

DAILY  
REFLECTIONS

*in the Psalms*

LENT 2021



HOLY TRINITY  
ANGLICAN CHURCH

# LENT 2021

Lent, unlike Advent, is not a season filled with celebration and joyful anticipation. Rather, it is a more penitential season filled with prayer and contemplation. Lent is an opportunity for us to ask for forgiveness and cry out to God as we remember what Jesus did for us on the cross. It is also a time when we praise him for his goodness and grace as we remember Jesus' resurrection on Easter Sunday.

This Lenten season, we're inviting our Holy Trinity community—especially families—to read through the Psalms together. This is a great tool for personal reflection and devotion. But it does not have to stop there! This is a wonderful way to grow together as a family—share your reflections with one another once a week or once a day.

Whether you're an elementary school student, middle school student, high school student, a parent or simply an adult, the psalms will find ways to stir your heart. They're filled with prayers of thanksgiving, joy, forgiveness, lament and supplication, which help us understand God's character and heart.

In this booklet, you'll find devotional questions, which go along with Holy Trinity's *Forty Days with the Psalms* booklet. There are observation, application and interpretation questions, as well as a short prayer for one of the psalms each day. These questions will rotate through the psalms for the morning, afternoon and evening. Our hope is that this will help guide you as we study through the Psalms together.

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## DAY ONE

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 8

- Observe
  - ◇ What are some of the characteristics used to describe God in this psalm? Are any phrases or characteristics about God repeated? If so, try to highlight or underline them.
- Interpret
  - How can verses five and six describe or characterize Jesus?
- Apply
  - ◇ In this psalm, David gives thanks and praises God for his goodness and grace. Often, it's easy to remember to pray when things aren't going well and we need to ask God for help. However, it's not always easy to remember to thank and praise God when things are going well.
  - ◇ Why do you think it is important to thank and praise God for the good things in our lives? What are some things in our lives we can thank God for or that cause us to praise him?
  - ◇ Take a minute to write or draw something or someone in your life that causes you to praise God.
- Pray
  - ◇ Think of some things in your life that you are thankful for. Then, read verse nine again. This time try to read it as a prayer as you thank God for all the things he has blessed you with.

## DAY TWO

### *Pausing to Remember That God is in Charge*

#### PSALM 15

- Observe
  - ◇ What are some keywords or phrases that stand out to you in Psalm 15?
- Interpret
  - ◇ The tabernacle is the place where Jewish priests met with God in the Old Testament. How does Psalm 15 describe someone who can dwell in the tabernacle or rest on God's holy hill?

- ◇ Does this psalm remind you of how Jesus acted or related to the Father? Can you think of any examples from the New Testament?
- Apply
  - ◇ Read verses two and three again. These [verses](#) tell us the characteristics of a person who can dwell in God's tabernacle and his presence. Do you see any of these characteristics in yourself?
  - ◇ Even though God calls us to live out these characteristics every day, it's not always easy to do so. Why do you think it's hard to live like the type of person the psalm describes in verses two and three?
- Pray
  - ◇ Take a full minute to sit still and dwell in God's presence. Then, read through Psalm 15 again. This time try to read it as your own prayer. Ask God to help you live out all the good character traits mentioned in the psalm.

## DAY THREE

### *Placing all Cares in God's Hands*

#### PSALM 7

- Observe
  - ◇ What is David asking God for in this psalm?
- Interpret
  - ◇ How does David respond after he asks for God's protection and justice?
- Apply
  - ◇ In this psalm, David trusts that God will protect him from his enemies. Do you trust that God will protect you?
  - ◇ When we feel anxious or afraid, it's easy to turn to things like Instagram, friends, video games or sports as a distraction or seek comfort. What things do you turn to when you need comfort or protection? How do you think the protection and comfort God offers us are different from the protection and comfort we get from anything else?
  - ◇ Can you think of a time when God protected or comforted you?

- Pray
  - ◇ Read verse eleven again. This time read it as a prayer. Try to make the words of the psalm your own as you read them. Then, take a minute to thank God for always loving, protecting and comforting you.

## DAY FOUR

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 21

- Observe
  - ◇ What is the overall tone of this psalm? Is David expressing joy, sorrow, grief or happiness?
- Interpret
  - ◇ What do you think verse four means when it says, “he asked you for life, and you gave it to him”?
  - ◇ Read verses three through seven again. Can these verses be used to describe Jesus? If so, how?
- Apply
  - ◇ Read verses three and four again. These verses tell us that if we trust God, he will bless us and give us life. Do you think this is true? Can you think of any ways God has blessed you?
  - ◇ Write down at least three ways God has blessed you.
- Pray
  - ◇ Take a minute to think about the things you wrote down and thank God for them.

