

LENT

2026





# HEAR OUR CRY: Lent and Lament

Crying out to God through the Lament Psalms

# INTRODUCTION

Lent is a season for the Christian church to lament and grieve our sins and the sins of the world as we long for healing and full redemption, which comes through Jesus Christ's death and resurrection, which we celebrate during Holy Week.

The good news of the gospel is that we are more sinful and broken than we ever dared believe, yet more loved and accepted in Christ than we ever dared hope. Lent invites us to honestly face our darkness precisely because Christ's light has already triumphed. We can examine our hearts without despair because the story doesn't end in death; it ends in resurrection.

The Lent tradition began in the 3rd and 4th centuries of the early church as a period of 40 days of preparation and repentance in anticipation of the resurrection of Jesus Christ on Easter Day. This early church practice was born out of the biblical narrative of Israel wandering in the wilderness for 40 years and Jesus's temptations in the wilderness for 40 days. The church adopted 40 days of preparation for Easter's celebration; Jesus Christ's triumphal resurrection from death, when God's light of the world dawned upon all the brokenness and darkness of His creation.

In Lent, the Church reflects and examines the darkness that lies within our own hearts and the darkness of our world. It is a season of repentance and a cry for God to restore and redeem in anticipation of Easter Day, when the crucified Messiah powerfully resurrected and ushered in redemption. Lent is a time to enter into mourning, to ask God to help us see our own frailty and brokenness, to help us mourn for our neighbors, our city, and our world, crying out for deep personal and corporate repentance.

When we pray, fast, and gather across these 40 days, we're joining believers from every century, every culture, every corner of the globe. We're training ourselves to live as resurrection people; learning to rest in Christ as we live for renewal in a world that doesn't yet see what we see.

# how we'll celebrate this year

## **Ash Wednesday – February 18th, 7:30 AM, 6:00 PM**

Lent begins on Ash Wednesday, and we will celebrate it with the imposition of ashes on the forehead to remind us of our frailty and brokenness. We will offer a simple imposition of ashes at 7:30 AM on the steps of 1004 North Mangum Street, followed by an Ash Wednesday worship service at 6:00 PM.

## **40-Day Lenten Devotional**

We have provided a 40-day devotional to help us all embody this season of Lent. Just as physical training reshapes our bodies, these daily practices reshape our hearts, training us to see and savor Christ more clearly. We encourage everyone to use this wonderful resource.

## **Wednesday Lenten Prayer**

We will gather for prayer every Wednesday after Ash Wednesday until Palm Sunday (February 25th, March 4th, 11th, 18th, 25th) at the Church Offices (310 Corcoran Street, Suite 310) from 12:00 -12:30 PM. These are brief, focused times to cry out together for God's renewal in our lives, our church, and our city.

## **Lenten Healing Service – March 15th, 4:30 PM**

We will offer a Lenten Healing Service at our Align Gathering on March 15th from 4:30-6:00 PM. This is our annual worship service, held during Lent, where we come together to pray for personal and corporate healing. We pray for healing because Easter declares that God's future has invaded the present, and we long for full restoration.

## **Holy Week:**

### **Palm Sunday – March 29th, 8:30 AM, 10:00 AM, and 11:30 AM**

We celebrate Jesus's triumphal entry into Jerusalem and begin the final week of Lent.

### **Maundy Thursday Service – April 2nd, 6:00 PM**

A service of Communion, focusing on Jesus's Last Supper with His disciples. We remember His command to love one another as He has loved us.

### **Good Friday Service – April 3rd, 6:00 PM**

A service of meditation upon the cross and crucifixion of Jesus Christ. We enter into the darkness of Good Friday knowing that Sunday is coming.

### **Easter Sunday – April 5th, 6:30 AM, 8:30 AM, 10:00 AM, and 11:30 AM**

We gather to celebrate the resurrection of Jesus Christ and the new creation He has inaugurated. Join us for worship and celebration!



# how to use this devotional

Lament Psalms are a category of psalms in the Bible that express sorrow, distress, or deep need before God. They are prayers of desperation, often crying out for God's help, deliverance, or justice in times of suffering. Despite their tone of grief, lament psalms typically include an element of trust in God and conclude with praise or hope in His faithfulness.

Lament psalms show that God welcomes honest emotions and prayers, even in times of pain. They teach believers how to turn their sorrow into faith-filled cries for help, trusting that God hears and responds. And so, we offer expressions of helplessness without succumbing to feelings of hopelessness because we put our trust in the Living Hope, Jesus Christ, above all things.

We take this moment in the Global church's liturgical calendar to unite with believers around the world that long for the Lord to hear their cry. We are grateful for times and seasons of focus and preparation of the gospel story, all while praying that our rhythms never become rote and lose the potency of the gospel.

We pray that this guide will help shape your meditations and prepare your heart for the crucifixion and resurrection of our Messiah, Jesus. Each day will be a reading from a Lament Psalm followed by an invitation prayer. After a pause of prayerful reflection over the day's Psalm, take time to respond to the provided questions. Each day will have free prayers that invite us to cry out to God in a particular area of life. Each day will conclude with a prayer from the book *Seeking God's Face*. This 40-day guide covers Holy Week and concludes on Holy Saturday (the day before Easter).

May we all grow in this season of mourning and reflection as we anticipate the triumph of Easter morning.

# ash wednesday

day one

**Read:** Psalm 13

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. Have there been times in your life when you felt forgotten by God or distant from His presence? How did you navigate those feelings?
2. **"How long must I wrestle with my thoughts and day after day have sorrow in my heart?"** – When facing personal struggles or sorrow, how do you balance expressing your emotions honestly with maintaining faith and hope?
3. **"Look on me and answer, Lord my God."** – How do you seek God's guidance and reassurance when it feels like your prayers are unanswered?
4. **"But I trust in your unfailing love; my heart rejoices in your salvation."** – In difficult times, how do you remind yourself of God's past faithfulness and His promises?
5. **"I will sing the Lord's praise, for he has been good to me."** – How can gratitude and praise play a role in your spiritual journey, even in the midst of trials?

## **Free Prayer:**

- For spiritual renewal in this season of Lent.
- For Christ Central to be used by God to reflect His glory.

## **Prayer:**

*Living God, I confess I have crossed your commandments of life; by my sin I've willingly separated myself from you, my true life. My guilt hangs like dead weight in my heart; I can feel the sentence of death, in my body and soul. There is no health in me. Lord, have mercy. Amen.*

# reflection

# thursday

day two

**Read:** Psalm 61

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"Hear my cry, O God, listen to my prayer."** – How do you approach God in prayer during times of distress? Are there specific ways you can deepen your communication with Him when you're feeling overwhelmed?
2. **"From the end of the earth I call to you when my heart is faint."**  
– Have you ever felt distant from God, either physically, emotionally, or spiritually? How did you find your way back to a place of closeness with Him?
3. **"Lead me to the rock that is higher than I."** – What does it mean to you to seek refuge in God as your "rock"? In what areas of your life do you need to rely on His strength rather than your own?
4. **"Let me dwell in your tent forever! Let me take refuge under the shelter of your wings."** – How do you experience God's protection and presence in your daily life? Are there practices or habits that help you stay mindful of His sheltering care?
5. **"So will I ever sing praises to your name, as I perform my vows day after day."** – In what ways can you incorporate praise and gratitude into your daily routine? How does fulfilling your commitments to God reflect your trust and love for Him?

## **Free Prayer:**

- For peace and wellbeing in our city and beyond.
- For health and wisdom for the mayor and governing authorities in our city.

