

Praising in the Storm

Journey through Lent with the Psalms



2021 LENTEN DEVOTIONAL FROM BEYOND THE PEW

INTRODUCTION

Praising in the Storm creates a space for prayer and reflection on the daily Psalm readings throughout Lent. Perfect for any season of parenthood, the Book of Psalms covers every human emotion. No matter where we are in our journey, we can find ourselves in the text.

Why the Psalms? Too often in our lives, we are just trying to weather the storm. Wherever you find yourself in this Season of Lent, our hope is that this prayer resource not only helps you grow closer to the Lord, but also reminds you that in the chaos, uncertainty, and strife, we can always look to the Lord and praise His name ...even in the storms.

INTENTIONAL PRAYER

Each day you are invited to take time in prayer, to give Jesus your heart. By devoting that time to be with Him, He will be present to you and will be ready to pour into you. All He asks is that we just give Him our best “yes”.

Praising in the Storm covers the Psalm readings from Ash Wednesday through the end of Holy Week, and provides daily reflection questions with space for journaling. Each day, the devotional will walk you through the following steps of Lectio Divina:

PREPARE: Prepare your heart. Ask the Holy Spirit to come. In prayer, give Him permission to move in your heart.

READ: Read through the Psalm for the first time to understand the message/theme.

ANNOTATE: Read through the Psalm again to see what stands out to you. Underline parts of the text and write notes in the space beside the reading.

INVEST: Jesus invites you to share with Him and ask Him questions.

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. Close out this time together.

Daily Reflection Songs: To accompany your prayer, a reflection song is included for each day. You can find all of the songs in our Spotify Playlist (link provided in the email). Download and listen on the go, so even as life gets busy we can always “praise in the storm”.

FEBRUARY 17 /// ASH WEDNESDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What am I bringing to prayer today? How am I entering Lent?

READ: Read through the Psalm to understand the message or theme.

R. Be merciful, O Lord, for we have sinned.

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt and of my sin cleanse me. R.*

*For I acknowledge my offense, and my sin is before me always:
“Against you only have I sinned, and done what is evil in your sight.” R.*

*A clean heart create for me, O God, and a steadfast spirit renew within me.
Cast me not out from your presence, and your Holy Spirit take not from me. R.*

*Give me back the joy of your salvation, and a willing spirit sustain in me.
O Lord, open my lips, and my mouth shall proclaim your praise. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What is the main message you are left with from today’s prayer?

Today’s Reflection Song: *To the Cross I Cling* by Matt Boswell

FEBRUARY 18 /// THURSDAY AFTER ASH WEDNESDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Blessed are they who hope in the Lord.

*Blessed the man who follows not the counsel of the wicked
Nor walks in the way of sinners, nor sits in the company of the insolent,
But delights in the law of the LORD and meditates on his law day and night. R.*

*He is like a tree planted near running water,
That yields its fruit in due season, and whose leaves never fade.
Whatever he does, prospers. R.*

*Not so the wicked, not so; they are like chaff which the wind drives away.
For the LORD watches over the way of the just, but the way of the wicked vanishes. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *Graves into Gardens* by Elevation Worship, Brandon Lake

FEBRUARY 19 /// FRIDAY AFTER ASH WEDNESDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. A heart contrite and humbled, O God, you will not spurn.

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt and of my sin cleanse me. R.*

*For I acknowledge my offense, and my sin is before me always:
“Against you only have I sinned, and done what is evil in your sight.” R.*

*For you are not pleased with sacrifices;
should I offer a burnt offering, you would not accept it.
My sacrifice, O God, is a contrite spirit;
a heart contrite and humbled, O God, you will not spurn. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I share the graces from this prayer time with my family?

Today’s Reflection Song: *Jesus Paid it All* by Hallal Music

FEBRUARY 20 /// SATURDAY AFTER ASH WEDNESDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How can I be present in prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Teach me your way, O Lord, that I may walk in your truth.

*Incline your ear, O LORD; answer me, for I am afflicted and poor.
Keep my life, for I am devoted to you; save your servant who trusts in you.
You are my God. R.*

*Have mercy on me, O Lord, for to you I call all the day.
Gladden the soul of your servant, for to you, O Lord, I lift up my soul. R.*

*For you, O Lord, are good and forgiving, abounding in kindness to all who call upon you.
Hearken, O LORD, to my prayer and attend to the sound of my pleading. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I apply today's message to the different areas of my life?

Today's Reflection Song: *We Are the Beggars* by Ike Ndolo

FEBRUARY 21 /// FIRST SUNDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What am I bringing to prayer today? How am I entering this new week of Lent?

