



Day 1

Scriptural Background: Gen 1–3

"By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return." Gen 3:18

These words of God to Adam remind us of our double frailty: as created beings, we are but made of dust; as sinners, we are returning to dust once more. This is cause for great humility. Yet, these words are also spoken in hope (Rom 8:20). Shortly before this curse God promised One who would triumph over the enemy who ushered in this state of affairs (Gen 3:15). We know this to be Jesus. Because He became dust for us – first by becoming Man in the Incarnation (Phil 2:7), second by being dried up like chaff on the cross in our place (John 19:28, Psa 1:4) – we can know that in Him we will be lifted out of the ground once more, just as He was (Matt 28:6).

Prayer:

Father God, we remember this day that we are dust and are returning to dust. Let that make us humble. At the same time, let us be astounded at the fact that You fashioned us from dust Yourself and love us as Your cherished creatures – so much so that You would send Your Son to die in our place. May His sacrificial death be real Bread to us, making us more like Him this Lenten season we pray. Amen.