



LENTEN DEVOTIONALS

Westminster Presbyterian Church



Spring 2021

WEEK ONE

Wednesday, February 17

Ash Wednesday

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 130

*Out of the depths I cry to you, O Lord!
O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!
If you, O Lord, should mark iniquities,
O Lord, who could stand?
But with you there is forgiveness,
that you may be feared.
I wait for the Lord, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.
O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is plentiful redemption.
And he will redeem Israel
from all his iniquities.*

Reflection

Reflect on the Psalm, on Ash Wednesday, and your prayers for Lent. *Throughout this journal, there will be blank spaces like below for you to answer questions, make notes and to write your thoughts and prayers.*



LENT

is a season of the church year where we are reminded about intentional relationships with Jesus Christ as our Savior. Some people will choose to omit a treat or change a habit during Lent. Others may choose to add something healthy to their daily routine or allow for a shift in their schedule for new spiritual disciplines, such as prayer time.

This year during Lent we invite you to join us in praying the Psalms. The Psalms inform our own prayers of lament, praise and preparation. During this Lenten season, use this devotional to read through some of the Psalms with intent. Give yourself time to pray over the words. Use the simple prompts provided each week to reflect on how you may put the Psalm in your own words and in your own context.

One of the practices which may be new to you is allowing God's Word to be part of your breath. This is a practice you'll be invited to do a few times a week throughout the devotional, and while it may seem difficult at first, do not give up. Just as you breathe in and out each day, bringing oxygen into your body, you can also breathe in God's Word. When we breathe in God's Word we also become intentional about slowing down our reading, allowing ourselves to pay attention to the words. Breathe in, "The Lord is my shepherd." Breathe out, "I shall not want." Breathe in, "He makes me lie down." Breathe out, "in green pastures." There is no wrong way to follow this practice, so feel confident in where your breaths begin and end. Enjoy this time with the Psalms and let them become part of your discipleship this Lenten season.

Thursday, February 18

Read the Psalm below, letting God's Word be part of your breath. Pray in response to your reading.

Psalm 143

*Hear my prayer, O Lord;
give ear to my pleas for mercy!
In your faithfulness answer me, in your righteousness!
Enter not into judgment with your servant,
for no one living is righteous before you.
For the enemy has pursued my soul;
he has crushed my life to the ground;
he has made me sit in darkness like those long dead.
Therefore my spirit faints within me;
my heart within me is appalled.
I remember the days of old;
I meditate on all that you have done;
I ponder the work of your hands.
I stretch out my hands to you;
my soul thirsts for you like a parched land.
Answer me quickly, O Lord!
My spirit fails!
Hide not your face from me,
lest I be like those who go down to the pit.
Let me hear in the morning of your steadfast love,
for in you I trust.
Make me know the way I should go,
for to you I lift up my soul.
Deliver me from my enemies, O Lord!
I have fled to you for refuge.
Teach me to do your will,
for you are my God!
Let your good Spirit lead me
on level ground!
For your name's sake, O Lord, preserve my life!
In your righteousness bring my soul out of trouble!
And in your steadfast love you will cut off my enemies,
and you will destroy all the adversaries of my soul,
for I am your servant.*

Friday, February 19

Reflection

Read Psalm 143 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, February 20

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

WEEK TWO

Sunday, February 21

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 51

*Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin!
For I know my transgressions,
and my sin is ever before me.
Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.
Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.
Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
let the bones that you have broken rejoice.
Hide your face from my sins,
and blot out all my iniquities.
Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore to me the joy of your salvation,
and uphold me with a willing spirit.
Then I will teach transgressors your ways,
and sinners will return to you.
Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.*

Monday, February 22

Reflection

Read Psalm 51 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, February 23

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 43

*Vindicate me, O God, and defend my cause
against an ungodly people,
from the deceitful and unjust man
deliver me!
For you are the God in whom I take refuge;
why have you rejected me?
Why do I go about mourning
because of the oppression of the enemy?
Send out your light and your truth;
let them lead me;
let them bring me to your holy hill
and to your dwelling!
Then I will go to the altar of God,
to God my exceeding joy,
and I will praise you with the lyre,
O God, my God.
Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.*

