

Praying the Psalms

Week 3

"The more deeply we grow into the psalms and the more often we pray them as our own, the more simple and rich will our prayer become." — Dietrich Bonhoeffer

Invocation

Run and play with us, God! Smile and sing with us! Please bless this time of learning and praying.

Confession

God, it's all too easy to get overwhelmed with the negative. We are sorry that we forget that you can feed our souls and quench our thirst with living water. We forget that when we are in a justice desert, you are there to sustain us. Be patient as we learn to pray for the joy of your presence in our lives. Amen.

Psalm 63 (MSG)

God—you're my God!

I can't get enough of you!

I've worked up such hunger and thirst for God,

traveling across dry and weary deserts.

So here I am in the place of worship, eyes open,

drinking in your strength and glory.

In your generous love I am really living at last!

My lips brim praises like fountains.

I bless you every time I take a breath;

My arms wave like banners of praise to you.

I eat my fill of prime rib and gravy;

I smack my lips. It's time to shout praises!

If I'm sleepless at midnight,

I spend the hours in grateful reflection.

Because you've always stood up for me,

I'm free to run and play.

I hold on to you for dear life,

and you hold me steady as a post.

Those who are out to get me are marked for doom,

marked for death, bound for hell.

They'll die violent deaths;

jackals will tear them limb from limb.

But the king is glad in God;

his true friends spread the joy,

While small-minded gossips

are gagged for good.

Prayer

Leader: God, thank you for standing up for me!

All: God, you're my God! I can't get enough of you!

Leader: Christ, thank you for holding me steady as a post!

All: God, you're my God! I can't get enough of you!

Leader: Spirit, thank you for making me free to run and play!

All: God, you're my God! I can't get enough of you! Amen.



God



Hunger and thirst



Eyes



Breath



Run and play



Posts

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 and sing them.
3. Re-write the Psalms into your own words.
4. Learn the Psalm (or a part of it) by heart. By memorizing it, the prayer can help at any time. This might be your own rewrite or any of the translations you think speak to you. *Again, please remember that we are certainly not asking God to hurt other people! We are asking God to smash our personal demons.*



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 whole lives trusting and praising God.

Daily Intentions for Lent are available at: waytolead.org/lent-intentions-2019