READ: Read through the Psalm to understand the message or theme.

R. Your ways, O Lord, are love and truth to those who keep your covenant.

*Your ways, O LORD, make known to me; teach me your paths,
Guide me in your truth and teach me, for you are God my savior. R.*

*Remember that your compassion, O LORD, and your love are from of old.
In your kindness remember me, because of your goodness, O LORD. R.*

*Good and upright is the LORD, thus he shows sinners the way.
He guides the humble to justice, and he teaches the humble his way. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is my challenge for today as I leave this time of prayer? What am I carrying with me
from today's prayer into this new week of Lent?

Today's Reflection Song: *Scandal of Grace* by Hillsong United

FEBRUARY 22 /// FIRST MONDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; I shall not want.

*In verdant pastures he gives me repose;
Beside restful waters he leads me; he refreshes my soul. R.*

*Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff that give me courage. R.*

*You spread the table before me
in the sight of my foes;
You anoint my head with oil; my cup overflows. R.*

*Only goodness and kindness follow me
all the days of my life;
And I shall dwell in the house of the Lord for years to come. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What is the main message you are left with from today's prayer?

Today's Reflection Song: *I Shall Not Want* by Audrey Assad

FEBRUARY 23 /// FIRST TUESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What are my intentions as I come to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. From all their distress God rescues the just.

*Glorify the LORD with me, let us together extol his name.
I sought the LORD, and he answered me and delivered me from all my fears. R.*

*Look to him that you may be radiant with joy, and your faces may not blush with shame.
When the poor one called out, the LORD heard, and from all his distress he saved him. R.*

*The LORD has eyes for the just, and ears for their cry.
The LORD confronts the evildoers, to destroy remembrance of them from the earth. R.*

*When the just cry out, the LORD hears them, and from all their distress he rescues them.
The LORD is close to the brokenhearted; and those who are crushed in spirit he saves. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I share the graces from this time of prayer with my family and friends?

Today's Reflection Song: *Love Came Down* by Bethel Music, Brian Johnson

FEBRUARY 24 /// SECOND WEDNESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. A heart contrite and humbled, O God, you will not spurn.

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me. R.*

*A clean heart create for me, O God,
and a steadfast spirit renew within me.
Cast me not out from your presence,
and your Holy Spirit take not from me. R.*

*For you are not pleased with sacrifices;
should I offer a burnt offering, you would not accept it.
My sacrifice, O God, is a contrite spirit;
a heart contrite and humbled, O God, you will not spurn. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *At the Cross (Love Ran Red)* by The Worship Initiative

FEBRUARY 25 /// SECOND THURSDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How can I be present in prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Lord, on the day I called for help, you answered me.

*I will give thanks to you, O LORD, with all my heart,
for you have heard the words of my mouth;
in the presence of the angels I will sing your praise;
I will worship at your holy temple
and give thanks to your name. R.*

*Because of your kindness and your truth;
for you have made great above all things
your name and your promise.
When I called, you answered me;
you built up strength within me. R.*

*Your right hand saves me.
The LORD will complete what he has done for me;
your kindness, O LORD, endures forever;
forsake not the work of your hands. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What is my challenge for today as I leave this time of prayer?

Today's Reflection Song: *Came To My Rescue* by Hillsong United

FEBRUARY 26 /// SECOND FRIDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this past week? How am I entering prayer today?

READ: Read through the Psalm to understand the message or theme.

R. If you, O Lord, mark iniquities, who can stand?

*Out of the depths I cry to you, O LORD; LORD, hear my voice!
Let your ears be attentive to my voice in supplication. R.*

*If you, O LORD, mark iniquities, LORD, who can stand?
But with you is forgiveness, that you may be revered. R.*

*I trust in the LORD; my soul trusts in his word.
My soul waits for the LORD more than sentinels wait for the dawn.
Let Israel wait for the LORD. R.*

*For with the LORD is kindness and with him is plenteous redemption;
And he will redeem Israel from all their iniquities. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How might the Lord use today's time of prayer to continue His work in your heart?

Today's Reflection Song: *Build My Life* by Housefires

FEBRUARY 27 /// SECOND SATURDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What area(s) of my life do I want to work on as I continue into this Lenten journey?

READ: Read through the Psalm to understand the message or theme.

R. Blessed are they who follow the law of the Lord!

*Blessed are they whose way is blameless,
who walk in the law of the LORD.
Blessed are they who observe his decrees,
who seek him with all their heart. R.*

*You have commanded that your precepts
be diligently kept.
Oh, that I might be firm in the ways
of keeping your statutes! R.*

*I will give you thanks with an upright heart,
when I have learned your just ordinances.
I will keep your statutes;
do not utterly forsake me. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I apply today's message to the different areas of my life?