## **Prayer:**

*Holy God, corruption is everywhere. For too long sin and disobedience has been our master, ever since the fall of Adam and Eve. And still today, I look around and see this sin that poisons our life. We're all natural born sinners, corrupt from conception on. And I stand among another generation of such born sinners. Lord, have mercy. Amen.*

# reflection

# friday

day three

**Read:** Psalm 42

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**As a deer pants for flowing streams, so pants my soul for you, O God.**" – Do you recognize a deep longing for God in your life? How do you nurture that spiritual thirst when you feel distant from Him?
2. "**My tears have been my food day and night, while they say to me all the day long, 'Where is your God?'**" – How do you respond when you face doubt or when others question your faith during difficult times?
3. "**Why are you cast down, O my soul, and why are you in turmoil within me?**" – When you experience discouragement or inner turmoil, how do you process those emotions in light of your faith?
4. "**Hope in God; for I shall again praise him, my salvation and my God.**" – How do you hold on to hope and the promise of renewal when going through seasons of spiritual dryness or hardship?
5. "**Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.**" – Have you ever felt overwhelmed by life's challenges? How can you find God's presence and peace even in the midst of overwhelming circumstances?

## **Free Prayer:**

- For genuine and humility and repentance.
- For assurance of the Lord's nearness.

## **Prayer:**

*Freeling God, help me to face the hard truth about myself, that I am a prisoner to sin. Not only can I do no good without you, I can't even drum up a desire for you unless you first give it to me. Free me from the cramped cell of my sin and reconcile me to yourself through him who had no sin, Jesus my Savior. Amen.*

# reflection

# saturday

day four

**Read:** Psalm 3

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**O Lord, how many are my foes! Many are rising against me.**" –

When you face opposition or challenges in life, how do you respond? Do you turn to God first in those situations?

2. "**But you, O Lord, are a shield about me, my glory, and the lifter of my head.**" – How have you experienced God as your protector and source of encouragement during difficult times?

3. "**I cried aloud to the Lord, and he answered me from his holy hill.**" – Can you recall a time when God answered your prayers in a powerful way? How did that experience shape your trust in Him?

4. "**I lay down and slept; I woke again, for the Lord sustained me.**"

– How do you find peace and rest in God, even when life feels chaotic or uncertain?

5. "**Salvation belongs to the Lord; your blessing be on your people!**" – What does it mean to you that salvation comes from God alone? How does this truth influence your perspective on life's struggles?

## **Free Prayer:**

- For people struggling in marriage.
- For people struggling in singleness.

## **Prayer:**

*Creator God, I praise you for creating humanity good, in your own image. Despite the regularity of evil wickedness I see in the world, despite my own twisted ways, this is not the way it is supposed to be. I'm meant to know you, to love you with all my heart, and to live with you in eternal happiness. Today, equip me to move in the direction of your created purposes for me. In Christ's name, amen.*

# reflection

# monday

day five

**Read:** Psalm 58

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Do you indeed decree what is right, you gods? Do you judge the children of man uprightly?**" – How do you respond when you witness injustice or corruption in leadership or authority? How do you seek God's guidance in those situations?
2. "**The wicked are estranged from the womb; they go astray from birth, speaking lies.**" – How do you reconcile the presence of evil in the world with your faith in God's justice? What role can you play in promoting truth and righteousness?
3. "**Let them vanish like water that runs away; when he aims his arrows, let them be blunted.**" – When you feel anger or frustration towards wrongdoing, how do you process those emotions in a way that aligns with your faith?
4. "**The righteous will rejoice when he sees the vengeance; he will bathe his feet in the blood of the wicked.**" – How do you interpret the idea of rejoicing in God's justice? What does it mean to trust in God's timing for justice rather than seeking revenge?
5. "**Surely there is a reward for the righteous; surely there is a God who judges on earth.**" – How does the assurance of God's ultimate judgment and reward influence your daily choices and actions? Where do you find hope in knowing that God is a just judge?

## **Free Prayer:**

- For the courage to speak the truth in love.
- For peace that surpasses all understanding.

## **Prayer:**

*God of grace, I can't go very long without sin showing up somewhere again in my life. It's tiring to think that I carry this sin around with me, in me. It's a family curse that I've inherited, like a genetic deficiency that plagues my life and infects my living. Lord, be my help and my health. Amen.*

# reflection

# tuesday

day six

**Read:** Psalm 5

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"Give ear to my words, O Lord; consider my groaning."** – How do you bring your deepest struggles and emotions before God? Are there areas in your life where you need to be more honest with Him in prayer?
2. **"O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch."** – How do you start your day with God? What practices help you remain expectant and attentive to His presence throughout the day?
3. **"For you are not a God who delights in wickedness; evil may not dwell with you."** – In what ways do you seek to align your life with God's holiness? Are there habits or attitudes you need to surrender to better reflect His righteousness?
4. **"But I, through the abundance of your steadfast love, will enter your house."** – How do you experience God's steadfast love in your life? How does His love shape the way you approach Him in worship and daily living?
5. **"Let all who take refuge in you rejoice; let them ever sing for joy."** – When facing challenges, how do you find refuge and joy in God? What helps you maintain a spirit of praise even in difficult times?

## **Free Prayer:**

- For justice to reign in the court systems.
- For equitable access in the school systems.

## **Prayer:**

*Bright God, shine your light into my darkness; although I'm home, the lights are out. I'm scared in the dark, and yet I avoid your demanding light—who knows what it might reveal in me? Who knows what you might ask me to change? And so I choose darkness over your light. Only the light of your love can change me. Jesus, shine in me. Amen.*

# reflection

# wednesday

day seven

**Read:** Psalm 69

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"Save me, O God! For the waters have come up to my neck."** – Have you ever felt overwhelmed by life's challenges, like you're sinking? How do you turn to God in those moments of desperation?
2. **"I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God."** – How do you maintain hope and patience when it feels like your prayers are going unanswered?
3. **"For it is for your sake that I have borne reproach, that dishonor has covered my face."** – Have you ever faced criticism or rejection because of your faith? How did you handle it, and how did it impact your relationship with God?
4. **"But as for me, my prayer is to you, O Lord. At an acceptable time, O God, in the abundance of your steadfast love, answer me in your saving faithfulness."** – How do you trust in God's timing and steadfast love when you are in the midst of struggles?
5. **"I will praise the name of God with a song; I will magnify him with thanksgiving."** – How can gratitude and praise transform your perspective, even when you're going through difficult circumstances? What are specific ways you can practice this in your life?

## **Free Prayer:**

- For those who work in medicine; health professionals.
- For those who work in education.

## **Prayer:**

*Suffering Savior, thank you for the confidence I have to come to you when I stumble in sin. You're not shocked by my sin, and you don't turn away from me because of my weakness. You know the lure of sin because you were tempted in all things, so you can help me in my struggle against sin. I turn to you, compassionate Savior: help me today. Amen.*

# reflection

# thursday

day eight

**Read:** Psalm 80

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

**1. "Give ear, O Shepherd of Israel, you who lead Joseph like a flock."**

– In what ways do you recognize God as your Shepherd, guiding and caring for you? How do you respond when you feel distant from His guidance?

**2. "Restore us, O God; let your face shine, that we may be saved!"**

– Are there areas in your life where you are seeking restoration or renewal? How do you invite God into those places?

**3. "How long, O Lord God of hosts, will you be angry with your people's prayers?"**

– Have you ever felt frustration or confusion when it seems like God is silent or distant? How do you remain faithful during those times?