## DAY FIVE

### *Pausing to Remember that God is in Control*

#### PSALM 25

- Observe
  - ◇ What is David expressing in this psalm? What is he asking God for? Are any words or phrases repeated in this psalm? If so, try to highlight or underline them.

- Interpret
  - ◇ How does David describe his sin?
- Apply
  - ◇ Throughout this psalm, David recognizes the weight of his sins and the heaviness of his sorrows. This causes him to fall to his knees and ask for forgiveness. In our lives, it's easy to justify or overlook our sins and ignore anything that upsets us. It's much harder to look into our hearts, recognize our sins and ask God for forgiveness. Why do you think this isn't an easy thing to do? How do you think asking God for forgiveness would change the way you think or feel?
  - ◇ Do you have anything you need to ask God forgiveness for?
- Pray
  - ◇ Take some time to think about your own life.
  - ◇ Pray and ask God to forgive you for anything that has been weighing heavily on your heart. Remember, this is just between you and God.

## DAY SIX

### *Placing all Cares in God's Hands*

#### PSALM 16

- Observe
  - ◇ Are there any keywords or phrases, which stand out to you in this psalm? If so, try to highlight or underline them.
- Interpret
  - ◇ What do you think David means when he says "preserve me, O God" in verse one?
- Apply
  - ◇ Read verse two again. Jesus echoed this idea in John 15: 4-5 when he said "4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."
  - ◇ Do you believe it's possible to experience true goodness or joy without God in our lives? Why or why not?

- Pray
  - ◇ Read verse 12 again. This time read it as a prayer. Then, take some time to pray and thank God for bringing joy to your life.

## DAY SEVEN

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 30

- Observe
  - ◇ What is David’s overall mood or tone in this psalm?
- Interpret
  - ◇ Do you recognize any qualities of Jesus in this psalm? If you do, highlight or underline them.
- Apply
  - ◇ In verse two, David says that he cried out and God made him whole. What do you think it means to be made whole? How do you think God is working in your life to make you whole?
  - ◇ Have you ever cried out to God? If not, what do you think is stopping you from crying out to God?
- Pray
  - ◇ Read verses one through three again. This time read them as a prayer. Then, take a minute to cry out to God in your own words and ask him to make you whole.

## DAY EIGHT

### *Pausing to Remember that God is in Charge*

#### PSALM 37:1-17

- Observe
  - ◇ Are there any repeated words or phrases in this psalm? If so, try to highlight or underline them.
- Interpret
  - ◇ The phrase “fret not yourself,” which means do not worry, is repeated twice in this passage. Why do you think it’s repeated? What do you think God is trying to tell us?

- Apply
  - ◇ Verse 16 says “the little the righteous has is better than great riches of the ungodly.” Do you believe this is true? Would you rather have less and be righteous in God’s eyes or have great riches? Why?
- Pray
  - ◇ Read verse 11 again. Pray that God will help you become meek-spirited and humble so you can be refreshed with more of his peace.

## DAY NINE

### *Placing all Cares in God’s Hands*

#### PSALM 28

- Observe
  - ◇ Are there any repeated words or phrases in this psalm? If so, try to underline or highlight them.
- Interpret
  - ◇ What does David mean when he says that God is his rock?
- Apply
  - ◇ David is hopeful because he knows that God is his rock. God was his foundation and the source for his strength. Do you feel like God is a rock in your life? Is God the foundation of your strength and hope? What can cause us to lose focus on God as the center of our hope and strength?
  - ◇ Write down three things that cause you to lose focus on God.
- Pray
  - ◇ Look at the three things you wrote down. Take a minute to pray and ask God to make those things less of a distraction. Ask him to become the center of your life and the source of your hope, peace, joy and strength.

## DAY TEN

### *Beginning the Day with Prayer and Thanksgiving*

## PSALM 47

- Observe
  - ◇ What is the overall tone or attitude of this psalm? Is it joyful, thankful, sorrowful or hopeful?
- Interpret
  - ◇ Read verse four again. What is the psalm talking about when it mentions our inheritance?
- Apply
  - ◇ Verse nine says, “for the mighty of the earth have become servants of the Lord.” God calls everyone who believes, even the strongest and mightiest people, to serve him.
  - ◇ Why do you think serving God is so important? Can you think of any simple ways to serve God in your everyday life?
  - ◇ Write down at least three examples of how you can start serving God.
- Pray
  - ◇ Look at the list you just wrote down. Pray that God will give you opportunities to live out the things on your list.

