

# Praying the Psalms

## Week 1

*"This is pure grace that God tells us how we can speak with God and have fellowship with God."*

—Dietrich Bonhoeffer on praying the Psalms

### Invocation

How good and wonderful it is, God, to spend this time thinking and talking about you and learning how to pray using the words of the ancient Psalms. Bless this time that we set aside to be with you.

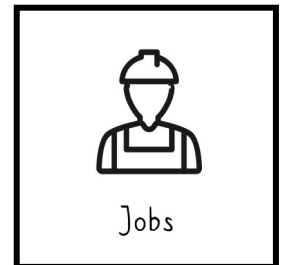
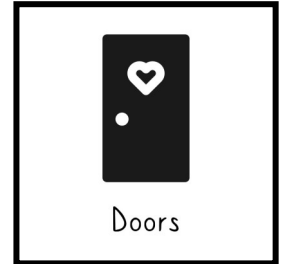
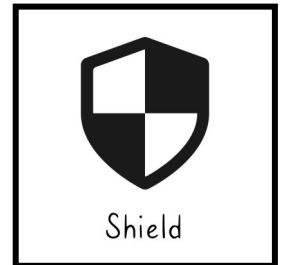
### Confession

God, we can tell that trusting in you has always been hard for us humans. We know because the words of the Psalmist encourage us to trust in you. We are sorry that we have put our trust in things that are not worthy. Be patient with us as we learn to pray for trust. Amen.

### Psalm 91 (MSG)

You who sit down in the High God's presence,  
**spend the night in Shaddai's shadow,**  
Say this: "GOD, you're my refuge.  
**I trust in you and I'm safe!"**  
That's right—GOD rescues you from hidden traps,  
**shields you from deadly hazards.**  
GOD's huge outstretched arms protect you—  
**under them you're perfectly safe;**  
**GOD's arms fend off all harm.**  
Fear nothing—not wild wolves in the night,  
**not flying arrows in the day,**  
Not disease that prowls through the darkness,  
**not disaster that erupts at high noon.**  
Even though others succumb all around,  
**drop like flies right and left,**  
**no harm will even graze you.**  
You'll stand untouched, watch it all from a distance,  
**watch the wicked turn into corpses.**

Yes, because GOD's your refuge,  
**the High God your very own home,**  
Evil can't get close to you,  
**harm can't get through the door.**  
GOD ordered GOD's angels  
**to guard you wherever you go.**  
If you stumble, they'll catch you;  
**their job is to keep you from falling.**  
You'll walk unharmed among lions and snakes,  
**and kick young lions and serpents from the path.**  
"If you'll hold on to me for dear life,"  
says GOD,  
**"I'll get you out of any trouble.**  
I'll give you the best of care  
**if you'll only get to know and trust me.**  
Call me and I'll answer, be at your side in bad times;  
**I'll rescue you, then throw you a party.**  
I'll give you a long life,  
**give you a long drink of salvation!"**



## Prayer

Leader: God, give us the best of care when we call on you.

**All: God, I trust in you and I'm safe.**

Leader: Christ, be at our side in bad times.

**All: God, I trust in you and I'm safe.**

Leader: Spirit, rescue us, throw us a party, give us a good life.

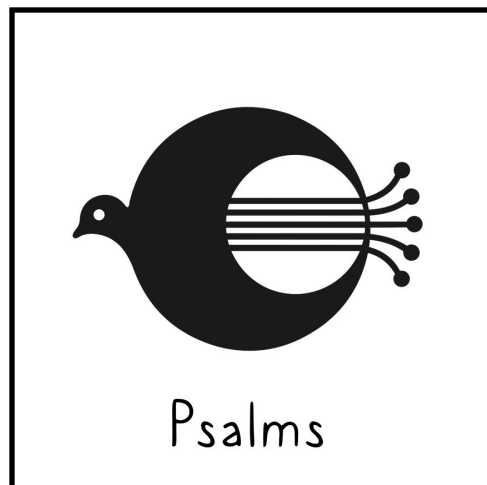
**All: God, I trust in you and I'm safe. Amen.**

## You are invited into a time of silence

Take a few deep breaths.

Relax your shoulders, your jaw, your hands and your feet.

Re-read the Psalm several times.



Each week we will share an idea that might help with praying the Psalms.

1. Think of the Psalms as Christmas trees and decorate them with things that matter to you.
2. Say them out loud. Listen as though someone else were speaking the words. Try taking a few lines and drawing them out into a chant. Try creating a melody for them. The Psalms have been sung for centuries. Listen to the Psalm set to music by searching the internet. Here is one (of many) examples: <https://www.youtube.com/watch?v=67wC6-kWWS0>.

Use this space to record your prayer ideas and prayer drawings.

## Blessing

May God always listen to our prayers.

May we always listen for God in the silence.

May we live our lives trusting in God.

Daily Intentions for Lent are available at: [waytolead.org/lent-intentions-2019](http://waytolead.org/lent-intentions-2019)