**4. "You brought a vine out of Egypt; you drove out the nations and planted it."**

– How has God worked in your life in the past to deliver or bless you? How can remembering His past faithfulness encourage you in your current struggles?

**5. "But let your hand be on the man of your right hand, the son of man whom you have made strong for yourself!"**

– How do you rely on God's strength rather than your own? In what ways can you surrender more fully to His power and purpose in your life?

## **Free Prayer:**

- For parents in the adoption process.
- For foster parents who are worn out and tired.

## **Prayer:**

*Forgiving God, the world is bent over with brokenness, weighed down with sin that spreads through the human race and sprouts up misery everywhere. It's a wonder you don't uproot the whole tangled mess and end it all—but you promised not to do that. I praise you for your bow of mercy that is now bent over the world, for the freedom from sin I can know in the grace of Jesus Christ.*

*Amen.*

# reflection

# friday

day nine

**Read:** Psalm 31

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. "**In you, O Lord, do I take refuge; let me never be put to shame; in your righteousness deliver me!**" – What does it mean for you to take refuge in God during difficult times? How do you trust in His righteousness for deliverance?
2. "**Be strong, and let your heart take courage, all you who wait for the Lord!**" – How do you find strength and courage while waiting for God's timing? Are there situations in your life right now where you need to lean into this encouragement?
3. "**You are my rock and my fortress; and for your name's sake you lead me and guide me.**" – In what ways has God been a steady foundation in your life? How do you seek His guidance when facing uncertainty?
4. "**I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul.**" – How does knowing that God sees and understands your struggles bring you comfort? How can you rejoice in His love even in hard times?
5. "**Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.**" – What does it look like for you to fully surrender your life and circumstances into God's hands? How do you trust in His faithfulness in every season?

**Free Prayer:**

- For areas of hunger, famine, and disease—that none may go hungry.
- For equitable access to healthcare.

**Prayer:**

*God of truth, I don't like to face the sin in me—it's ugly and frightening. But avoiding it only gets me tangled deeper in deception. So give me the courage to take an honest look at myself, and may that honesty make me long more and more for your salvation that sets me free from this body of death. In Christ's name, amen.*

# reflection

# saturday

day ten

**Read:** Psalm 35

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Contend, O Lord, with those who contend with me; fight against those who fight against me!**" – When you face opposition or injustice, how do you invite God to be your defender? Are there situations where you need to surrender control and trust Him to fight on your behalf?
2. "**Let those who seek my life be put to shame and dishonor; let those who devise evil against me be turned back and disappointed.**" – How do you handle feelings of anger or a desire for revenge when wronged? How can you balance the desire for justice with a heart of forgiveness?
3. "**But I, when they were sick—I wore sackcloth; I afflicted myself with fasting.**" – Have you ever shown kindness to someone who later hurt or betrayed you? How do you process feelings of betrayal while maintaining compassion and integrity?
4. "**Then my soul will rejoice in the Lord, exulting in his salvation.**" – How do you find joy in God's salvation, even when facing difficult circumstances? What helps you keep your focus on His goodness during trials?
5. "**Let those who delight in my righteousness shout for joy and be glad and say evermore, 'Great is the Lord, who delights in the welfare of his servant!'**" – How do you celebrate and acknowledge God's care for you and others? How can you cultivate a heart of gratitude for His involvement in your life?

## **Free Prayer:**

- For those who hold power to use their position for the good of those who are vulnerable
- For mercy and compassion to rule in our hearts

## **Prayer:**

*True God, who can save? So many pretenders serve up hollow promises, but it's all foolishness. No one else can release me from my punishment; no program can set me right with you. Turn me again to Jesus, the only true deliverer, and clear me from my sin.*

*Amen.*

# reflection

# monday

day eleven

**Read:** Psalm 55

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Give ear to my prayer, O God, and hide not yourself from my plea for mercy!**" – How do you approach God when you are overwhelmed or in distress? Are there specific burdens you need to bring to Him in prayer today?
2. "**My heart is in anguish within me; the terrors of death have fallen upon me.**" – How do you handle feelings of anxiety, fear, or deep emotional pain? In those moments, how do you remind yourself of God's presence and comfort?
3. "**Oh, that I had wings like a dove! I would fly away and be at rest.**" – When life feels overwhelming, where do you seek refuge or escape? How can you find true rest and peace in God instead of temporary distractions?
4. "**But it is you, a man, my equal, my companion, my familiar friend.**" – Have you ever experienced betrayal or hurt from someone close to you? How do you process that pain with God, and how does His faithfulness help you heal?
5. "**Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.**" – What burdens are you carrying that you need to surrender to God? How can trusting in His sustaining power bring you peace and strength today?

## **Free Prayer:**

- For those who doubt the existence of God.
- For those who doubt the goodness of God.

## **Prayer:**

*Gracious Lord, thank you for your big heart that wishes no one to be lost, but everyone to be saved. Today, we bring to you our family and friends who remain lost without Christ (take a moment to bring to God the names of those you know far from Jesus). We pray that your Spirit would bring them to Christ in faith so they might find new life. In the Savior's name, amen.*

# reflection

# tuesday

day twelve

**Read:** Psalm 140

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"Deliver me, O Lord, from evil men; preserve me from violent men."** – In what areas of your life do you seek God's protection from harm or negative influences? How do you trust Him to safeguard you in difficult situations?
2. **"They make their tongue sharp as a serpent's, and under their lips is the venom of asps."** – How do you respond to harmful words or deceit from others? How can you guard your heart and rely on God's truth in the face of slander or lies?
3. **"O Lord, you are the strength of my salvation; you have covered my head in the day of battle."** – How has God been your strength and defender in times of struggle? What battles are you facing now that you need to surrender to His power?
4. **"I know that the Lord will maintain the cause of the afflicted, and will execute justice for the needy."** – How does the assurance of God's justice shape the way you view injustice in the world? How can you align your actions with His heart for the oppressed?
5. **"Surely the righteous shall give thanks to your name; the upright shall dwell in your presence."** – How do gratitude and praise play a role in your life, even when you're facing challenges? How can focusing on God's presence shift your perspective today?

## **Free Prayer:**

- For those struggling with addictions.
- For those struggling with self-harm behaviors.

## **Prayer:**

*Persuasive God, it may sound odd, but sometimes my sin seems too big and ugly even for you. Keep me from adding to my sin by thinking that your power can't forgive me now. Convince my unbelieving heart that through Christ's sufferings I'm forgiven and forever right with you. In the name of Jesus Christ, amen.*

# reflection

# wednesday

day thirteen

**Read:** Psalm 141

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**O Lord, I call upon you; hasten to me! Give ear to my voice when I call to you!**" – How do you approach God when you need immediate help or guidance? Are there situations in your life where you need to rely more fully on His presence?
2. "**Set a guard, O Lord, over my mouth; keep watch over the door of my lips!**" – In what areas do you struggle with your words, whether in speech or thoughts? How can you invite God to help you speak with wisdom, kindness, and truth?
3. "**Do not let my heart incline to any evil, to busy myself with wicked deeds.**" – What are the temptations or distractions that pull your heart away from God? How do you stay grounded in righteousness when faced with those challenges?
4. "**Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil for my head.**" – How do you respond to constructive criticism or correction from others, especially those who care about your spiritual growth? How can you be more open to receiving godly counsel?
5. "**But my eyes are toward you, O God, my Lord; in you I seek refuge; leave me not defenseless!**" – When you feel vulnerable or exposed, how do you find refuge in God? How can keeping your focus on Him provide strength and protection in uncertain times?