## DAY ELEVEN

### *Pausing to Remember that God is in Control*

## PSALM 49

- Observe
  - ◇ Are there any words or phrases in this psalm that stand out to you? If so, highlight or underline them.
- Interpret
  - ◇ Verses seven and eight tell us, “but no one can deliver his brother, nor pay unto God a price for him; For it is so costly to redeem their souls, that we should never have enough to pay it.” What do these verses make you think about? Do they remind you of any New Testament verses or stories?
- Apply
  - ◇ Read verses 19 and 20 again. These verses tell us that a person who gained all their joy from riches seemed happy but never saw the light. Even though they had everything they

wanted, they couldn't experience true happiness. What are some things in your life that bring you joy and happiness?

- ◇ How do you think the joy you get from these things is different than the joy and happiness God offers us?
- Pray
  - ◇ Read verse 16 again. This time, read it as a prayer. Try to make the words of the psalm your own. Then, take a minute to thank God for the salvation you have in Jesus.

## DAY TWELVE

### *Placing all Cares in God's Hands*

#### PSALM 38

- Observe
  - ◇ What is the overall tone of this psalm? Is David expressing joy, anger, sadness, grief, pain or happiness?
- Interpret
  - ◇ What do you think David means in verse 14 when he says, "I have become like a man who hears not"?
- Apply
  - When David was depressed, miserable and in pain, he didn't let his sadness overtake him. Instead, he turned to God in verse 15 and placed his trust in Him.
  - What's even more amazing is that David was confident that God would answer his prayer. Do you think it's hard to pray with confidence when you're upset, depressed or in pain?
  - Can you think of any reasons why we should be confident in the power of prayer?
- Pray
  - ◇ Take a moment to think about someone in your life who is going through a difficult time. Pray that God will be present with them and that they would feel his love. Then, read verse 15 one more time and have confidence that God will hear and answer your prayer.

## DAY THIRTEEN

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 66

- Observe
  - ◇ What are some words David used to describe God?
- Interpret
  - ◇ What is David praising God for in this psalm?
- Apply
  - ◇ Verse fifteen says, “come here and listen, all you who fear God, and I will tell you what he has done for me.” What has God done for you? Can you think of a time when he was at work in your life or in the lives of people you know?
  - ◇ God calls us to share our stories or testimonies with others. How would you share a story of how God has worked in your life with one of your friends?
- Pray
  - ◇ Read verse 15 one more time. Then, take a minute to pray for someone you know who may not believe in God. Pray that God will give you the strength and courage to share your story with them.

## DAY FOURTEEN

### *Pausing to Remember that God is in Control*

#### PSALM 63

- Observe
  - ◇ What is David expressing in this psalm? How does he describe his need for God?
- Interpret
  - ◇ What do you think David means when he writes in verse one, “early I will seek you”?
  - ◇ Read verse four again. What do you think David means when he writes, “for your lovingkindness is better than life itself”? Do you think anything can be better than life itself?

- Apply
  - ◇ Even though David was chosen by God to lead his people, he never stopped seeking God and acknowledging his need for him. He even compared his need for God to being thirsty in a land where there is no water. Do you ever recognize your need for God? What are some things that distract you from continually seeking after him?
  - ◇ Can you think of anything you can do to seek after God more in your everyday life?
  - ◇ Write down one simple thing you can do to seek after God more.
- Pray
  - ◇ Take a minute to read Psalm 63 again. This time try to read it as a prayer. Try to say the words of the psalm as if they are your own. Then, look at what you wrote down. Pray that God will help you do whatever you wrote down every day as you draw closer to him.

## DAY FIFTEEN

### *Placing all Cares in God's Hands*

#### PSALM 43

- Observe
  - ◇ What is the overall tone of this psalm? Do you think the writer felt close to or far from God when they were writing this psalm?
- Interpret
  - ◇ Read verse three again. What is the writer of the psalm asking for? What do you think they meant when they asked God to lead them?
- Apply
  - ◇ Can you think of a time when you felt far from God? If so, what caused you to feel far from him?
  - ◇ Read verse three again. Do you believe God continues to pursue, chase after and love you even when you feel far from him? How would you pray for God to lead you back to himself?

- Pray
  - ◇ Read verse three one more time. This time read it as a prayer. If you are feeling far from God (or even if you're not), thank God for always sending his light and love to draw you back to him.