Today's Reflection Song: *Give Me Faith* by Elevation Worship

FEBRUARY 28 /// SECOND SUNDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How am I entering this new week of Lent?

READ: Read through the Psalm to understand the message or theme.

R. I will walk before the Lord, in the land of the living.

*I believed, even when I said,
“I am greatly afflicted.”
Precious in the eyes of the LORD
is the death of his faithful ones. R.*

*O LORD, I am your servant;
I am your servant, the son of your handmaid;
you have loosed my bonds.
To you will I offer sacrifice of thanksgiving,
and I will call upon the name of the LORD. R.*

*My vows to the LORD I will pay
in the presence of all his people,
In the courts of the house of the LORD,
in your midst, O Jerusalem. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What am I carrying with me from today’s prayer into this new week of Lent?

Today’s Reflection Song: *Abide With Me* by Audrey Assad

MARCH 1 /// SECOND MONDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Lord, do not deal with us according to our sins.

*Remember not against us the iniquities of the past;
may your compassion quickly come to us,
for we are brought very low. R.*

*Help us, O God our savior,
because of the glory of your name;
Deliver us and pardon our sins
for your name's sake. R.*

*Let the prisoners' sighing come before you;
with your great power free those doomed to death.
Then we, your people and the sheep of your pasture,
will give thanks to you forever;
through all generations we will declare your praise. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's takeaway message impact your daily life?

Today's Reflection Song: *Brokenness Aside* by All Sons & Daughters

MARCH 2 /// SECOND TUESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”

What are my intentions as I come to prayer today? What do I want to offer up in this time of prayer?

READ: Read through the Psalm to understand the message or theme.

R. To the upright I will show the saving power of God.

*“Not for your sacrifices do I rebuke you,
for your burnt offerings are before me always.
I take from your house no bullock,
no goats out of your fold.” R.*

*“Why do you recite my statutes,
and profess my covenant with your mouth,
Though you hate discipline
and cast my words behind you?” R.*

*“When you do these things, shall I be deaf to it?
Or do you think that I am like yourself?
I will correct you by drawing them up before your eyes.
He that offers praise as a sacrifice glorifies me;
and to him that goes the right way I will show the salvation of God.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What is my challenge for today as I leave this time of prayer?

Today’s Reflection Song: *In Christ Alone* by Passion, Kristian Stanfill

MARCH 3 /// THIRD WEDNESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Save me, O Lord, in your kindness.

*You will free me from the snare they set for me,
for you are my refuge.
Into your hands I commend my spirit;
you will redeem me, O LORD, O faithful God. R.*

*I hear the whispers of the crowd, that frighten me from every side,
as they consult together against me, plotting to take my life. R.*

*But my trust is in you, O LORD;
I say, “You are my God.”
In your hands is my destiny; rescue me
from the clutches of my enemies and my persecutors. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I share the graces from this prayer time with my family and friends?

Today’s Reflection Song: *Goodness of God* by Bethel Music, Jenn Johnson

MARCH 4 /// THIRD THURSDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How can I be present in prayer today? What holds me back in times of prayer?

READ: Read through the Psalm to understand the message or theme.

R. Blessed are they who hope in the Lord.

*Blessed the man who follows not the counsel of the wicked
Nor walks in the way of sinners, nor sits in the company of the insolent,
But delights in the law of the LORD and meditates on his law day and night. R.*

*He is like a tree planted near running water,
That yields its fruit in due season, and whose leaves never fade.
Whatever he does, prospers. R.*

*Not so, the wicked, not so; they are like chaff which the wind drives away.
For the LORD watches over the way of the just, but the way of the wicked vanishes. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is the main message you are left with from today's prayer?

Today's Reflection Song: *All My Hope* by Crowder, Tauren Wells

MARCH 5 /// THIRD FRIDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this week? How am I entering prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Remember the marvels the Lord has done.

*When the LORD called down a famine on the land
and ruined the crop that sustained them,
He sent a man before them,
Joseph, sold as a slave. R.*

*They had weighed him down with fetters,
and he was bound with chains,
Till his prediction came to pass
and the word of the LORD proved him true. R.*

*The king sent and released him,
the ruler of the peoples set him free.
He made him lord of his house
and ruler of all his possessions. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How might the Lord use today's time of prayer to continue His work in your heart?

Today's Reflection Song: *Desert Song* by Hillsong Worship

MARCH 6 /// THIRD SATURDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What area(s) of my life do I want to work on as I continue into this Lenten journey?