Wednesday, February 24

Reflection

Read Psalm 43 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, February 25

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 32

*Blessed is the one whose transgression is forgiven,
whose sin is covered.
Blessed is the man against whom the Lord counts no
iniquity,
and in whose spirit there is no deceit.
For when I kept silent, my bones wasted away
through my groaning all day long.
For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.
I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the Lord,"
and you forgave the iniquity of my sin.
Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.
You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance.
I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.
Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the
Lord.
Be glad in the Lord, and rejoice, O righteous,
and shout for joy, all you upright in heart!*

Friday, February 26

Reflection

Read Psalm 32 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, February 27

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

WEEK THREE

Sunday, February 28

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 150

*Praise the Lord!
Praise God in his sanctuary;
praise him in his mighty heavens!
Praise him for his mighty deeds;
praise him according to his excellent greatness!
Praise him with trumpet sound;
praise him with lute and harp!
Praise him with tambourine and dance;
praise him with strings and pipe!
Praise him with sounding cymbals;
praise him with loud clashing cymbals!
Let everything that has breath praise the Lord!
Praise the Lord!*

Monday, March 1

Reflection

Read Psalm 150 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, March 2

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 149

*Praise the Lord!
Sing to the Lord a new song,
his praise in the assembly of the godly!
Let Israel be glad in his Maker;
let the children of Zion rejoice in their King!
Let them praise his name with dancing,
making melody to him with tambourine and lyre!
For the Lord takes pleasure in his people;
he adorns the humble with salvation.
Let the godly exult in glory;
let them sing for joy on their beds.
Let the high praises of God be in their throats
and two-edged swords in their hands,
to execute vengeance on the nations
and punishments on the peoples,
to bind their kings with chains
and their nobles with fetters of iron,
to execute on them the judgment written!
This is honor for all his godly ones.
Praise the Lord!*

Wednesday, March 3

Reflection

Read Psalm 149 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, March 4

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 34

*I will bless the Lord at all times;
his praise shall continually be in my mouth.
My soul makes its boast in the Lord;
let the humble hear and be glad.
Oh, magnify the Lord with me,
and let us exalt his name together!
I sought the Lord, and he answered me
and delivered me from all my fears.
Those who look to him are radiant,
and their faces shall never be ashamed.
This poor man cried, and the Lord heard him
and saved him out of all his troubles.
The angel of the Lord encamps
around those who fear him, and delivers them.
Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!
Oh, fear the Lord, you his saints,
for those who fear him have no lack!
The young lions suffer want and hunger;
but those who seek the Lord lack no good thing.
Come, O children, listen to me;
I will teach you the fear of the Lord.
What man is there who desires life
and loves many days, that he may see good?
Keep your tongue from evil
and your lips from speaking deceit.
Turn away from evil and do good;
seek peace and pursue it.
The eyes of the Lord are toward the righteous
and his ears toward their cry.
The face of the Lord is against those who do evil,
to cut off the memory of them from the earth.
When the righteous cry for help, the Lord hears
and delivers them out of all their troubles.
The Lord is near to the brokenhearted
and saves the crushed in spirit.
Many are the afflictions of the righteous,
but the Lord delivers him out of them all.
He keeps all his bones;
not one of them is broken.
Affliction will slay the wicked,
and those who hate the righteous will be condemned.
The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.*

Friday, March 5

Reflection

Read Psalm 34 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, March 6

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

WEEK FOUR

Sunday, March 7

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 137

*By the waters of Babylon,
there we sat down and wept,
when we remembered Zion.
On the willows[a] there
we hung up our lyres.
For there our captors
required of us songs,
and our tormentors, mirth, saying,
“Sing us one of the songs of Zion!”
How shall we sing the Lord's song
in a foreign land?
If I forget you, O Jerusalem,
let my right hand forget its skill!
Let my tongue stick to the roof of my mouth,
if I do not remember you,
if I do not set Jerusalem
above my highest joy!
Remember, O Lord, against the Edomites
the day of Jerusalem,
how they said, “Lay it bare, lay it bare,
down to its foundations!”
O daughter of Babylon, doomed to be destroyed,
blessed shall he be who repays you
with what you have done to us!
Blessed shall he be who takes your little ones
and dashes them against the rock!*