## DAY SIXTEEN

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 93

- Observe
  - ◇ As you read this psalm, highlight or underline the words that describe God's character.
- Interpret
  - ◇ What do you think the writer of the psalm meant when they said in verse three, "you are from everlasting"?
- Apply
  - ◇ When the writer of the psalm writes, "Your testimonies, O Lord, are very sure," they are talking about God's Word. Do you believe God's Word is true?
  - ◇ How often do you read God's Word? How does reading the Bible change how you think and feel?
- Pray
  - ◇ Take a minute to pray that God's word will take a primary role in your life.

## DAY SEVENTEEN

### *Pausing to Remember that God is in Control*

#### PSALM 75

- Observe
  - ◇ What do you think is the main purpose of this psalm?
  - ◇ Is the psalm writer giving thanks, praising God or asking for forgiveness?
  - ◇ Highlight or underline the verses that show you what the psalm is about.

- Interpret
  - ◇ Read verse seven again. This verse tells us that our help doesn't come from "the east nor from the west, nor yet from the wilderness of the mountains." Where do you think real help comes from?
- Apply
  - ◇ Why do you think praying and asking God for help is different than asking anyone else for help?
  - ◇ Can you remember a time when you asked God for help?
  - ◇ Write down one thing you need God to help you with today.
- Pray
  - ◇ Look at the one thing you wrote down. Take a minute to pray and ask God to help you with that. Be confident that God will hear your prayer.

## DAY EIGHTEEN

### *Placing all Cares in God's Hands*

#### PSALM 56

- Observe
  - ◇ Are any of the words or phrases in this psalm repeated? If so, highlight or underline them.
- Interpret
  - ◇ Do you think David is in a good situation when he is writing this psalm? Is he safe or unsafe? Afraid or unafraid?
- Apply
  - ◇ Even though David is surrounded by his enemies and is sometimes afraid, he puts his trust in God. In fact, David seems to place even more trust in God when he is afraid.
  - ◇ Do you think it's easier or harder to trust God when you're afraid or worried? Why do you think that?
  - ◇ How does trusting God when you're afraid or worried change the way you think or feel?
  - ◇ Even though David was one of the greatest Kings in the Old Testament, he admitted that he was sometimes afraid. Write down one thing that makes you feel worried, anxious or afraid.

- Pray
  - ◇ Read verses nine through thirteen again. This time, try to read them as a prayer and make the words your own. As you do so, think of the thing you wrote down and know that if you trust God, he will always bless and protect you.

## DAY NINETEEN

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 96

- Observe
  - ◇ What do you think is the focus of this psalm?
  - ◇ Is the psalm writer calling us to ask for forgiveness, worship, give thanks or pray? Underline the phrases or verses that tell you what the psalm is about.
- Interpret
  - ◇ What does it mean to be in awe of something?
  - ◇ Have you ever been awestruck by something before? Reflect on that for a moment.
  - ◇ What do you think the psalm writer meant when they said in verse four, “let the whole earth stand in awe of him”?
- Apply
  - ◇ Much of this psalm is about worshiping God and thanking him for his goodness and holiness. Why do you think God is worthy of our worship and praise?
  - ◇ How do you worship God? Can you think of any ways to worship God other than singing worship songs during a church service?
  - ◇ Write down one simple way you can worship God today.
- Pray
  - ◇ Read verse nine again. This time read it as a prayer. Then, take a minute to pray and thank God for everything he has blessed you with.

## DAY TWENTY

### *Placing all Cares in God's Hands*

#### PSALM 57

- Observe
  - ◇ Are there any repeated words or phrases in this psalm? If so, highlight or underline them.
- Interpret
  - ◇ What do you think it means to be merciful?
  - ◇ How would you describe a merciful person?
  - ◇ How would you describe God's mercy? Is your description of God's mercy different than your description of a merciful person? If so, how is it different?
- Apply
  - ◇ Read verse seven again. In this verse, David says twice that his heart is fixed on God.
  - ◇ How does knowing about and believing in God's mercy help you fix your heart on him?
  - ◇ Can you think of three things in your life that help you fix your heart on God (like family, friends, reading the Bible, etc.)? If so, write them down.
- Pray
  - ◇ Read verses one through three again. This time read them as a prayer. Then, take some time to pray and thank God for the things you wrote down which help you focus your heart on him.

## DAY TWENTY-ONE

### *Placing all Cares in God's Hands*

#### PSALM 61

- Observe
  - ◇ What do you think David was feeling when he wrote this psalm? Do you think he was in a good place, afraid or needing help?