## **Free Prayer:**

- For servant leadership, kingdom vision, godly stewardship, and effective organization of the local church.
- For those who have experienced harm in the church.

## **Prayer:**

*Living God, I mistakenly presume that your mercy takes the edge of offense from my sin, but a glimpse of your supreme majesty sober me. My sin is an offense so serious that its penalty is eternal punishment of body and soul. Lord Jesus, Son of God, have mercy.*

Amen.

# reflection

# thursday

day fourteen

**Read:** Psalm 17

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Hear a just cause, O Lord; attend to my cry! Give ear to my prayer from lips free of deceit!**" – When you present your concerns to God, do you approach Him with honesty and integrity? How do you ensure your prayers align with a sincere heart?
2. "**You have tried my heart, you have visited me by night, you have tested me, and you will find nothing.**" – How do you respond to moments when you feel God is testing or refining you? What have these experiences revealed about your faith and character?
3. "**Keep me as the apple of your eye; hide me in the shadow of your wings.**" – How do you find comfort in knowing you are precious to God? In what ways do you seek His protection and care in your daily life?
4. "**From men by your hand, O Lord, from men of the world whose portion is in this life.**" – How do you guard your heart from being overly focused on worldly success or material possessions? What helps you keep an eternal perspective in your choices and priorities?
5. "**As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness.**" – What does it mean to you to find ultimate satisfaction in God's presence? How can you cultivate a deeper desire to reflect His character in your life?

## **Free Prayer:**

- For survivors of abuse.
- For the vulnerable who are exploited in society.

## **Prayer:**

*Promise-making God, you come to us sinners with a vision beyond our wildest dreams and seal it with a covenant. Like Abraham, may we wholeheartedly believe in your promises, and, believing, be covered in your righteousness. Amen.*

# reflection

# friday

day fifteen

**Read:** Psalm 28

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**To you, O Lord, I call; my rock, be not deaf to me.**" – How do you respond when it feels like God is silent in your life? What helps you remain persistent in prayer during those times?
2. "**Hear the voice of my pleas for mercy, when I cry to you for help.**" – In what areas of your life are you currently seeking God's mercy or guidance? How do you bring your needs and vulnerabilities before Him?
3. "**The Lord is my strength and my shield; in him my heart trusts, and I am helped.**" – When facing challenges, how do you rely on God as your source of strength and protection? Can you recall a time when trusting Him brought you unexpected help or peace?
4. "**My heart exults, and with my song I give thanks to him.**" – How do you express gratitude to God, even after difficult seasons? What role does praise play in your relationship with Him?
5. "**Oh, save your people and bless your heritage! Be their shepherd and carry them forever.**" – How do you experience God's shepherding care in your life? In what ways can you trust Him more deeply to lead and carry you through life's uncertainties?

## **Free Prayer:**

- For the Lord to meet women in their loneliness and help them know they have a sisterhood surrounding them who loves them.
- For the brokenhearted facing devastating circumstances like miscarriage, infertility or broken relationships.

## **Prayer:**

*Covenant God, thank you for your promises, which are full of blessing and life. Thank you most for your promise to send your Son, the powerful Jesus, to crush the head of the devil and to bring my life blessing. In the strong name of Jesus, amen.*

# reflection

# saturday

day sixteen

**Read:** Psalm 56

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"When I am afraid, I put my trust in you."** – How do you respond to fear in your life? What practical steps can you take to place your trust in God during times of anxiety or uncertainty?
2. **"You have kept count of my tossings; put my tears in your bottle. Are they not in your book?"** – How does it comfort you to know that God sees and values every struggle and tear you experience? How can this awareness shape the way you approach Him in prayer?
3. **"In God I trust; I shall not be afraid. What can flesh do to me?"** – When facing opposition or difficult circumstances, how does trusting in God's sovereignty change your perspective? Are there areas in your life where you need to let go of fear and embrace His protection?
4. **"I must perform my vows to you, O God; I will render thank offerings to you."** – How do you show gratitude to God after He answers your prayers or brings you through difficult times? Are there commitments you've made to Him that you need to revisit or fulfill?
5. **"For you have delivered my soul from death, yes, my feet from falling, that I may walk before God in the light of life."** – How has God delivered or protected you in the past? How can remembering His faithfulness encourage you to walk confidently in His light today?

## **Free Prayer:**

- For those who are grieving.
- For those struggling with chronic illness.

## **Prayer:**

*God of boundless mercy, I come empty-handed, confessing the bankruptcy of my works and drawing on your infinite grace by faith. Thank you for the gift of righteousness in Jesus, who was made to be sin and a curse in my place, on the cross, making me right with you. In the Savior's name, amen.*

# reflection

# monday

day seventeen

**Read:** Psalm 142

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord."** – How do you express your deepest needs and emotions to God? Are there areas in your life where you need to be more open and honest in your prayers?
2. **"When my spirit faints within me, you know my way."** – How does it comfort you to know that God understands your path even when you feel overwhelmed or lost? How can you rely on His guidance during difficult times?
3. **"Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul."** – Have you ever felt alone or abandoned like the psalmist describes? How did you experience God's presence and care in those moments of isolation?
4. **"I cry to you, O Lord; I say, 'You are my refuge, my portion in the land of the living.'**" – In what ways do you find refuge in God when life feels uncertain or challenging? How can you remind yourself that He is your ultimate source of security and provision?
5. **"Bring me out of prison, that I may give thanks to your name!"** – Are there situations, habits, or mindsets in your life that feel like a prison? How can you trust God to bring freedom and transformation in those areas, and how will you respond in gratitude?

## **Free Prayer:**

- For a rich understanding of the gospel.
- For the full experience of our adoption as God's children.

## **Prayer:**

*Father, I praise you for the story of salvation you reveal in the Bible. Good news spills out on every page—in the created goodness of Eden, through your promises to Abraham and the pointed proclamations of the prophets, even in the strange sacrifices and ceremonies of the law. And of course, I hear the gospel most clearly in your dear Son, Jesus. In his name I pray, amen.*

# reflection

# tuesday

day eighteen

**Read:** Psalm 143

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Hear my prayer, O Lord; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness!**" – How do you approach God when seeking His mercy and guidance? Are there specific areas in your life where you need to rely on His faithfulness right now?
2. "**For the enemy has pursued my soul; he has crushed my life to the ground.**" – What are the challenges or struggles that feel like they are weighing you down? How do you turn to God for strength and deliverance in those moments?
3. "**I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.**" – How does reflecting on God's past faithfulness help you in your current struggles? Are there specific moments in your life where you've clearly seen His hand at work?
4. "**Let me hear in the morning of your steadfast love, for in you I trust.**" – How do you start your day with a focus on God's love and guidance? What daily practices help you maintain trust in Him throughout the day?
5. "**Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!**" – In what areas of your life do you need God's direction and wisdom? How open are you to allowing His Spirit to guide your decisions and actions?

## **Free Prayer:**

- For international students to find home away from home.
- For teen moms in our area to have the resources and support they need.

## **Prayer:**

*Lord God, grow in me an unwavering faith that is more than head knowledge, greater than a conviction of the will, but also a deep-rooted assurance in my heart that all your promises are sure and everything you say is true. In Christ's name, amen.*

# reflection

# wednesday

day nineteen

**Read:** Psalm 94

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**O Lord, God of vengeance, O God of vengeance, shine forth!**" –

How do you reconcile God's justice with His love and mercy?

When you see injustice around you, how do you trust God to act in His timing?