Monday, March 8

Reflection

Read Psalm 137 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, March 9

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 146

*Praise the Lord!
Praise the Lord, O my soul!
I will praise the Lord as long as I live;
I will sing praises to my God while I have my being.
Put not your trust in princes,
in a son of man, in whom there is no salvation.
When his breath departs, he returns to the earth;
on that very day his plans perish.
Blessed is he whose help is the God of Jacob,
whose hope is in the Lord his God,
who made heaven and earth,
the sea, and all that is in them,
who keeps faith forever;
who executes justice for the oppressed,
who gives food to the hungry.
The Lord sets the prisoners free;
the Lord opens the eyes of the blind.
The Lord lifts up those who are bowed down;
the Lord loves the righteous.
The Lord watches over the sojourners;
he upholds the widow and the fatherless,
but the way of the wicked he brings to ruin.
The Lord will reign forever,
your God, O Zion, to all generations.
Praise the Lord!*

Wednesday, March 10

Reflection

Read Psalm 146 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, March 11

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 25

*To you, O Lord, I lift up my soul.
O my God, in you I trust;
let me not be put to shame;
let not my enemies exult over me.
Indeed, none who wait for you shall be put to shame;
they shall be ashamed who are wantonly treacherous.
Make me to know your ways, O Lord;
teach me your paths.
Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.
Remember your mercy, O Lord, and your steadfast love,
for they have been from of old.
Remember not the sins of my youth or my transgressions;
according to your steadfast love remember me,
for the sake of your goodness, O Lord!
Good and upright is the Lord;
therefore he instructs sinners in the way.
He leads the humble in what is right,
and teaches the humble his way.
All the paths of the Lord are steadfast love and faithfulness,
for those who keep his covenant and his testimonies.
For your name's sake, O Lord,
pardon my guilt, for it is great.
Who is the man who fears the Lord?
Him will he instruct in the way that he should choose.
His soul shall abide in well-being,
and his offspring shall inherit the land.
The friendship of the Lord is for those who fear him,
and he makes known to them his covenant.
My eyes are ever toward the Lord,
for he will pluck my feet out of the net.
Turn to me and be gracious to me,
for I am lonely and afflicted.
The troubles of my heart are enlarged;
bring me out of my distresses.
Consider my affliction and my trouble,
and forgive all my sins.
Consider how many are my foes,
and with what violent hatred they hate me.
Oh, guard my soul, and deliver me!
Let me not be put to shame, for I take refuge in you.
May integrity and uprightness preserve me,
for I wait for you.
Redeem Israel, O God,
out of all his troubles.*

Friday, March 12

Reflection

Read Psalm 25 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, March 13

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

WEEK FIVE

Sunday, March 14

Read the Psalm below, letting God’s Word to be part of your breath. Pray in response to your reading.

Psalm 136

*Give thanks to the Lord, for he is good,
for his steadfast love endures forever.
Give thanks to the God of gods,
for his steadfast love endures forever.
Give thanks to the Lord of lords,
for his steadfast love endures forever;
to him who alone does great wonders,
for his steadfast love endures forever;
to him who by understanding made the heavens,
for his steadfast love endures forever;
to him who spread out the earth above the waters,
for his steadfast love endures forever;
to him who made the great lights,
for his steadfast love endures forever;
the sun to rule over the day,
for his steadfast love endures forever;
the moon and stars to rule over the night,
for his steadfast love endures forever;
to him who struck down the firstborn of Egypt,
for his steadfast love endures forever;
and brought Israel out from among them,
for his steadfast love endures forever;
with a strong hand and an outstretched arm,
for his steadfast love endures forever;
to him who divided the Red Sea in two,
for his steadfast love endures forever;
and made Israel pass through the midst of it,
for his steadfast love endures forever;
but overthrew[a] Pharaoh and his host in the Red Sea,
for his steadfast love endures forever;
to him who led his people through the wilderness,
for his steadfast love endures forever;
to him who struck down great kings,
for his steadfast love endures forever;
and killed mighty kings,
for his steadfast love endures forever;
Sihon, king of the Amorites,
for his steadfast love endures forever;
and Og, king of Bashan,
for his steadfast love endures forever;
and gave their land as a heritage,
for his steadfast love endures forever;
a heritage to Israel his servant,
for his steadfast love endures forever.
It is he who remembered us in our low estate,
for his steadfast love endures forever;
and rescued us from our foes,
for his steadfast love endures forever;
he who gives food to all flesh,
for his steadfast love endures forever.
Give thanks to the God of heaven,
for his steadfast love endures forever.*

Monday, March 15

Reflection

Read Psalm 136 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, March 16

Read the Psalm below, letting God’s Word to be part of your breath. Pray in response to your reading.

