

THE VOICE OF PSALMS FOR LENT

Day Five: Don't Forget the Downtrodden Reading—Psalm 10:12-17

Let every king *on earth* bow down before him
And every nation be in his service
For he will rescue the needy when they ask for help!
He will save the burdened and come to the aid of those who have no other help.
He offers compassion to the weak and the poor;
he will *help and* protect the lives of the needy! Psalm 72:11-13

Day Six: A Safe Place Reading—Psalm 18:1-19

But God will reach into the grave and save my life from its power.
He will fetch me *and take me into His eternal house.* Psalm 49:15

Day Seven: A Great Light Reading—Psalm 80:1-7

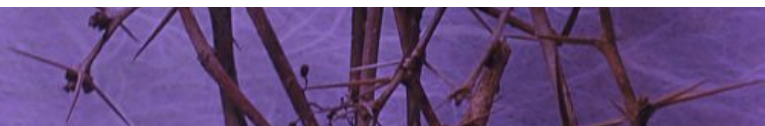
Then, *such healing, such repair:* the eyes of the blind will be opened,
The ears of the deaf will be clear *to hear the ring of music.*

Day Eight: Inhabitants of His Pasture Reading—Psalm 95:1-7

He will feed his fold like a shepherd;
God will assure that we are safe and content.
He will gather together His lambs, *the weak and the wobble ones* into His arms,
Carrying them close to His bosom.
And God tenderly leads those *burdened by caretaking*
Like a shepherd leads the mothers of her lambs. Isaiah 40:11

Day Nine: How Long Must I Agonize? Reading—Psalm 13:1-6

Eternal One: A voice rises from Ramah—
Weeping and mourning are heard *out loud all day and night.*
It is Rachel weeping for her children,
Who have been killed; *she weeps,*
And she will not be comforted. Jeremiah 31:15



Day Fifteen: A Dry Land Reading—Psalm 143:1-12

Jesus: I am the bread that give life. If you come to My table and eat, you will never go hungry. Believe in Me, and you will never go thirsty. Here I am standing in front of you, and still you don't believe. All that My Father gives to Me come to Me. I will receive everyone; I will not send away anyone who comes to Me. John 6:35-37

Day Sixteen: His Grace Lasts a Lifetime Reading—Psalm 30:1-12

Jesus: So, if you want to know the will of the Father, know this: everyone who sees the Son and believes in Him will live eternally; and on the last day, I am the One who will resurrect him. John 6:40

Day Seventeen: The Great Shepherd Reading—Psalm 23:1-6

Jesus: I am the good shepherd; I know My sheep, and My sheep know Me. As the Father knows Me. John 10:14-15

Day Eighteen: Guide Me Journey along Your Path Reading—Psalm 17:1-5

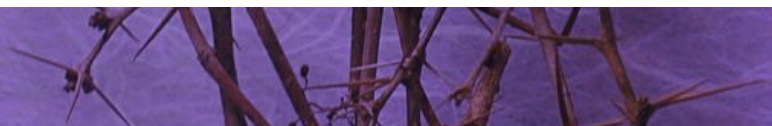
Jesus: I am the path, the truth, the *energy of* life. No one comes to the Father except through Me. John 14:6

Day Nineteen: My Constant Helper Reading—Psalm 17:1-5

Jesus: But the truth is that My departure will be a gift that will serve you well, because if I don't leave, the great Helper will not come to your aid. When I leave, I will send Him to you John 16:7

Day Twenty: Come to Rescue You Reading—Psalm 20:1-9

Cry out with joy, O daughter of Zion!
Shout *jubilantly*, O daughter of Jerusalem!
Look—your king is coming;
He is righteous and able to save.
He comes seated humbly on a donkey,
on a colt, a foal of a donkey. Zachariah 9:9



Day Twenty-One: Israel Didn't Obey Reading—Psalm 81:1-13

Jesus: Didn't the prophets write, "My house will be called a house of prayer, for all the people." But you have made it into a "haven for thieves"? Mark 11:17

Day Twenty-Two: He Never Rests or Sleeps Reading—Psalm 121:1-8

The Eternal One will liberate His servants;
Those] who seek refuge in Him will never be condemned. Psalm 34:22

Day Twenty-Three: My Companion Reading—Psalm 55:1-14

And Judas, the one who intended to betray Him, had said to the elders and the chief priests that he would give them a sign.

Judas: *I'll greet Him with a kiss.* And you will know that the One I kiss is the One you should arrest. Matthew 26:48

Day Twenty-Four: I Am All Alone Reading—Psalm 88:8-18

Jesus: This scene has come together just so, so that the prophecies in the sacred Scripture could be fulfilled.

