

## Lenten Study 2023: Praying with the Psalms

February 27 – March 27, Mondays at 7pm on Zoom

*“Bring me word of Your Unfailing Love, O Lord, for I have put my trust in You.  
Teach me the way I should go, for to You, I lift up my soul.”* Psalm 143:8

- February 27      Lesson 1: *“The heavens are telling the glory of God; the skies proclaim the work of God’s hands.”* Psalm 19:1
- Praying with the Psalms that reflect our praises to the glory of God, and the beauty of all Creation.
- Suggested readings: Psalms 8, 19, 29, 65 and 111, 148
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- March 6            Lesson 2: *“Search me, O God, and know my heart. Test me and know my thoughts.”* Psalm 139:23
- Praying with the Psalms that put our faith and trust in God, reflecting our individual relationship with our Creator.
- Suggested readings: Psalms 23, 25, 34, 37 and 139.
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- March 13          Lesson 3: *“God is our refuge and our strength, an ever present help in trouble.”* Psalm 46:1
- Praying with the Psalms for help, strength, comfort and forgiveness reflecting our needs for God.
- Suggested readings: Psalms 32, 40, 43, 46, 88, 116.
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- March 20          Lesson 4: *“Happy are those whose way is blameless, who walk in the law of the Lord.”* Psalm 119:1
- Praying with the Psalms for wisdom and justice, for truth and victory, reflecting on the ways of the Lord.

March 27

Suggested readings: Psalms 1, 15, 36, 119 (the longest psalm)

Lesson 5: *"I will give thanks to the Lord with my whole heart; I will tell of all your wonderful deeds."* Psalm 9:1

Praying with the Psalms for peace and justice, with thanksgiving, reflecting on all of God's goodness and grace.

Suggested readings: Psalms 67, 95, 100, 104, 118, 150

(Note: most of the Psalms have more than one message or theme, so reflect on the words and ideas that draw you closer to God; bring questions of those that may be disturbing; and find other psalms that you want us to share. It is also a good idea to look at different versions or paraphrases of the Psalms, for they do open up our imaginations. Looking forward to sharing this study with you. Rev. Patti)