Psalm 91

*He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
I will say to the Lord, “My refuge and my fortress,
my God, in whom I trust.”
For he will deliver you from the snare of the fowler
and from the deadly pestilence.
He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
nor the arrow that flies by day,
nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the recompense of the wicked.
Because you have made the Lord your dwelling place—
the Most High, who is my refuge—
no evil shall be allowed to befall you,
no plague come near your tent.
For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
lest you strike your foot against a stone.
You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.
“Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.
With long life I will satisfy him
and show him my salvation.”*

Wednesday, March 17

Reflection

Read Psalm 91 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, March 18

Read the Psalm below, letting God’s Word to be part of your breath. Pray in response to your reading.

Psalm 147

*Praise the Lord!
For it is good to sing praises to our God;
for it is pleasant, and a song of praise is fitting.
The Lord builds up Jerusalem;
he gathers the outcasts of Israel.
He heals the brokenhearted
and binds up their wounds.
He determines the number of the stars;
he gives to all of them their names.
Great is our Lord, and abundant in power;
his understanding is beyond measure.
The Lord lifts up the humble;
he casts the wicked to the ground.
Sing to the Lord with thanksgiving;
make melody to our God on the lyre!
He covers the heavens with clouds;
he prepares rain for the earth;
he makes grass grow on the hills.
He gives to the beasts their food,
and to the young ravens that cry.
His delight is not in the strength of the horse,
nor his pleasure in the legs of a man,
but the Lord takes pleasure in those who fear him,
in those who hope in his steadfast love.
Praise the Lord, O Jerusalem!
Praise your God, O Zion!
For he strengthens the bars of your gates;
he blesses your children within you.
He makes peace in your borders;
he fills you with the finest of the wheat.
He sends out his command to the earth;
his word runs swiftly.
He gives snow like wool;
he scatters frost like ashes.
He hurls down his crystals of ice like crumbs;*

*who can stand before his cold?
He sends out his word, and melts them;
he makes his wind blow and the waters flow.
He declares his word to Jacob,
his statutes and rules to Israel.
He has not dealt thus with any other nation;
they do not know his rules.
Praise the Lord!*

Friday, March 19

Reflection

Read Psalm 147 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, March 20

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

WEEK SIX

Sunday, March 21

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 84

*How lovely is your dwelling place,
O Lord of hosts!
My soul longs, yes, faints
for the courts of the Lord;
my heart and flesh sing for joy
to the living God.
Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at your altars, O Lord of hosts,
my King and my God.
Blessed are those who dwell in your house,
ever singing your praise!
Blessed are those whose strength is in you,
in whose heart are the highways to Zion.
As they go through the Valley of Baca
they make it a place of springs;
the early rain also covers it with pools.
They go from strength to strength;
each one appears before God in Zion.
O Lord God of hosts, hear my prayer;
give ear, O God of Jacob!
Behold our shield, O God;
look on the face of your anointed!
For a day in your courts is better
than a thousand elsewhere.
I would rather be a doorkeeper in the house of my God
than dwell in the tents of wickedness.
For the Lord God is a sun and shield;
the Lord bestows favor and honor.
No good thing does he withhold
from those who walk uprightly.
O Lord of hosts,
blessed is the one who trusts in you!*