- Interpret
  - ◇ David writes that God has been his “refuge and strong tower” in verse three. What do you think a refuge is? What do you think David means when he says that God is his refuge?
  - ◇ What does it mean that God is a strong tower?
- Apply
  - ◇ What are some things you turn to when you’re feeling overwhelmed or your heart is heavy? Why do you think turning to God is different than turning to any of these things?
  - ◇ Can you think of a time when your heart was heavy and you turned to God in prayer?
- Pray
  - ◇ Read Psalm 61 again. This time read it as a prayer. As you do so, think about how God is always your refuge and strong tower when you are overwhelmed or have a heavy heart.

## DAY TWENTY-TWO

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 103

- Observe
  - ◇ What are some words used to describe God’s character in this psalm? Go through and highlight or underline any words you think describe God’s character.
- Interpret
  - ◇ Read verse eight again. In this verse, David writes that God is compassionate. How would you describe a compassionate person?
  - ◇ How would you describe God’s compassion? Can you think of any examples in the New Testament when Jesus acted compassionately?
- Apply
  - ◇ In verse one, David writes that he wants to praise God with “all that is within me.” What do you think it means to praise God with all that is within you?
  - ◇ How can you praise God with all that is within you? Take a moment and try!

- ◇ Why do you think it can be hard to offer God your whole heart and life?
- Pray
  - ◇ Read verses one through five again. This time read them as a prayer. Then, take a minute to pray and ask God to fill you with the power of the Holy Spirit.

## DAY TWENTY-THREE

### *Placing all Cares in God's Hands*

#### PSALM 69:1-18

- Observe
  - ◇ What do you think is the main purpose of this psalm?
  - ◇ Is David crying out to God, praising God or asking for forgiveness?
- Interpret
  - ◇ Read verses one and two again. What do you think David is trying to describe when he talks about the floodwaters rising and sinking into the ground?
  - ◇ What do you think David meant when he said he “suffered reproach” for God’s sake?
- Apply
  - ◇ In verse five, David says that his sins are not hidden from God. If our sins aren’t hidden from God, how should we act when we see sin in our lives?
  - ◇ David compared his fear and troubles to floodwaters rising to his neck and slowly sinking into the mud. Have you ever felt this way?
  - ◇ Think about the story in the Book of Matthew when Jesus walked on the water. When Peter sank after seeing the wind and waves, Jesus immediately reached out and saved him. Do you believe Jesus can reach out and save you when the floodwaters rise in your life?
  - ◇ How can you call out to him when you feel like your sinking?
- Pray
  - ◇ Read verses eighteen and nineteen again. This time read them as a prayer. Then, take a minute to call out to God for help. If

there is anything in your life that feels like floodwaters, ask Jesus to reach out and lift you back up.

## DAY TWENTY-FOUR

### *Pausing to Remember that God is in Charge*

#### PSALM 101

- Observe
  - ◇ What is David asking God for in this psalm? Do you think he's describing himself now or is he describing the person he wants to become?
- Interpret
  - ◇ Read verse two again. What do you think David meant when he wrote "o let me have an understanding in the way of godliness"?
  - ◇ In the psalm, David wrote that he will walk in his house with "integrity of heart." What do you think this means?
- Apply
  - ◇ Read verse nine again. In this verse, David talks about leading a godly life. Can you think of some character traits of a person who lives a godly life?
  - ◇ Do you see any of these traits in your own life?
  - ◇ What can you do to start living a more godly life?
- Pray
  - ◇ Read verse two again. This time read it as a prayer. As you do so, pray that God will help you become a more godly person.

## DAY TWENTY-FIVE

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 105:1-22

- Observe
  - ◇ What do you think the main topic of this psalm is?
  - ◇ Is it talking about a specific event or is it looking back over past events?

- Interpret
  - ◇ In verses eight and nine, David writes that God has always been mindful of his covenants. How would you describe a covenant? Can you think of any examples of covenants God made with anyone in the Old Testament?
- Apply
  - ◇ When God’s people were in trouble, David told them to look back and remember how God had been faithful to them and kept his covenant promises. Do you believe that God always remembers his covenants and promises?
  - ◇ Look back on your life and try to identify a time when God was faithful.
- Pray
  - ◇ Verse one in this psalm tells us to call upon God’s name. Take a minute to pray. Call upon God’s name and ask him to be a constant presence in your life.

