Try to memorize a part of this Psalm or copy it down on a notecard. It might help to remind you of God's presence when you feel anxious.

Sunday March 8, 2026

“Come, let us sing to the Lord; let us shout for joy from the Rock of our salvation!”

Psalm 95

I just want to take a moment to appreciate how very different the psalm for this week and the psalm for last week are. Last Sunday’s psalm was filled with lament and an attempt to reassure yourself of God’s presence in your life. This week is the exact opposite! It’s filled with joyful praise and an invitation to enter into that joy. So! Let’s go.

If Psalm 95 sounds familiar to you, it could be because it is frequently used in the daily office of Morning Prayer. It is often referred to as the “Venite”, which is the Latin translation of the first word of the psalm. Venite: come. Come let us sing to the Lord!

I have to admit, I am not a morning person. Waking up has always been a struggle, and even while I am eating breakfast at the table, I’m usually still not fully awake. My brain feels mushy and my steps are stiff and sometimes I forget to think about things that are beyond my immediate sight. But on the days where I have gathered with friends (or family or just by myself, even!) and read through Morning Prayer, I can usually recenter my heart and my mind on important things.

It’s hard to sing to the Lord if you are sleepy, but it is also hard to be sleepy if you are singing to the Lord.

Come! Let us sing to the Lord. Even though you are sleepy. Even though it’s Lent. Even though Good Friday is coming. Because we know that after that is Easter. Let us shout for joy from the Rock of our salvation!

Recognizing Vocabulary:

Venite is a plural command (“Y’all come!”). Have you heard this word in any other religious songs? Take a moment to research in a hymnal, ask a choir member, or do a quick online search to learn more!

Sunday March 15, 2026

“So for the second time they called the man who had been blind, and they said to him, ‘Give glory to God! We know that [Jesus] is a sinner.’ He answered, ‘I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.’”

John 9:24-25

Here is a story of Jesus giving sight to a man who had been blind from birth. Everyone in the crowd—the disciples, the Pharisees, random people passing by—all focus on the wrong part of the story. They ask if the man sinned (as a baby?), or if his parents had sinned. They are looking for an explanation for why this person was born blind. Jesus informs the crowd that no one caused this blindness, it just happened, not as a punishment.

Then the Pharisees get upset with Jesus and question how he could possibly cure this man. Is it a blessing from God or some sort of evil trick? Is Jesus a sinner? And now, just as Jesus spoke up for the formerly-blind man, so he speaks up for Jesus, saying, “I don’t know anything about this man sinning. I know I was blind and now I can see.”

Each of these statements—the one by Jesus and the one by the man—are so much more than simple sentences. Jesus and his disciples are discussing why bad things happen to innocent people. For thousands of years, people have been linking the idea of luck with morality: you get what you deserve and you deserve what you get. Jesus says, no that’s not how things work. Sometimes people who have good luck don’t act virtuously. Sometimes people who are virtuous can still have difficult lives. The point isn’t to worry about whether someone deserves to be suffering. If you see someone who needs help, you help them.

The very next thing that happens, is that the Pharisees ask the man whether Jesus did something good or was acting sinfully when he miraculously healed him on a sabbath. The man says, listen, that’s not the point. The point is I needed help and he helped me.

Sunday March 22, 2026

“Jesus said to Mary, ‘I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?’ She said to him, ‘Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.’”

John 11:25-26

I love reading about Jesus raising Lazarus. Each time I come to this story, something different stands out to me. Jesus meets all sorts of people in his life and this miracle with Lazarus shows so many different emotions: doubt, belief, wonder, grieving, joy, despair... These feelings aren't just experienced by people in the crowd, but Jesus himself weeps.

Still, though, with all the emotions going on, Jesus takes time to make this a teaching moment. He doesn't just raise Lazarus from the dead and walk away, but he takes a moment before and after the miracle to talk to those around him about trust and belief.

After Jesus asks Mary [different Mary, not his mother] whether she truly believes that he is the Messiah, he goes to see Lazarus. He doesn't raise Lazarus to prove a point about himself, Jesus resurrects him because he genuinely loves him.

Afterwards, he says, “Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.” That is the lesson. And many who were in the crowd were filled with wonder and believed.

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Imagine:

Imagine the story of Lazarus from different people's point of view. We have many people to consider: Martha, Mary, Lazarus, Jesus, people in the crowd. Write a journal entry, poem, or story from a person's perspective.

Palm Sunday March 28, 2026

“In the same way the chief priests also, along with the scribes and elders, were mocking him, saying, ‘He saved others; he cannot save himself. He is the King of Israel; let him come down from the cross now, and we will believe in him. He trusts in God; let God deliver him now, if he wants to; for he said, “I am God’s Son.”’”

Matthew 27:41-43

The tone of this sounds a bit too familiar. We began this volume of “Somedays’ Meditations” with a quote: “The tempter came to him and said to Jesus, ‘If you are the Son of God, then command these stones to become loaves of bread.’” Then, in last week’s reading, we had the crowd asking, “Could not he who opened the eyes of the blind man have kept this man from dying?”

Jesus is constantly being doubted and tested and tempted, right up until his very last moments. Wherever he went, he was surrounded by a crowd of people who jeered and nay-sayed him. Sometimes those people have a change of heart and become followers of Jesus. Sometimes they do not.

“I lift my eyes to the hills. From where is my help to come? My help comes from the Lord, maker of Heaven and Earth.”

Jesus is surrounded by a crowd when he is on the cross. But not everyone in the crowd was mocking him. His friends, mother, and some followers were in the crowd as well. He had people who loved him nearby, but they were not able to save him from dying. Jesus felt despair just as any person would and cries out for help from God.

Even though Jesus died, we know the story isn’t over. In three days, he is resurrected, returns to the world to continue teaching, before raising to Heaven.

Not yet. But soon we can say: “Come, let us sing to the Lord; let us shout for joy from the Rock of our salvation!”

Somedays' Meditation
is created by the Rev. Tim Hannon
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for this issue were written by Helene.

If you would like to join us in creating
this collection of meditations (we would love
the help!), please get in touch with us at
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Thank you for reading!