And at that, all the disciples ran away and abandoned Him. Matthew 26:56

Day Twenty-Five: God Knows How People Think Reading—Psalm 94:1-11

Everyone who sees me laughs at me;
They whisper *to one another* I'm a loser; they sneer and mock me, saying,
"He relies on the Eternal One; let the Eternal rescue
And keep him safe because He is happy with him." Psalm 22:7-8

Day Twenty-Six: Stranger Rally Against Me Reading—Psalm 54:1-7

False witnesses step forward;
They ask me *strange* questions for which I have no answers. Psalm 35:11



Day Twenty-Seven: Too Many Adversaries to Count Reading—Psalm 3:1-8

I'm surrounded by many tormentors;
like strong bulls of Bashan, they circle around me *with their taunts*.
They open their mouths wide at me
like ravenous, roaring lions. Psalm 22:12-13

Day Twenty-Eight: I Will Judge Fairly Reading—Psalm 75:1-10

Pilate: You presented this man to me as a rabble-rouser, but I examined Him in your presence and found Him not guilty of the charges you have leveled against Him. Luke 23:14

Day Twenty-Nine: Let Their Devices Bring Ruin Reading—Psalm 5:1-12

Judas—the one who had betrayed Him *with a kiss for 30 pieces of silver*—saw that Jesus had been condemned, and suddenly Judas regretted what he had done. He took the silver back to the chief priests and elders *and tried to return it to them*. Matthew 27:3

Day Thirty: Why Have You Turned Your Back? Reading—Psalm 74:1-3, 12-23

My God, my God, why have You turned Your back on me?
Your ears are deaf to my groans. Psalm 22:1

Day Thirty-One: Shield Me from Violent Men Reading—Psalm 140:1-8

My life is poured out like water,
and all my bones have slipped out of joint.
My heart melts like wax inside me.
My strength is gone, dried up like shards of pottery;
my *dry* tongue sticks to the roof of my mouth;
You lay me in the dust of death. Psalm 22:14-15

Day Thirty-Two: Has He Withdrawn His Compassion? Reading—Psalm 77:1-9

And Me? I cry out to Him,
“Heal my soul, O Eternal One, and show mercy
Because I have sinned against You!” Psalm 41:4



Day Thirty-Three: The Foolish Believes There Is No God Reading—Psalm 14:1-4

The Roman Centurion, *the soldier in charge of the executions*, stood in front of Jesus, [heard His words,] and saw the manner of His death.

Centurion: Surely this man was the Son of God! Mark 15:39

Day Thirty-Four: I Can't Worship if I'm Dead Reading—Psalm 6:1-10

And when He was dead, He was buried with disgrace

In borrowed space (among the rich)

Even though He did no wrong deed

And no evil came from His mouth. Isaiah 53:9

Day Thirty-Five: We Thought of Zion Reading—Psalm 137:1-6

When You ascended the sacred mountain,

with Your prisoners in tow, Your captives *in chains*,

You *sat in triumph* receiving gifts from men,

Even from those who rebel *against You*, so that *You*, the Eternal God,

might take up residence there. Psalm 68:18

Day Thirty-Six: Blood on My Hands Reading—Psalm 137:1-6

And in the face of it all, silence. Not a word of protest,

Not a finger raised to stop it.

Like a sheep to be slaughtered,

like a lamb to be shorn of its wool,

He was led—oh so quietly, oh so willingly. Isaiah 53:7

Day Thirty-Seven: God Is on My Side Reading—Psalm 56:1-13

As a result of the trials and troubles that wracked His whole person,

God's Servant will see *light*

And be content. Because He knows, really understands, *what it's about*—

as God says, "My just Servant will justify countless others

by taking on their punishment and bearing it away." Isaiah 53:11



Day Thirty-Eight: You Have Unburied My Soul Reading—Psalm 86:1-13

You will not abandon me to experience death and the grave
or leave me to rot alone. Psalm 16:10

Day Thirty-Nine: For All Will Die Reading—Psalm 49:12-20

When they arrived, they found the stone was rolled away from the tomb entrance, and when they looked inside, the body of the Lord Jesus was nowhere to be seen. Luke 24:2-3

Day Thirty-Fourty: God Be Lifted Above the Heavens Reading—Psalm 57:1-11

As He finished this commission, He began to rise from the ground before their eyes until the clouds obscured Him from their vision. Acts 1:9