## DAY TWENTY-SIX

### *Placing all Cares in God’s Hands*

#### PSALM 71

- Observe
  - ◇ In the beginning of Psalm 71, David describes God’s goodness and tells us how God has always protected him. How does he respond to God’s goodness and strength? How does David react to God’s faithfulness and protection?
- Interpret
  - ◇ Read verse five again. In this verse, David says, “for you, O Lord God, are the one that I long for; you are my hope.” What do you think David meant when he said this?
  - ◇ What do you think it means to long for something? How is longing for something different than simply wanting it?
- Apply
  - ◇ John Piper wrote that “the deepest longing of the human heart is to know and enjoy the glory of God. We are made for this.” Do you believe this is true? Can you think of a time in your life when you longed to know God more or draw closer to

Him? Do you want that now? Why or why not?

- ◇ What things in your life make it harder to draw closer to God?
- Pray
  - ◇ Read verses one through five again. This time read them as a prayer. As you do so, remember that God is your rock where you may always return.

## DAY TWENTY-SEVEN

*Pausing to Remember that God is in Charge*

### PSALM 108

- Observe
  - ◇ How does David praise God? How does David say he will worship God?
- Interpret
  - ◇ Read verse one again. What does it mean to be steadfast? How would you describe a person who has a steadfast belief in something?
  - ◇ What do you think David meant when he said his heart is steadfast?
- Apply
  - ◇ Someone who has a steadfast belief in something never lets their belief change or waver even if they are pressured by someone else.
  - ◇ Have you ever felt pressured to do something that may go against what you believe?
  - ◇ What are some things you can do to help your faith become more steadfast?
- Pray
  - ◇ Read verses one through six again. This time read them as a prayer. Then, take a minute to pray that your heart can become more fixed on God.

## DAY TWENTY-EIGHT

*Beginning the Day with Praise and Thanksgiving*

## PSALM 107:23-43

- Observe
  - ◇ What images does the psalm writer use to describe how God provides for us and protects us??
- Interpret
  - ◇ Why do you think the image of a ship being rescued in a storm is a good way to describe how God provides for and protects us?
- Apply
  - ◇ This psalm has a lot of examples of how God provides for his people. Do you believe God still provides for his people today? How has God provided for you?
  - ◇ Think about the passage in Luke where Jesus calms the storm. Do you believe Jesus has the power to calm storms in your life?
  - ◇ Think of one storm, or something in your life that's worrying you or making you anxious and write it down.
- Pray
  - ◇ Read verse 29 again. This time read it as a prayer. Then, look at the thing you wrote down. Take a minute to call out to God and ask him to calm this storm in your life.

## DAY TWENTY-NINE

### *Pausing to Remember that God is in Charge*

## PSALM 119: 1-24

- Observe
  - ◇ Are there any repeated words or phrases in this psalm? If so, highlight or underline them.
- Interpret
  - ◇ Read verses 15 and 16 again. In these verses, the psalm writer says that they will meditate on God's commandments and not forget his word. What does it mean to meditate on something? What do you think the psalm writer meant when they talked about meditating on God's word?
  - ◇ Why is it important to meditate on and study God's Word?

- Apply
  - ◇ CS Lewis wrote that “we come to Scripture not to learn a subject but to steep ourselves in a person.” How can reading the Bible help you encounter Christ and draw closer to him?
  - ◇ It’s not always easy to take time to read the Bible every day. What are some things you can do to help you remember to read God’s Word more often?
- Pray
  - ◇ Read verses 15 and 16 again. Then, pray that God will reveal himself to you as you read and study his Word.

## DAY THIRTY:

### *Placing all Cares in God’s Hands*

#### PSALM 83

- Observe
  - ◇ What is David describing in this psalm? Is he looking back, describing what state he was in at the time, or looking toward the future?
- Interpret
  - ◇ Read verse 16 again. What is David asking God to do to his enemies?
  - ◇ Does David want God to destroy his enemies?
- Apply
  - ◇ Why do you think David wanted his enemies to seek God’s face?
  - ◇ How do you see people who have wronged or mistreated you? Do you pray that they will seek God’s face and know that he is Lord?
  - ◇ Why is it difficult to pray for people who mistreat you?
  - ◇ Can you think of one person who has wronged or mistreated you recently?
- Pray
  - ◇ Read verse 16 one more time. This time read it as a prayer. As you do so, think about the name of the person you wrote down. Ask God to help you forgive them and pray that they will seek and long to know him.