2. "**They crush your people, O Lord, and afflict your heritage.**" –

How do you respond when you witness or experience oppression and injustice? How can you advocate for others while trusting in God's ultimate justice?

3. "**When I thought, 'My foot slips,' your steadfast love, O Lord, held me up.**" – Can you recall a time when you felt like you were losing your footing in life? How did God's love and support sustain you during that season?

4. "**When the cares of my heart are many, your consolations cheer my soul.**" – How do you experience God's comfort when you're overwhelmed with worry or anxiety? What practices help you stay connected to His peace in stressful times?

5. "**But the Lord has become my stronghold, and my God the rock of my refuge.**" – In what ways do you rely on God as your refuge and source of strength? Are there situations in your life right now where you need to lean more fully on Him for protection and guidance?

## **Free Prayer:**

- For followers of Christ to share the Gospel in their lives.
- For people to know the supreme worth of knowing Jesus Christ.

## **Prayer:**

*Merciful and just God, I rage against the regularity of evil in the world. Thank you that you are a just judge and will punish all such sin, now and in eternity. Yet when the tables get turned, I see how puny my anger is next to yours. And along with justice, I pray for mercy. Forgive me in Jesus' name, amen.*

# reflection

# thursday

day twenty

**Read:** Psalm 77

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. **"I cry aloud to God, aloud to God, and he will hear me."** – When you are in distress, how do you express your feelings to God? Do you believe He hears you even when His response isn't immediate?
2. **"When I remember God, I moan; when I meditate, my spirit faints."** – Have you ever struggled to find comfort in God during difficult times? How do you navigate seasons when remembering God feels heavy rather than hopeful?
3. **"I will remember the deeds of the Lord; yes, I will remember your wonders of old."** – How does recalling God's past faithfulness help you in present challenges? Are there specific moments in your life when you've seen His hand at work?
4. **"Your way was through the sea, your path through the great waters; yet your footprints were unseen."** – How do you trust God when His presence isn't obvious, and His plans are unclear? Have you experienced His guidance in ways you didn't recognize at the time?
5. **"You are the God who works wonders; you have made known your might among the peoples."** – In what ways can you share stories of God's power and faithfulness with others? How does reflecting on His wonders strengthen your faith?

## **Free Prayer:**

- For those struggling with depression and suicidal thoughts.
- For those struggling with anxiety.

## **Prayer:**

*Patient God, even on this journey of faith, where I experience your presence and provision, I grumble, gripe, and turn away from you. Today, may I know the embrace of your grace more than the grip of sin, and may my complaints be turned to praise. In Christ's name, amen.*

# reflection

# friday

day twenty-one

**Read:** Psalm 59

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"Deliver me from my enemies, O my God; protect me from those who rise up against me."** – Who or what are the "enemies" in your life today—whether external challenges or internal struggles? How do you seek God's protection and deliverance in these situations?
2. **"They lie in wait for my life; fierce men stir up strife against me."**  
– Have you ever felt surrounded by conflict or opposition? How do you maintain your faith and integrity when facing adversity?
3. **"But you, O Lord, laugh at them; you hold all the nations in derision."** – How does remembering God's power and sovereignty help you put your struggles into perspective? What fears can you surrender, knowing that God is in control?
4. **"O my Strength, I will watch for you, for you, O God, are my fortress."** – How do you actively look for God's presence and strength in your daily life? Are there specific moments when you've experienced Him as your fortress?
5. **"I will sing of your strength; I will sing aloud of your steadfast love in the morning."** – How can you cultivate a habit of praising God for His strength and love, even in difficult times? What role does gratitude play in your relationship with Him?

**Free Prayer:**

- For immigrant groups in our city who fear for their safety.
- For college students struggling with anxiety and not knowing how they fit in the world.

**Prayer:**

*High and powerful God, every day I fall short of living up to your law. Why do I so easily fall into temptation and live in reckless disobedience? I'm weak, God, and I need Jesus. Amen*

# reflection

# saturday

day twenty-two

**Read:** Psalm 83

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**O God, do not keep silence; do not hold your peace or be still, O God!**" – Have you ever felt like God was silent during a difficult time? How do you maintain faith and patience when it seems like God is not responding?
2. "**They lay crafty plans against your people; they consult together against your treasured ones.**" – When you feel opposed or misunderstood, how do you find comfort in knowing that you are one of God's "treasured ones"? How does this identity shape your response to challenges?
3. "**Let them know that you alone, whose name is the Lord, are the Most High over all the earth.**" – How does recognizing God's ultimate authority over all things influence your perspective on the struggles and injustices you see in the world?
4. "**O my God, make them like whirling dust, like chaff before the wind.**" – How do you reconcile the desire for justice with the call to love and forgive others? How do you entrust difficult situations to God's justice rather than taking matters into your own hands?
5. "**That they may seek your name, O Lord.**" – How can you pray for those who oppose or hurt you, not just for their defeat but for their hearts to be turned toward God? What does it look like to desire transformation over retribution in your relationships?

## **Free Prayer:**

- For people struggling with loneliness.
- For people that struggle to feel significant in our community.

## **Prayer:**

*Merciful and just God, I rage against the regularity of evil in the world. Thank you that you are a just judge and will punish all such sin, now and in eternity. Yet when the tables get turned, I see how puny my anger is next to yours. And along with justice, I pray for mercy. Forgive me in Jesus' name, amen.*

# reflection

# monday

**Read:** Psalm 109

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"Be not silent, O God of my praise!"** – How do you maintain a heart of praise when you're feeling attacked or wronged by others? In what ways can worship shift your perspective during difficult times?
2. **"For wicked and deceitful mouths are opened against me, speaking against me with lying tongues."** – How do you respond when you are falsely accused or unfairly criticized? How can you turn to God for vindication rather than seeking revenge?
3. **"But I give myself to prayer."** – When faced with conflict or betrayal, how do you prioritize prayer as your first response? How has prayer helped you process difficult emotions or situations in the past?
4. **"Help me, O Lord my God! Save me according to your steadfast love!"** – In times of trouble, how do you rely on God's steadfast love for support and deliverance? Are there current challenges in your life where you need to lean into His help?
5. **"With my mouth I will give great thanks to the Lord; I will praise him in the midst of the throng."** – How can you cultivate gratitude and public praise for God even when life feels overwhelming? What are some ways you can testify to His goodness despite challenges?

**Free Prayer:**

- for children who have unbelieving parents
- for husbands or wives who have lost spouses

**Prayer:**

*Merciful and just God, I rage against the regularity of evil in the world. Thank you that you are a just judge and will punish all such sin, now and in eternity. Yet when the tables get turned, I see how puny my anger is next to yours. And along with justice, I pray for mercy. Forgive me in Jesus' name, amen.*

# reflection

# tuesday

**Read:** Psalm 54

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"O God, save me by your name, and vindicate me by your might."** – When you face challenges or feel wronged, how do you rely on God's power and justice instead of trying to resolve things on your own?
2. **"O God, hear my prayer; give ear to the words of my mouth."** – How do you approach God in prayer during times of distress? Are there specific ways you can deepen your trust that He hears and responds to you?
3. **"Behold, God is my helper; the Lord is the upholder of my life."** – In what ways has God been your helper and sustainer during difficult times? How can you remind yourself of His support in your current circumstances?
4. **"With a freewill offering I will sacrifice to you; I will give thanks to your name, O Lord, for it is good."** – How do you express gratitude to God, even after facing hardships? Are there moments when giving thanks has shifted your perspective on a tough situation?
5. **"For he has delivered me from every trouble, and my eye has looked in triumph on my enemies."** – How has God delivered you from past troubles? How can remembering His faithfulness encourage you to trust Him with the challenges you face today?

