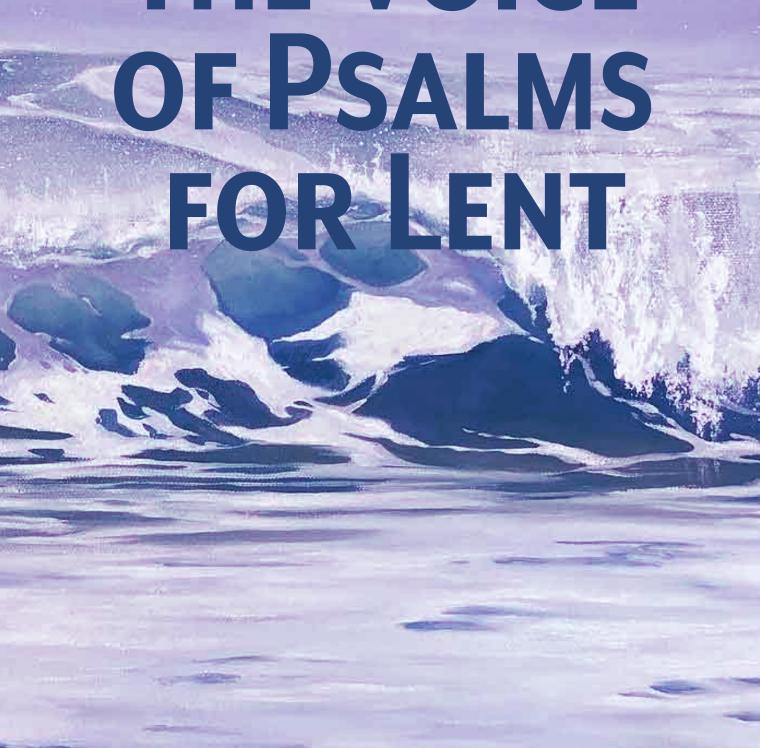


THE VOICE OF PSALMS EOR LENT



A FORTY-DAY READING PLAN FOR THE SEASON OF LENT

For a biblical meditation each day of Lent, read the quote below and then the selection from Psalms

Day One: He Covered All Their Sins Reading–Psalm 85 1–13

And on this child from David's line, the spirit of the Eternal One will alight and rest.

On this one, fresh and green,

The spirit of wisdom and discernment will shine like the dew.

He will judge fairly and act courageously.

Grounded in deep knowledge and reverence of the Eternal One,

He will determine fairness and equity.

He will consider more than what meets the eye,

and weigh in more than what he's told. Isiah 11:2-3

Day Two: Foundation of Life—Trust Him Reading – Psalm 28:1-9

The stone that the builders rejected

Has become the very stone that holds together the entire foundation. Psalm 118:22

Day Three: He Brought Back the Exiles to Zion Reading – Psalm 126:1-6

So be ready and watch carefully. The time is approaching, coming ever so close when no one will say any longer, "As the Eternal One lives, who freed the Israelites out of slavery in Egypt." Instead, they will say, "As the Eternal One lives, who ended our exile and gathered the descendants of Israel out of the north and out of all other countries where He had scattered them." Then the Israelites will live in their own land. Jeremiah 23:7-8

Day Four: He Cherishes All That Is Upright Reading—Psalm 11:1-7

Eternal One: I will personally go out searching for My sheep. I will find them wherever they are, and I will look after them. In the same way that a shepherd seeks after, cares for, and watches over his scattered flock, so will I be the guardian of My congregation. I will be their Rescuer! No matter where they have scattered, I will journey to find them. I will bring them back from the places where they were scattered on that dark and cloudy day. I will reach into hard-to-reach places; I will search out every secret pocket of the earth in order to save them from the darkness. Ezekiel 34:11-12

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 Ten:

Attacked Since I Was Young

Reading—Psalm 129:1-8

Out of what seemed like nothing, sterile and empty conditions,

He came. Like a tender shoot from rock-hard ground.

He didn't look like anything or anyone of consequence—

He had no physical beauty to attract attention.

So, He was dismissed at best and sometimes abused.

We didn't think much of Him,

This man of constant suffering, grief's patient friend. Isaiah 53:2-3

Day Eleven:

A Shelter for Those in Misery

Reading—Psalm 9:9-20

But He hurt because of us; because of us, He suffered so.

Our wrongdoing wounded and crushed Him.

He endured the breaking that made us whole.

His injuries became our healing.

We had wandered off, like shepherdless sheep

Scattered by our aimless striving and endless pursuits. Isaiah 53:5-6

Day Twelve:

He Set Me on a Rock

Reading—Psalm 27:1-15

Though I treat them well, they answer me with evil;

Though I give them love, they reply with a gesture of hatred.

Here's what they say: Find some evil scoundrel to go after him.

Let's get some accuser to level charges against him. Psalm 109:5-6

Day Thirteen:

Entrusting My Spirit into Your Hands Reading—Psalm 31:1-5

I will watch over My sheep and feed My flock. Whenever they are tired, they can lie down in the cool, mountain grass and rest for as long as they like. When they are lost, I will look for them and bring back every last stray. I will bind up the injured and strengthen the weak. Ezekiel 34:15-16

Day Fourteen:

His work is Perfect and True

Reading—Psalm 33:1-12

Jesus: I tell you the truth: Moses did not give you bread from heaven; it is My Father who offers you true bread from heaven. The bread of God comes down out of heaven and breathes life into the cosmos. John 6:32-33

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 recue

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 Withdrwan 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