## DAY THIRTY-ONE

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 116

- Observe
  - ◇ How many times does this psalm mention calling upon the name of the Lord?
- Interpret
  - ◇ In verse seven, the psalm writer writes that they will “turn again to your rest” after they call upon God. How would you describe rest? How is the type of rest described in the psalm different than normal rest?
- Apply
  - ◇ Paul writes in Philippians that when we give our worries and anxieties up to God, “the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Do you believe this is true? Can you think of a time when you were worried, prayed and then felt God’s peace?
  - ◇ Write down one thing in your life that may be worrying you or causing you to be anxious.
- Pray
  - ◇ Read verses five through eight again. This time read them as a prayer. Then, look at the one thing you wrote down. Call upon God and ask him to take that thing and give you his peace.

## DAY THIRTY-TWO

### *Pausing to Remember that God is in Control*

#### PSALM 119:73-104

- Observe
  - ◇ What do you think the main theme of this psalm is?
  - ◇ Is the psalm writer asking for forgiveness, praising God or asking for God’s protection?
- Interpret

- ◇ Read verse 73 again. What do you think the psalm writer meant when they wrote, “your hands have made me and fashioned me”?
- Apply
  - ◇ This psalm, especially verse 73, talks about how God created us. The first chapter of Genesis tells us that “God created man in his own image, in the image of God he created him, male and female he created them.” What do you think it means to be created in God’s image?
  - ◇ How does being created in God’s image change the way you view yourself? How does it change the way you see others?
- Pray
  - ◇ Read verse 73 one more time. This time read it as a prayer. Take a minute to think about what it means to be created in God’s image. Then, pray and thank God for creating you and loving you for who you are.

## DAY THIRTY-THREE

### *Placing all Cares in God’s Hands*

#### PSALM 91

- Observe
  - ◇ Are there any words or phrases you recognize from any of the previous psalms? If so, highlight or underline them.
- Interpret
  - ◇ Read verse three again. What does it mean to “deliver” someone? What do you think the psalm writer is saying when they write that God will deliver you?
  - ◇ Did you notice that verses 14, 15 and 16 are in quotations and written in the first person? Why do you think these verses are written like that?
- Apply
  - ◇ Verses 14, 15 and 16 are written in the first person because they are supposed to sound like God speaking directly to his people. Do you believe God will deliver you from any evil or harm if you love and believe in him?
  - ◇ In verse 15, God says that he is with us in trouble. Why do you

think it's sometimes hard to feel like God is with you when you are in trouble?

- ◇ Have you ever felt like God is with you while you were going through something hard? If so, spend some time reflecting on how God was present in that situation.
- Pray
  - ◇ Read verses 14, 15 and 16 one more time. This time, read them as a prayer. As you read, try to imagine that God is speaking these words directly to you.

## DAY THIRTY-FOUR

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 135

- Observe
  - ◇ Highlight or underline the word “praise” every time you see it in this psalm. How many times is it repeated?
- Interpret
  - ◇ How would you describe an idol?
  - ◇ Read verses 15 through 18 again. How does the psalm writer describe idols?
  - ◇ What do you think the psalm writer meant when they said idols “have mouths, but they speak not; eyes have they, but they see not; They have ears, and yet they hear not, neither is there any breath in their mouths”?
- Apply
  - ◇ Idols are things that distract us and make us shift our focus away from God. There are times in all our lives when we turn to an idol for comfort or peace when we should turn to God. How is turning to God for peace and comfort different than turning to anything else? Write down one idol (something that distracts you from seeking God) in your life. Lent is a time when many people give something up so they can focus more on God.
  - ◇ Would you consider giving up whatever you wrote down for the rest of Lent?

- Pray
  - ◇ Take a minute to think about anything in your life, including the thing you wrote down, that may distract you or turn you away from God. Pray that God will help you put these things aside so you can focus more on him.

## DAY THIRTY-FIVE

### *Pausing to Remember that God is in Control*

#### PSALM 119:153-176

- Observe
  - ◇ Highlight the phrase “give me life” whenever you see it in this psalm. How many times is it repeated?
  - ◇ What are some things the psalm writer is asking God for?
- Interpret
  - ◇ What do you think the psalm writer meant when they wrote, “O Lord; give me life according to your judgements”?
  - ◇ What do you think they meant when they wrote, “O give me life according to your loving-kindness”?
  - ◇ If the psalm writer is alive, why do you think they were asking God for life?
- Apply
  - ◇ Throughout this psalm, the author asks God to give him life. Jesus said in the Book of John that he “came that they may have life and have it abundantly.” What do you think Jesus meant when he said this? What does it mean to have life “abundantly”?
  - ◇ How might you live life with abundance today?
- Pray
  - ◇ Read verse 159 one more time. This time read it as a prayer. Take a minute to pray and ask God to give you life. Trust that if you believe in and follow God, you will have abundant life in Jesus.