**Free Prayer:**

- For men who struggle with loneliness and purposelessness
- For husbands and fathers to be a blessing to their wives and children

**Prayer:**

*Sovereign God, the pathways of your purpose are beyond human understanding. As we experience the groaning of creation in human evil and natural disaster, help us discern both your justice and your mercy, always ready to repent of our sins and always eager to walk again in your ways. Lord, have mercy on me, a sinner. Amen.*

# reflection

# wednesday

day twenty-five

**Read:** Psalm 44

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. "**O God, we have heard with our ears, our fathers have told us, what deeds you performed in their days, in the days of old.**" –

How does remembering the stories of God's past faithfulness, either in Scripture or in your own life, strengthen your trust in Him today?

2. "**But you have rejected us and disgraced us and have not gone out with our armies.**" – Have you ever felt abandoned or distant from God during challenging times? How do you process feelings of disappointment or confusion in your faith?

3. "**All day long my disgrace is before me, and shame has covered my face.**" – How do you deal with feelings of failure, shame, or rejection? In those moments, how do you remind yourself of God's grace and love?

4. "**Yet for your sake we are killed all the day long; we are regarded as sheep to be slaughtered.**" – How do you respond when following God leads to hardship or opposition? What helps you remain faithful even when obedience comes with personal cost?

5. "**Rise up; come to our help! Redeem us for the sake of your steadfast love!**" – When you feel overwhelmed or defeated, how do you call on God for help? How can you rest in the assurance of His steadfast love even when the situation hasn't changed yet?

**Free Prayer:**

- For those who are bored of life
- For wonder in the days that the Lord has given

**Prayer:**

Good God, you didn't turn your back on a world plunged up to its neck in physical and spiritual death but set out to rescue it. I worship you for your resolute goodness and wisdom that sought and found me; I thank you for the blessing that has come to me in Jesus, and pray that my life may be a blessing to others. Amen.

# reflection

# thursday

day twenty-six

**Read:** Psalm 79

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**O God, the nations have come into your inheritance; they have defiled your holy temple.**" – How do you respond when you see the things of God disrespected or dishonored in the world around you? How can you remain faithful in upholding God's truth and holiness in your own life?
2. "**How long, O Lord? Will you be angry forever? Will your jealousy burn like fire?**" – Have you ever experienced a season where it felt like God was distant or His discipline was heavy? How did you navigate those feelings, and what did you learn about His character during that time?
3. "**Help us, O God of our salvation, for the glory of your name; deliver us and atone for our sins.**" – How often do you seek God's help not just for personal comfort but for the sake of His glory? How does recognizing His role as your deliverer shape your prayers?
4. "**Let the groans of the prisoners come before you; according to your great power, preserve those doomed to die!**" – How can you intercede for those who are suffering or in difficult circumstances, both locally and globally? How does compassion for others' struggles reflect God's heart?
5. "**But we your people, the sheep of your pasture, will give thanks to you forever.**" – Even in times of hardship or loss, how do you maintain a spirit of gratitude? What practices help you focus on God's faithfulness, even when circumstances are challenging?

## **Free Prayer:**

- For those divorced and separated
- For those estranged from loved ones

## **Prayer:**

*Surprising God, who would have thought that dying was good? My instinct is to avoid it. But, in Jesus, I see that dying is the way to life. Equip me to do what is so difficult—to die to myself and become new. May I be genuinely sorry for my sin, to hate it more and more, and to run away from it. Amen.*

# reflection

# friday

**Read:** Psalm 85

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. "**Lord, you were favorable to your land; you restored the fortunes of Jacob.**" – How has God shown His favor and restoration in your life in the past? How can remembering His faithfulness give you hope for current challenges?
2. "**Restore us again, O God of our salvation, and put away your indignation toward us!**" – Are there areas in your life where you need God's restoration—spiritually, emotionally, or relationally? How can you invite Him to renew and heal those parts of your life?
3. "**Will you not revive us again, that your people may rejoice in you?**" – When have you experienced spiritual renewal or revival in your life? What steps can you take to rekindle your passion and joy in your relationship with God?
4. "**Steadfast love and faithfulness meet; righteousness and peace kiss each other.**" – How do you see God's love, faithfulness, righteousness, and peace working together in your life? How can you reflect these qualities in your relationships with others?
5. "**Yes, the Lord will give what is good, and our land will yield its increase.**" – How do you trust in God's goodness and provision, even when the results aren't immediate? What blessings can you recognize in your life that are signs of His continued care?

**Free Prayer:**

- For those struggling to find employment.
- For those who spend and live excessively.

**Prayer:**

*Thank you, graceful God, for your deliverance of my life, for the goodness of the rescue you have provided through Christ, lifted high on the cross like the snake in the wilderness. I live under your shining favor, your beautiful, crazy grace. Thank you. Amen.*

# reflection

# saturday

**Read:** Psalm 39

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"I said, 'I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle.'"** – How do you practice self-control in your words and actions, especially during times of frustration or anger? Are there situations where you need to be more mindful of your speech?
2. **"O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am!"** – How does reflecting on the brevity of life influence your daily choices and priorities? What changes might you make to live with greater purpose and intentionality?
3. **"Surely all mankind stands as a mere breath!"** – In what ways do you find yourself placing too much importance on temporary things? How can you shift your focus toward what has eternal value?
4. **"And now, O Lord, for what do I wait? My hope is in you."** – In moments of uncertainty or waiting, how do you place your hope in God? What helps you stay patient and trust His timing?
5. **"Hear my prayer, O Lord, and give ear to my cry; hold not your peace at my tears!"** – How do you bring your grief, struggles, and emotions honestly before God? How have you experienced His comfort in times of sorrow or distress?

**Free Prayer:**

- For restoration from greed and consumerism.
- For generous hearts and cheerful giving.

**Prayer:**

*God, my Redeemer, it was your love that sent your Son, Jesus Christ, to be lifted up on the cross—a love that seeks and saves the lost. As I trust in Jesus today, may I know your love that withholds the condemnation I deserve, and lavishes the acceptance I do not.*

*Amen.*

# reflection

# monday

**Read:** Psalm 71

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"In you, O Lord, do I take refuge; let me never be put to shame!"**

– Where do you turn for refuge and security during difficult times? How can you deepen your trust in God as your ultimate source of protection and hope?

2. **"Do not cast me off in the time of old age; forsake me not when my strength is spent."** – How do you navigate seasons of weakness or transition, whether physical, emotional, or spiritual? How can you rely on God's presence and strength in every stage of life?

3. **"My mouth is filled with your praise, and with your glory all the day."** – How often do you intentionally praise God throughout your day? What practices can you adopt to cultivate a heart of gratitude, even in challenging circumstances?

4. **"O God, from my youth you have taught me, and I still proclaim your wondrous deeds."** – How has your relationship with God grown over time? What lessons from your past can you share to encourage others in their faith journey?

5. **"Even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation."** – How can you use your experiences to testify to God's faithfulness? In what ways can you invest in sharing His love and truth with the next generation?

**Free Prayer:**

- For those serving on juries.
- For law enforcement, lawyers, and judges.