READ: Read through the Psalm to understand the message or theme.

R. The Lord is kind and merciful.

*Bless the LORD, O my soul; and all my being, bless his holy name.
Bless the LORD, O my soul, and forget not all his benefits. R.*

*He pardons all your iniquities, he heals all your ills.
He redeems your life from destruction, he crowns you with kindness and compassion. R.*

*He will not always chide, nor does he keep his wrath forever.
Not according to our sins does he deal with us, nor does he requite us according to our crimes. R.*

*For as the heavens are high above the earth,
so surpassing is his kindness toward those who fear him.
As far as the east is from the west, so far has he put our transgressions from us. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I apply today's message to the different areas of my life?

Today's Reflection Song: *Way Maker* by Leeland

MARCH 7 /// THIRD SUNDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How am I entering this new week of Lent?

READ: Read through the Psalm to understand the message or theme.

R. If today you hear his voice, harden not your hearts.

*Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him. R.*

*Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides. R.*

*Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What am I carrying with me from today's prayer into this new week of Lent?

Today's Reflection Song: *Oh My Soul* by Travis Cottrell

MARCH 8 /// THIRD MONDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What are my intentions? What do I want to offer up in this time of prayer?

READ: Read through the Psalm to understand the message or theme.

**R. Athirst is my soul for the living God.
When shall I go and behold the face of God?**

As the hind longs for the running waters, so my soul longs for you, O God. R.

Athirst is my soul for God, the living God. When shall I go and behold the face of God? R.

*Send forth your light and your fidelity; they shall lead me on
And bring me to your holy mountain, to your dwelling-place. R.*

*Then will I go in to the altar of God, the God of my gladness and joy;
Then will I give you thanks upon the harp, O God, my God! R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *Fall Afresh* by Jeremy Riddle

MARCH 9 /// THIRD TUESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What am I bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Remember your mercies, O Lord.

*Your ways, O LORD, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior. R.*

*Remember that your compassion, O LORD,
and your kindness are from of old.
In your kindness remember me,
because of your goodness, O LORD. R.*

*Good and upright is the LORD;
thus he shows sinners the way.
He guides the humble to justice,
he teaches the humble his way. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is my challenge for today as I leave this time of prayer?

Today's Reflection Song: *The Wonderful Cross* by Phillips, Craig & Dean

MARCH 10 /// FOURTH WEDNESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”

How can I be present in prayer today? What worries or distractions do I want to place before the Lord?

READ: Read through the Psalm to understand the message or theme.

R. Praise the Lord, Jerusalem.

Glorify the LORD, O Jerusalem;

praise your God, O Zion.

For he has strengthened the bars of your gates;

he has blessed your children within you. R.

He sends forth his command to the earth;

swiftly runs his word!

He spreads snow like wool;

frost he strews like ashes. R.

He has proclaimed his word to Jacob,

his statutes and his ordinances to Israel.

He has not done thus for any other nation;

his ordinances he has not made known to them. R.

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.

Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.

Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.

How can I share the graces from this prayer time with my family and friends?

Today's Reflection Song: *Come Thou Fount* by Audrey Assad

MARCH 11 /// FOURTH THURSDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. If today you hear his voice, harden not your hearts.

*Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him. R.*

*Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides. R.*

*Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What is the main message or takeaway from today's prayer?

Today's Reflection Song: *King of My Heart* by Kutless

MARCH 12 /// FOURTH FRIDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this week?

READ: Read through the Psalm to understand the message or theme.

R. I am the Lord your God: hear my voice.

*An unfamiliar speech I hear: “I relieved his shoulder of the burden;
his hands were freed from the basket. In distress you called, and I rescued you.” R.*

*“Unseen, I answered you in thunder; I tested you at the waters of Meribah.
Hear, my people, and I will admonish you; O Israel, will you not hear me?” R.*

*“There shall be no strange god among you nor shall you worship any alien god.
I, the LORD, am your God who led you forth from the land of Egypt.” R.*

*“If only my people would hear me, and Israel walk in my ways,
I would feed them with the best of wheat, and with honey from the rock I would fill them.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How might the Lord use today’s time of prayer to continue His work in your heart?

Today’s Reflection Song: *Rescue* by Lauren Daigle

MARCH 13 /// FOURTH SATURDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What area(s) of my life do I want to work on as I continue into this Lenten journey?

READ: Read through the Psalm to understand the message or theme.