Monday, March 23

Reflection

Read Psalm 84 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, March 23

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 27

*The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?
When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.
Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.
One thing have I asked of the Lord,
that will I seek after:
that I may dwell in the house of the Lord
all the days of my life,
to gaze upon the beauty of the Lord
and to inquire[c] in his temple.
For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.
And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the Lord.
Hear, O Lord, when I cry aloud;
be gracious to me and answer me!
You have said, "Seek my face."
My heart says to you,
"Your face, Lord, do I seek."
Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.
Cast me not off; forsake me not,
O God of my salvation!
For my father and my mother have forsaken me,
but the Lord will take me in.
Teach me your way, O Lord,
and lead me on a level path
because of my enemies.
Give me not up to the will of my adversaries;
for false witnesses have risen against me,
and they breathe out violence.
I believe that I shall look upon the goodness of the Lord
in the land of the living!
Wait for the Lord;
be strong, and let your heart take courage;
wait for the Lord!*

Wednesday, March 24

Reflection

Read Psalm 27 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, March 25

Read the Psalm below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 126

*When the Lord restored the fortunes of Zion,
we were like those who dream.
Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then they said among the nations,
"The Lord has done great things for them."
The Lord has done great things for us;
we are glad.
Restore our fortunes, O Lord,
like streams in the Negeb!
Those who sow in tears
shall reap with shouts of joy!
He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.*

Friday, March 26

Reflection

Read Psalm 126 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Saturday, March 27

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

HOLY WEEK

Sunday, March 28

Palm Sunday

Read Psalm 22:1-11 below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 22

*My God, my God, why have you forsaken me?
Why are you so far from saving me, from the words of
my groaning?
O my God, I cry by day, but you do not answer,
and by night, but I find no rest.
Yet you are holy,
enthroned on the praises of Israel.
In you our fathers trusted;
they trusted, and you delivered them.
To you they cried and were rescued;
in you they trusted and were not put to shame.
But I am a worm and not a man,
scorned by mankind and despised by the people.
All who see me mock me;
they make mouths at me; they wag their heads;
"He trusts in the Lord; let him deliver him;
let him rescue him, for he delights in him!"
Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.
On you was I cast from my birth,
and from my mother's womb you have been my God.
Be not far from me,
for trouble is near,
and there is none to help.*

Monday, March 29

Reflection

Read Psalm 22:1-11 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Tuesday, March 30

Read Psalm 22:12-21 below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 22

*Many bulls encompass me;
strong bulls of Bashan surround me;
they open wide their mouths at me,
like a ravening and roaring lion.
I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.
For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet—
I can count all my bones—
they stare and gloat over me;
they divide my garments among them,
and for my clothing they cast lots.
But you, O Lord, do not be far off!
O you my help, come quickly to my aid!
Deliver my soul from the sword,
my precious life from the power of the dog!
Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!*

Wednesday, March 31

Reflection

Read Psalm 22:12-21 again, either from this devotional or perhaps your personal Bible. Respond to the following question, allowing your notes to become part of your prayer time today.

How would you pray this Psalm in your own words?

Thursday, April 1

Maundy Thursday

Read Psalm 22:22-26 below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 22

*I will tell of your name to my brothers;
in the midst of the congregation I will praise you:
You who fear the Lord, praise him!
All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!
For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.
From you comes my praise in the great congregation;
my vows I will perform before those who fear him.
The afflicted shall eat and be satisfied;
those who seek him shall praise the Lord!
May your hearts live forever!*

Friday, April 2

Good Friday

Read Psalm 22:27-31 below, letting God's Word to be part of your breath. Pray in response to your reading.

Psalm 22

*All the ends of the earth shall remember
and turn to the Lord,
and all the families of the nations
shall worship before you.
For kingship belongs to the Lord,
and he rules over the nations.
All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.
Posterity shall serve him;
it shall be told of the Lord to the coming generation;
they shall come and proclaim his righteousness to a people
yet unborn,
that he has done it.*

Saturday, April 3

Reflection

Look through your notes from this week. Respond in reflection below using the questions as prompts.

How have you been challenged in your readings this week?

As a disciple of Jesus Christ, what have you learned from the Psalms?

Sunday, April 4

Easter Sunday

In the last week, we prayed through Psalm 22, one of the darkest Psalms of all. Did you know it is the Psalm Jesus prayed while he was on the cross? (Matthew 27:46) Thankfully, the darkness did not last, but it gave way to the dawn of resurrection. On this Easter Sunday, we give thanks for the resurrection of the Lord and the victory we have over death by praying together Psalm 118:24. "This is the Day the Lord has made, let us rejoice and be glad in it."