**Prayer:**

*Loving Father, let me hear your gracious call—not in preening religiosity, comparing myself with others, but in desperate humility, casting myself on your mercy. As I pray, "God, have mercy on me, a sinner," so may I live this day justified and free in the life-giving power of your Spirit. Amen.*

# reflection

# tuesday

day thirty

**Read:** Psalm 64

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## **Reflection:**

1. "**Hear my voice, O God, in my complaint; preserve my life from dread of the enemy.**" – When you feel overwhelmed by fear or opposition, how do you bring your concerns to God? How can you trust Him to protect and preserve you in challenging times?
2. "**Hide me from the secret plots of the wicked, from the throng of evildoers.**" – How do you respond when you face unfair treatment or feel targeted by others' negativity? How can you seek God's guidance and protection rather than reacting out of anger or frustration?
3. "**They hold fast to their evil purpose; they talk of laying snares secretly.**" – How do you stay grounded in integrity when you encounter deceit or dishonesty around you? What practices help you maintain a clear conscience and trust in God's justice?
4. "**But God shoots his arrow at them; they are wounded suddenly.**" – How do you find peace in knowing that God sees injustice and will act in His time? How can trusting in His justice free you from the burden of seeking revenge?
5. "**Let the righteous one rejoice in the Lord and take refuge in him!**" – How do you find joy and refuge in God, even in the midst of difficult circumstances? What does it look like for you to celebrate His protection and faithfulness in your life?

## **Free Prayer:**

- For communities of Christ still burdened by the weight and division caused by histories and hierarchies of social divide.
- For missionaries struggling to gather resources to serve.

## **Prayer:**

*Saving Lord, you save me from sin by Christ's death, but you also raise me with him to a new life. Because I am grafted into Christ, strengthen me this day to walk in that new life, producing good fruits of gratitude. Amen.*

# reflection

# wednesday

**Read:** Psalm 120

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. **"In my distress I called to the Lord, and he answered me."** –

When you face distress or trouble, how quickly do you turn to God in prayer? Can you recall a time when God answered you in a difficult situation?

2. **"Deliver me, O Lord, from lying lips, from a deceitful tongue."** –

How do you respond when you encounter dishonesty or false accusations? How can you trust God to protect your reputation and guide you in responding with integrity?

3. **"What shall be given to you, and what more shall be done to you, you deceitful tongue?"** – How do you handle situations where words have caused harm or division? Are there areas in your life where you need to seek or offer forgiveness for hurtful words?

4. **"Woe to me, that I sojourn in Meshech, that I dwell among the tents of Kedar!"** – Have you ever felt out of place or surrounded by negativity or conflict? How do you maintain your peace and faith when you're in an environment that feels hostile to your values?

5. **"I am for peace, but when I speak, they are for war!"** – How do you pursue peace in relationships or situations filled with tension or conflict? What does it look like for you to be a peacemaker, even when others resist reconciliation?

**Free Prayer:**

- For unhoused people to find shelter and provision for life
- For those who are underemployed and struggling to make ends meet

**Prayer:**

*Jesus, Son of God and Son of Man, I praise you, worship you, and love you. On the cross you shouldered the weight of God's just anger against my sin and restored for me righteousness and life, setting me completely free and making me right with God. There are not enough words to thank you, my Savior. Amen.*

# reflection

# thursday

**Read:** Psalm 74

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. "**O God, why do you cast us off forever? Why does your anger smoke against the sheep of your pasture?**" – Have you ever felt abandoned by God in a time of crisis? How do you reconcile those feelings with His promise to never leave or forsake His people?
2. "**Remember your congregation, which you have purchased of old, which you have redeemed to be the tribe of your heritage!**"  
– How does recalling God's past faithfulness help you trust Him in the present? Are there moments in your life where you have clearly seen His hand at work?
3. "**They set your sanctuary on fire; they profaned the dwelling place of your name, bringing it down to the ground.**" – When you see destruction or injustice in the world, how do you process your emotions and bring them before God? How do you maintain hope in His ultimate justice?
4. "**Yet God my King is from of old, working salvation in the midst of the earth.**" – How does knowing that God has been sovereign throughout history strengthen your faith? In what ways do you see His work of salvation continuing in the world today?
5. "**Arise, O God, defend your cause; remember how the foolish scoff at you all the day!**" – How do you respond when you see others dishonoring God or rejecting His truth? How can you be a witness for His name while trusting Him to bring justice in His time?

**Free Prayer:**

- For youth to feel seen, known, heard, and loved.
- For youth to feel confident in who they are in Christ.

**Prayer:**

*God of new creations, I search to find real life, but my attempts are ashes because I've failed to understand the gospel mystery, that I need to die to come alive. Teach me to repent, and provide me with the faith and courage to give myself away and so let your new life fill me. In Jesus' name, amen.*

# reflection

# friday

day thirty-three

**Read:** Psalm 88

**Invitation:** Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Reflection:**

1. "**O Lord, God of my salvation; I cry out day and night before you.**" – How do you maintain your faith and continue to pray when it feels like God is silent or distant? Are there situations in your life where you need to persist in seeking Him despite not seeing immediate answers?

2. "**My soul is full of troubles, and my life draws near to Sheol.**" – When you feel overwhelmed by sorrow or despair, how do you bring those deep emotions honestly before God? How do you find hope in His presence, even when circumstances don't change?

3. "**You have put me in the depths of the pit, in the regions dark and deep.**" – Have you ever felt like God allowed you to experience a season of deep struggle or darkness? How did that season impact your faith and understanding of His character?

4. "**But I, O Lord, cry to you; in the morning my prayer comes before you.**" – Even in your darkest moments, how do you keep the habit of turning to God in prayer? What role does daily prayer play in helping you navigate times of emotional or spiritual struggle?

5. "**You have caused my beloved and my friend to shun me; my companions have become darkness.**" – How do you handle feelings of loneliness or isolation in difficult times? How can you seek God's companionship and comfort when human relationships feel distant or strained?

**Free Prayer:**

- For those who struggle to find their identity in Christ.
- For longevity and vibrant growth in the church.

**Prayer:**

*Heavenly father, you are big enough and good enough to hear my rage and despair yet not flinch or turn away. You receive me in the lowest moments of my life. Help me not to forget that you are the God of peaks and valleys, and you draw near to us even when we feel abandoned. Thank you for being faithful when I am faithless.*

*Amen.*

# reflection



# HOLY WEEK

# PALM SUNDAY

**Read:** Psalm 118:1-26

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. "**Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!**" – How do you recognize and give thanks for God's steadfast love in your daily life? Are there specific moments when you've experienced His unchanging goodness?
2. "**Out of my distress I called on the Lord; the Lord answered me and set me free.**" – When have you called on God in times of distress and experienced His deliverance? How does remembering those moments strengthen your faith in current challenges?
3. "**The Lord is my strength and my song; he has become my salvation.**" – In what ways has God been your source of strength and joy during difficult times? How can you celebrate His role as your salvation in both good and challenging seasons?
4. "**This is the day that the Lord has made; let us rejoice and be glad in it.**" – How do you cultivate a heart of rejoicing, even on difficult days? What practices help you focus on the blessings of the present moment, recognizing God's hand in each day?
5. "**Blessed is he who comes in the name of the Lord! We bless you from the house of the Lord.**" – How do you welcome God's presence into your life and circumstances? In what ways can you be a reflection of His love and blessing to others around you?

**Free Prayer:**

- That we would cry Hosanna from sincere hearts.
- That we behold our King, lowly and victorious, who rides on a donkey.