R. It is mercy I desire, and not sacrifice.

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me. R.*

*For you are not pleased with sacrifices;
should I offer a burnt offering, you would not accept it.
My sacrifice, O God, is a contrite spirit;
a heart contrite and humbled, O God, you will not spurn. R.*

*Be bountiful, O LORD, to Zion in your kindness
by rebuilding the walls of Jerusalem;
Then shall you be pleased with due sacrifices,
burnt offerings and holocausts. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I apply today's message to the different areas of my life?

Today's Reflection Song: *Beneath The Cross* by Keith & Kristyn Getty

MARCH 14 /// FOURTH SUNDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How am I entering this new week of Lent?

READ: Read through the Psalm to understand the message or theme.

R. Let my tongue be silenced, if I ever forget you!

*By the streams of Babylon
we sat and wept when we remembered Zion.
On the aspens of that land we hung up our harps. R.*

*For there our captors asked of us
the lyrics of our songs,
And our despoilers urged us to be joyous: “Sing for us the songs of Zion!” R.*

*How could we sing a song of the LORD
in a foreign land?
If I forget you, Jerusalem, may my right hand be forgotten! R.*

*May my tongue cleave to my palate
if I remember you not,
If I place not Jerusalem ahead of my joy. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. What am I carrying with me from today’s prayer into this new week of Lent?

Today’s Reflection Song: *Remember* by Maverick City, Upperroom, Dante Bowe, Eniola Abioye

MARCH 15 /// FOURTH MONDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. I will praise you, Lord, for you have rescued me.

*I will extol you, O LORD, for you drew me clear
and did not let my enemies rejoice over me.
O LORD, you brought me up from the nether world;
you preserved me from among those going down into the pit. R.*

*Sing praise to the LORD, you his faithful ones,
and give thanks to his holy name.
For his anger lasts but a moment;
a lifetime, his good will.
At nightfall, weeping enters in,
but with the dawn, rejoicing. R.*

*“Hear, O LORD, and have pity on me;
O LORD, be my helper.”
You changed my mourning into dancing;
O LORD, my God, forever will I give you thanks. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *I Will Exalt You* by The Worship Initiative, Shane & Shane

MARCH 16 /// FOURTH TUESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What are my intentions as I come to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. The Lord of hosts is with us; our stronghold is the God of Jacob.

*God is our refuge and our strength,
an ever-present help in distress.
Therefore we fear not, though the earth be shaken
and mountains plunge into the depths of the sea. R.*

*There is a stream whose runlets gladden the city of God,
the holy dwelling of the Most High.
God is in its midst; it shall not be disturbed;
God will help it at the break of dawn. R.*

*The LORD of hosts is with us;
our stronghold is the God of Jacob.
Come! behold the deeds of the LORD,
the astounding things he has wrought on earth. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is my challenge for today as I leave this time of prayer?

Today's Reflection Song: *Broken Vessels (Amazing Grace)* - Live by Hillsong Worship

MARCH 17 /// FIFTH WEDNESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What worries or distractions do I want to offer up today as I enter into this time of prayer?

READ: Read through the Psalm to understand the message or theme.

R. The Lord is gracious and merciful.

*The LORD is gracious and merciful,
slow to anger and of great kindness.
The LORD is good to all
and compassionate toward all his works. R.*

*The LORD is faithful in all his words
and holy in all his works.
The LORD lifts up all who are falling
and raises up all who are bowed down. R.*

*The LORD is just in all his ways
and holy in all his works.
The LORD is near to all who call upon him,
to all who call upon him in truth. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How can I share the graces from this prayer time with my family and friends?

Today's Reflection Song: *Second Chance* by Rend Collective

MARCH 18 /// FIFTH THURSDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Remember us, O Lord, as you favor your people.

*Our fathers made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock. R.*

*They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea. R.*

*Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is the main message or takeaway from today's prayer?

Today's Reflection Song: *Who You Say I Am* by Hillsong Worship

MARCH 19 /// FIFTH FRIDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this past week?

READ: Read through the Psalm to understand the message or theme.

R. The son of David will live for ever.

*The promises of the LORD I will sing forever;
through all generations my mouth shall proclaim your faithfulness,
For you have said, “My kindness is established forever”;
in heaven you have confirmed your faithfulness. R.*

*“I have made a covenant with my chosen one,
I have sworn to David my servant:
Forever will I confirm your posterity
and establish your throne for all generations.” R.*

*“He shall say of me, ‘You are my father,
my God, the Rock, my savior.’
Forever I will maintain my kindness toward him,
and my covenant with him stands firm.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How might the Lord use today’s time of prayer to continue His work in your heart?

