

Praying With the Psalms
Lent 2024 – Week 2

The season of Lent invites us to focus on spiritual practices that connect our faith more intentionally with our daily life. Using the psalms as a guide, we are invited to “frame our days” with prayer throughout this week.

In the Morning

Before connecting to social media, news, or your daily to-do list

– Read Psalm 95:1-7a:

- ¹ *O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!*
- ² *Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!*
- ³ *For the Lord is a great God
and a great King above all gods.*
- ⁴ *In his hand are the depths of the earth;
the heights of the mountains are his also.*
- ⁵ *The sea is his, for he made it,
and the dry land, which his hands have formed.*
- ⁶ *O come, let us worship and bow down;
let us kneel before the Lord, our Maker!*
- ⁷ *For he is our God,
and we are the people of his pasture
and the sheep of his hand.*

During the Day – Praying with the Body

God has created us as both physical and spiritual beings. Engaging our bodies in new ways during prayer can bring a renewed richness to our time of prayer and communication with God. This week, you are invited to explore new ways of using your body in prayer.

What posture/s do you use most often to pray? Why do you pray this way? How does the position of your body reflect the state of your heart? Could a different posture or position open you up to receiving God’s grace in a fresh way?

Each day this week, try a different posture of prayer. If you are accustomed to praying with hands folded, try opening your hands upward, as if to receive God’s love being poured out for you. Or try placing your hand on your heart to pray, feeling the Spirit residing within you. Instead of sitting in a chair, you may try standing (or lying down) with arms outstretched, or perhaps sitting cross-legged on the floor. If it is not part of your tradition, you may want to close your prayer time with a sign of the cross (two fingers of the right hand to the forehead, mid-chest, left shoulder, right shoulder) as a sign of blessing and humility.

How is my experience of God’s presence impacted by how I use my body during prayer?

In the Evening

As you settle in for the night, taking time to reflect upon the day that is now past

– Read Psalm 91: 1-2, 9-16

- ¹ *You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
² will say to the Lord, “My refuge and my fortress;
my God, in whom I trust...”*
- ⁹ *Because you have made the Lord your refuge,
the Most High your dwelling place,
¹⁰ no evil shall befall you,
no scourge come near your tent.*
- ¹¹ *For he will command his angels concerning you
to guard you in all your ways.*
- ¹² *On their hands they will bear you up,
so that you will not dash your foot against a stone.*
- ¹³ *You will tread on the lion and the adder;
the young lion and the serpent you will trample under foot.*
- ¹⁴ *Those who love me, I will deliver;
I will protect those who know my name.*
- ¹⁵ *When they call to me, I will answer them;
I will be with them in trouble;
I will rescue them and honor them.*
- ¹⁶ *With long life I will satisfy them
and show them my salvation.*

As the day closes, offer a prayer of thanksgiving for God’s unfailing love.