**Prayer:**

*Triumphant God, we cry Hosanna in the highest to you! We confess that though you have come to save us, we often run from your salvific work. As the week of your passion begins, turn our hearts to worship you and humbly submit to your lordship. Amen.*

# reflection

# monday

**Read:** Psalm 38

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. "**O Lord, rebuke me not in your anger, nor discipline me in your wrath!**" – How do you respond to God's correction in your life? Are there areas where you feel convicted, and how can you embrace His discipline as a form of loving guidance?
2. "**There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.**" – How does unconfessed sin affect your emotional, spiritual, or even physical well-being? What steps can you take to seek forgiveness and healing from God?
3. "**I am utterly bowed down and prostrate; all the day I go about mourning.**" – When you are overwhelmed by guilt, grief, or burdens, how do you bring those emotions to God? How can you find hope and restoration in His presence?
4. "**But for you, O Lord, do I wait; it is you, O Lord my God, who will answer.**" – How patient are you when waiting for God's response in difficult seasons? What helps you stay hopeful and trust that He will answer in His timing?
5. "**Do not forsake me, O Lord! O my God, be not far from me!**" – Have you ever felt distant from God during times of struggle? How did you reconnect with Him, and what practices help you feel His nearness even when life feels heavy?

**Free Prayer:**

- That the church would be devoted to being a house of prayer.
- That believers would not grieve the Holy Spirit.

**Prayer:**

*Beautiful Savior, what can I offer to you for the lavish gift of your loving sacrifice? I joyfully offer you my life, my worship, my treasure, my time, and a willing delight to do every kind of good. Amen.*

# reflection

# tuesday

day thirty-six

**Read:** Psalm 130

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. **"Out of the depths I cry to you, O Lord! O Lord, hear my voice!"** –

When you find yourself in a place of deep struggle or despair, how do you reach out to God? How do you remain hopeful that He hears you in your lowest moments?

2. **"If you, O Lord, should mark iniquities, O Lord, who could stand?"** –

How does recognizing your own shortcomings and sins shape your relationship with God? How does His forgiveness influence the way you view yourself and others?

3. **"But with you there is forgiveness, that you may be feared."** –

How do you respond to the gift of God's forgiveness in your life? How does this grace inspire both reverence and gratitude in your heart?

4. **"I wait for the Lord, my soul waits, and in his word I hope."** –

How do you practice waiting on the Lord when answers are delayed? What role does Scripture play in giving you hope during seasons of uncertainty?

5. **"O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is plentiful redemption."** –

In what areas of your life do you need to trust more fully in God's steadfast love and redemption? How can you encourage others to place their hope in Him as well?

**Free Prayer:**

- That we would confess our blindness to the Lord's righteousness.
- That we would not be whitewashed tombs consumed by cleaning the outside of our lives while neglecting the inside.

**Prayer:**

*Everlasting God, in your boundless love you are doing a new thing. In Jesus, the only mediator, you have redeemed, called, justified, sanctified, and glorified me, with all your people. Continue that salvation in me today, through Jesus Christ, my mighty Savior, amen.*

# reflection

# wednesday

**Read:** Psalm 102

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. "**Hear my prayer, O Lord; let my cry come to you!**" – When you're in distress, how do you bring your honest emotions and struggles before God? Are there areas in your life where you need to invite Him to hear your cry today?
2. "**For my days pass away like smoke, and my bones burn like a furnace.**" – Have you ever felt physically or emotionally drained by life's challenges? How do you find strength and renewal in God during those seasons of exhaustion?
3. "**But you, O Lord, are enthroned forever; you are remembered throughout all generations.**" – How does focusing on God's eternal nature give you perspective when facing temporary difficulties? How can remembering His unchanging presence provide comfort in uncertain times?
4. "**Let this be recorded for a generation to come, so that a people yet to be created may praise the Lord.**" – How can you share your experiences of God's faithfulness to encourage future generations? In what ways can your testimony inspire others to trust in Him?
5. "**The children of your servants shall dwell secure; their offspring shall be established before you.**" – How do you find hope in God's promises for both your life and the lives of those who come after you? How can trusting in His long-term plan bring peace to your present circumstances?

**Free Prayer:**

- For the Christlike ability to deny ourselves and serve others.
- For the commitment to do justice and show mercy.

**Prayer:**

*Jesus, friend of sinners—what friend would stand in my place like you? You presented yourself in my name, taking the wrath that was aimed at me; you offered yourself on the cross, pouring out your precious blood for the cleansing of all my sins. Thank you Jesus, my friend, my savior and high priest forever. Amen.*

# reflection

# MAUNDY THURSDAY

**Read:** Psalm 51

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. **"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions."** – When you recognize sin in your life, how do you approach God for forgiveness? How does His steadfast love shape your understanding of mercy?
2. **"Create in me a clean heart, O God, and renew a right spirit within me."** – Are there areas in your heart that need cleansing or renewal? How do you invite God to transform your attitudes, thoughts, and behaviors?
3. **"For I know my transgressions, and my sin is ever before me."** – How do you deal with guilt or the weight of past mistakes? In what ways can confession and repentance bring you freedom and restoration?
4. **"Restore to me the joy of your salvation, and uphold me with a willing spirit."** – Have you ever felt distant from the joy of your salvation? What practices help you reconnect with the joy and gratitude of knowing you are forgiven?
5. **"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."** – How do you embrace humility and brokenness before God? How can recognizing your dependence on Him lead to deeper spiritual growth and intimacy?

**Free Prayer:**

- For humility to serve the least of these in society.
- For family members and friends who do not yet have faith.

**Prayer:**

*Giving God and source of every good thing, forgive me for turning away from you to seek out good in what I think is right or in the latest fads all around me. Turn me again in faith to you and your shining presence. Let me live as a child of light, doing everything good that fits with your law, and purify my, O God. Create in me a clean heart, in Christ's name, amen.*

# reflection

# GOOD FRIDAY

day thirty-nine

**Read:** Psalm 22

**Invitation:** Lord, in your mercy, hear our cry.

**Reflection:**

1. "**My God, my God, why have you forsaken me?**" – Have you ever felt abandoned or distant from God during difficult times? How did you navigate those feelings, and how did they affect your relationship with Him?
2. "**Yet you are holy, enthroned on the praises of Israel.**" – How do you reconcile feelings of abandonment with the truth of God's holiness and faithfulness? How can worship and praise help you refocus during times of struggle?
3. "**In you our fathers trusted; they trusted, and you delivered them.**" – How does remembering God's faithfulness in the lives of others, or in your own past, encourage you to trust Him in your current challenges?
4. "**I am poured out like water, and all my bones are out of joint.**" – When you feel physically or emotionally exhausted, how do you seek God's strength and presence? What practices help you find renewal in Him?
5. "**All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you.**" – How does the promise of God's ultimate victory and worldwide worship give you hope? In what ways can you participate in sharing His love with others, even when facing personal trials?

**Free Prayer:**

- For deep repentance.
- For joy in our salvation.

**Prayer:**

*Why, God, would you give up your glory to take on our broken human nature? Why, Jesus, would you come to the scene of our crimes with the purpose of bearing our punishment? Why would you bitterly suffer and die for us, unless this is glory. Where comprehension fails, help us to simply receive this marvelous mystery in faith. Amen.*

# reflection

# HOLY SATURDAY

day forty

**Read:** Psalm 22

**Invitation:** Lord, in your mercy, hear our cry.

**Confession of Sin:** Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your holy name. Amen.

**Free Prayer:**

- To remember that God's silence does not mean God's absence.
- For hope in resurrection power.

**Prayer:**

*Christ, have mercy.*

*Lord, have mercy.*

*Christ, have mercy.*

# reflection