Today’s Reflection Song: *Ever Be* by Bethel Music

MARCH 20 /// FIFTH SATURDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What area(s) of my life do I want to work on as I continue into this Lenten journey?

READ: Read through the Psalm to understand the message or theme.

R. O Lord, my God, in you I take refuge.

*O LORD, my God, in you I take refuge;
save me from all my pursuers and rescue me,
Lest I become like the lion's prey,
to be torn to pieces, with no one to rescue me. R.*

*Do me justice, O LORD, because I am just,
and because of the innocence that is mine.
Let the malice of the wicked come to an end,
but sustain the just,
O searcher of heart and soul, O just God. R.*

*A shield before me is God,
who saves the upright of heart;
A just judge is God,
a God who punishes day by day. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I apply today's message to the different areas of my life?

Today's Reflection Song: *Surrounded (Fight My Battles)* by Upperroom

MARCH 21 /// FIFTH SUNDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How would I describe my Lenten journey so far?

READ: Read through the Psalm to understand the message or theme.

R. Create a clean heart in me, O God.

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me. R.*

*A clean heart create for me, O God,
and a steadfast spirit renew within me.
Cast me not out from your presence,
and your Holy Spirit take not from me. R.*

*Give me back the joy of your salvation,
and a willing spirit sustain in me.
I will teach transgressors your ways,
and sinners shall return to you. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What am I carrying with me from today's prayer into this new week of Lent?

Today's Reflection Song: *Garden* by Matt Maher

MARCH 22 /// FIFTH MONDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

**R. Even though I walk in the dark valley I fear no evil;
for you are at my side.**

*The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
Beside restful waters he leads me; he refreshes my soul. R.*

*He guides me in right paths for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff that give me courage. R.*

*You spread the table before me in the sight of my foes;
You anoint my head with oil; my cup overflows. R.*

*Only goodness and kindness follow me all the days of my life;
And I shall dwell in the house of the LORD for years to come. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *You Never Let Go* by Matt Redman

MARCH 23 /// FIFTH TUESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How am I entering this time of prayer?

READ: Read through the Psalm to understand the message or theme.

R. O Lord, hear my prayer, and let my cry come to you.

*O LORD, hear my prayer, and let my cry come to you.
Hide not your face from me in the day of my distress.
Incline your ear to me; in the day when I call, answer me speedily. R.*

*The nations shall revere your name, O LORD, and all the kings of the earth your glory,
When the LORD has rebuilt Zion and appeared in his glory;
When he has regarded the prayer of the destitute, and not despised their prayer. R.*

*Let this be written for the generation to come, and let his future creatures praise the LORD:
“The LORD looked down from his holy height, from heaven he beheld the earth,
To hear the groaning of the prisoners, to release those doomed to die.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is my challenge for today as I leave this time of prayer?

Today’s Reflection Song: *Even If* by MercyMe

MARCH 24 /// SIXTH WEDNESDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What worries or distractions do I want to offer up today as I enter into this time of prayer?

READ: Read through the Psalm to understand the message or theme.

R. Glory and praise for ever!

*“Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever;
And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.” R.*

*“Blessed are you in the temple of your holy glory,
praiseworthy and exalted above all forever. R.*

*“Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.” R.*

*“Blessed are you who look into the depths
from your throne upon the cherubim;
praiseworthy and exalted above all forever.” R.*

“Blessed are you in the firmament of heaven, praiseworthy and glorious forever.” R.

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I share the graces from this prayer time with my family and friends?

Today’s Reflection Song: *Great Are You Lord* by All Sons and Daughters

MARCH 25 /// SIXTH THURSDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What is your focus for this time of prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Here I am, Lord; I come to do your will.

*Sacrifice or oblation you wished not,
but ears open to obedience you gave me.
Holocausts or sin-offerings you sought not;
then said I, “Behold I come.” R.*

*“In the written scroll it is prescribed for me,
To do your will, O my God, is my delight,
and your law is within my heart!” R.*

*I announced your justice in the vast assembly;
I did not restrain my lips, as you, O Lord, know. R.*

*Your justice I kept not hid within my heart;
your faithfulness and your salvation I have spoken of;
I have made no secret of your kindness and your truth
in the vast assembly. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is the main message or takeaway from today’s prayer?

Today’s Reflection Song: *King of Kings* by Hillsong Worship

MARCH 26 /// SIXTH FRIDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this past week?

READ: Read through the Psalm to understand the message or theme.

R. In my distress I called upon the Lord, and he heard my voice.

I love you, O LORD, my strength, O LORD, my rock, my fortress, my deliverer. R.