## DAY THIRTY-SIX

### *Pausing to Remember that God is in Control*

#### PSALM 124

- Observe
  - ◇ What do you think the purpose of this psalm is?
  - ◇ Is David telling God's people to repent, turn back to God, praise God or remember God's goodness?
- Interpret
  - ◇ Read verses one and two again. What would have happened if God didn't help his people when they were in trouble?
  - ◇ Why do you think David wanted God's people to remember where their help came from?
- Apply
  - ◇ In verse six, David reminds us that our help comes from God. Why do you think it's important for us to remember where true help comes from?
  - ◇ How might knowing where your help comes from change the way you approach today's trials?
- Pray
  - ◇ Read through Psalm 124 again. This time read it as a prayer. Then, take some time to pray and remember how God has helped and protected you.

## DAY THIRTY-SEVEN

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 145

- Observe
  - ◇ What are some characteristics David uses to describe God in this psalm?
- Interpret
  - ◇ In verse seven, David writes, "the remembrance of your abundant goodness shall they proclaim, and they shall sing of your righteousness." How would you define the word righteousness?

- ◇ How is God righteous? Can you think of any examples in the Bible where God acted righteously?
- Apply
  - ◇ In verse five, David writes, “as for me, I will be talking of the glorious splendor of your majesty, and of all your wondrous works.” He also says in verse eight that he will “tell of your greatness.” Do you think it’s important to tell other people about God’s majesty, works and greatness?
  - ◇ If you had to tell someone who didn’t know God about his goodness, what would you say?
  - ◇ Write down the name of one person whom you think needs to hear about God’s goodness and love.
- Pray
  - ◇ Take a minute and pray about the person whose name you wrote down. Pray that God will soften their hearts and provide an opportunity to tell them about his goodness and love.

## DAY THIRTY-EIGHT

### *Placing all Cares in God’s Hands*

#### PSALM 130

- Observe
  - ◇ What do you think the main theme of this psalm is?
  - ◇ What do you think the psalm writer was thinking or feeling when they wrote this?
- Interpret
  - ◇ Read verses five and six again. What do you think the psalm writer meant when they wrote about waiting for the Lord?
  - ◇ How is waiting on the Lord different than waiting on something else?
- Apply
  - ◇ John Ortberg, a Christian author, wrote, “Biblically, waiting is not just something we have to do until we get what we want. Waiting is part of the process of becoming what God wants us to be.” Waiting on God isn’t a passive, boring activity. It’s something we can actively do through prayer and worship.

We can also wait on God by confidently expecting him to work in our lives.

- ◇ How can waiting on God can help you draw closer to him?
- ◇ Write down two different ways you can wait on God today.
- Pray
  - ◇ Read verses five and six again. This time, read them as a prayer. Then, look at the two things you wrote down. Pray that God will help you do these things as you draw closer to him.

## DAY THIRTY-NINE

*Pausing to Remember that God is in Control*

### PSALM 133

- Observe
  - ◇ What do you think the main point of this psalm is?
  - ◇ What is David trying to say?
- Interpret
  - ◇ In verse two, David is comparing community and unity to being anointed in oil. People in the Bible were anointed with oil to show that they were set apart and holy. In the Old Testament, David was filled with the Holy Spirit when he was anointed by Samuel. Why do you think David chose to compare community and unity to anointing someone with oil?
- Apply
  - ◇ Read verse one again. Why is it important to be in a community with other Christians? Has being a part of a Christian community like a small group, youth group or a bible study impacted your life? If so, how?
- Pray
  - ◇ Read the first verse one more time. This time read it as a prayer. Then, take some time to pray and ask God to provide you with good friends who will help you draw closer to him.

## DAY FORTY

### *Beginning the Day with Praise and Thanksgiving*

#### PSALM 146

- Observe
    - ◇ Think about all the psalms you've read over the past forty days. What are some characteristics of God you've seen reappear as you read? Write down three that come to mind.
  - Interpret
    - ◇ Read verse five again. What do you think David meant when he wrote this? What does it mean to place your hope in God?
  - Apply
    - ◇ Read verse eleven again. Do you think the promise that “the Lord shall be King for evermore” was kept and fulfilled when Jesus rose from the grave and later ascended to heaven?
    - ◇ Recall those three things you wrote down. Praise God for these characteristics!
  - Pray
    - ◇ Read verse 11 one more time. This time read it as a prayer. Take a minute to thank God for sending his Son to die for our sins. Ask that he will be more present in your life and thank him for faithfully loving and caring for you.
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