*My God, my rock of refuge, my shield, the horn of my salvation, my stronghold!
Praised be the LORD, I exclaim, and I am safe from my enemies. R.*

*The breakers of death surged round about me,
the destroying floods overwhelmed me;
The cords of the nether world enmeshed me,
the snares of death overtook me. R.*

*In my distress I called upon the LORD and cried out to my God;
From his temple he heard my voice, and my cry to him reached his ears. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How might the Lord use today's time of prayer to continue His work in your heart?

Today's Reflection Song: *Give Me Jesus* by Sarah Watkins

MARCH 27 /// SIXTH SATURDAY OF LENT

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”

During this Lenten season, what are the areas in my life where the Lord has been at work?

READ: Read through the Psalm to understand the message or theme.

R. The Lord will guard us, as a shepherd guards his flock.

*Hear the word of the LORD, O nations,
proclaim it on distant isles, and say:
He who scattered Israel, now gathers them together,
he guards them as a shepherd his flock. R.*

*The LORD shall ransom Jacob,
he shall redeem him from the hand of his conqueror.
Shouting, they shall mount the heights of Zion,
they shall come streaming to the LORD's blessings:
The grain, the wine, and the oil,
the sheep and the oxen. R.*

*Then the virgins shall make merry and dance,
and young men and old as well.
I will turn their mourning into joy, I will console and gladden them after their sorrows. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I apply today's message to the different areas of my life?

Today's Reflection Song: *Shepherd - Live* by Bethel Music, Amanda Cook

MARCH 28 /// PALM SUNDAY OF THE LORD'S PASSION

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What burdens or concerns can I bring to prayer to unite with Jesus on the cross?

READ: Read through the Psalm to understand the message or theme.

R. My God, my God, why have you abandoned me?

*All who see me scoff at me;
they mock me with parted lips, they wag their heads:
“He relied on the LORD; let him deliver him, let him rescue him, if he loves him.” R.*

*Indeed, many dogs surround me,
a pack of evildoers closes in upon me;
They have pierced my hands and my feet; I can count all my bones. R.*

*They divide my garments among them,
and for my vesture they cast lots.
But you, O LORD, be not far from me; O my help, hasten to aid me. R.*

*I will proclaim your name to my brethren;
in the midst of the assembly I will praise you:
“You who fear the LORD, praise him;
all you descendants of Jacob, give glory to him; revere him, all you descendants of Israel!” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *You Were On The Cross* by Matt Maher

MARCH 29 /// MONDAY OF HOLY WEEK

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What am I bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. The Lord is my light and my salvation.

*The LORD is my light and my salvation; whom should I fear?
The LORD is my life's refuge; of whom should I be afraid? R.*

*When evildoers come at me to devour my flesh,
My foes and my enemies themselves stumble and fall. R.*

*Though an army encamp against me, my heart will not fear;
Though war be waged upon me, even then will I trust. R.*

*I believe that I shall see the bounty of the LORD in the land of the living.
Wait for the LORD with courage; be stouthearted, and wait for the LORD. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What am I carrying with me from today's prayer into this final week of Lent?

Today's Reflection Song: *So Will I (100 Billion X)* by Hillsong United

MARCH 30 /// TUESDAY OF HOLY WEEK

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How am I entering prayer today?

READ: Read through the Psalm to understand the message or theme.

R. I will sing of your salvation.

*In you, O LORD, I take refuge; let me never be put to shame.
In your justice rescue me, and deliver me; incline your ear to me, and save me. R.*

*Be my rock of refuge, a stronghold to give me safety, for you are my rock and my fortress.
O my God, rescue me from the hand of the wicked. R.*

*For you are my hope, O LORD; my trust, O God, from my youth.
On you I depend from birth; from my mother's womb you are my strength. R.*

*My mouth shall declare your justice, day by day your salvation.
O God, you have taught me from my youth, and till the present I proclaim your wondrous deeds. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What is my challenge for today as I leave this time of prayer?

Today's Reflection Song: *Hosanna* by Hillsong United

MARCH 31 /// WEDNESDAY OF HOLY WEEK

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Lord, in your great love, answer me.

*For your sake I bear insult, and shame covers my face.
I have become an outcast to my brothers,
a stranger to my mother's sons,
because zeal for your house consumes me,
and the insults of those who blaspheme you fall upon me. R.*

*Insult has broken my heart, and I am weak,
I looked for sympathy, but there was none; for consolers, not one could I find.
Rather they put gall in my food, and in my thirst they gave me vinegar to drink. R.*

*I will praise the name of God in song,
and I will glorify him with thanksgiving:
“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!
For the LORD hears the poor, and his own who are in bonds he spurns not.” R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *What Wondrous Love Is This?* by Chelsea Moon & The Franz Brothers

APRIL 1 /// HOLY THURSDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord been working in my heart this past week? How am I entering prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Our blessing-cup is a communion with the Blood of Christ.

*How shall I make a return to the LORD
for all the good he has done for me?
The cup of salvation I will take up,
and I will call upon the name of the LORD. R.*

*Precious in the eyes of the LORD
is the death of his faithful ones.
I am your servant, the son of your handmaid;
you have loosed my bonds. R.*

*To you will I offer sacrifice of thanksgiving,
and I will call upon the name of the LORD.
My vows to the LORD I will pay
in the presence of all his people. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How can I share the graces from this prayer time with my family and friends?

Today's Reflection Song: *Communion* by Maverick City Music, Steffany Gretzinger, and Brandon Lake

APRIL 2 /// GOOD FRIDAY OF THE LORD'S PASSION

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What worries or distractions do I want to offer up today as I enter into this time of prayer?

READ: Read through the Psalm to understand the message or theme.

R. Father, into your hands I commend my spirit.

*In you, O LORD, I take refuge; let me never be put to shame.
In your justice rescue me.
Into your hands I commend my spirit; you will redeem me, O LORD, O faithful God. R.*

*For all my foes I am an object of reproach, a laughingstock to my neighbors,
and a dread to my friends; they who see me abroad flee from me.
I am forgotten like the unremembered dead; I am like a dish that is broken. R.*

*But my trust is in you, O LORD; I say, “You are my God.
In your hands is my destiny; rescue me from the clutches of my enemies and my persecutors.” R.*

*Let your face shine upon your servant; save me in your kindness.
Take courage and be stouthearted, all you who hope in the LORD. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out. Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him. Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart. How might the Lord use today's time of prayer to continue His work in your heart?

Today's Reflection Song: *Were You There* by The Vigil Project, Andrea Thomas

APRIL 3 /// HOLY SATURDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
What joys are you bringing to prayer today? What burdens are you bringing to prayer today?

READ: Read through the Psalm to understand the message or theme.

R. Lord, send out your Spirit, and renew the face of the earth.

*Bless the LORD, O my soul! O LORD, my God, you are great indeed!
You are clothed with majesty and glory, robed in light as with a cloak. R.*

*You fixed the earth upon its foundation, not to be moved forever;
with the ocean, as with a garment, you covered it; above the mountains the waters stood. R.*

*You send forth springs into the watercourses that wind among the mountains.
Beside them the birds of heaven dwell; from among the branches they send forth their song. R.*

*You water the mountains from your palace; the earth is replete with the fruit of your works.
You raise grass for the cattle, and vegetation for man's use, producing bread from the earth. R.*

*How manifold are your works, O LORD! In wisdom you have wrought them all—
the earth is full of your creatures. Bless the LORD, O my soul! R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS' FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
How does today's theme or takeaway message impact your daily life?

Today's Reflection Song: *Break Every Chain* by Jesus Culture

APRIL 4 /// EASTER SUNDAY

PREPARE: “Come, Holy Spirit. Be with me and guide me in this time of prayer.”
How has the Lord moved in your life over the course of Lent?

READ: Read through the Psalm to understand the message or theme.

R. This is the day the Lord has made; let us rejoice and be glad.

*Give thanks to the LORD, for he is good,
for his mercy endures forever.
Let the house of Israel say,
“His mercy endures forever.” R.*

*“The right hand of the LORD has struck with power;
the right hand of the LORD is exalted.
I shall not die, but live,
and declare the works of the LORD.” R.*

*The stone which the builders rejected
has become the cornerstone.
By the LORD has this been done;
it is wonderful in our eyes. R.*

ANNOTATE: What words or phrases stand out? Underline them. Make notes.

INVEST: Jesus invites you to share with Him. Ask Him why a word or phrase stands out.
Why would that be important? What do you wish to tell Him?

SIT AT JESUS’ FEET: Listen to what Jesus has to say. Quiet your heart for Him.
Is there something He wants to share with you, as you apply the passage to your life?

EMBRACE: Thank Jesus for the time together and for all that He is doing in your heart.
What am I carrying with me from today’s prayer into this new season of Easter?

Today’s Reflection Song: *Resurrecting* by Elevation Worship



Beyond the Pew

AN **Ablaze** MINISTRY

Praising in the Storm was created by Beyond the Pew, an online resource and community for parents who want to grow deeper in the Catholic faith and in love of Jesus, while cultivating that same love of Christ in their children.

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