

Praying the Psalms

Week 4

"[The Psalms are] a Little Bible, wherein everything contained in the entire Bible is beautifully and briefly comprehended." —Martin Luther

Invocation

God, we count ourselves lucky that you are with us today. We celebrate you and welcome you and ask your blessing on this time of prayer.

Confession

God, you know us so well. You know that we let our hurts and insecurities pile up inside of us and we don't share them with you. We are sorry that we don't make a full and honest confession, even when we know what a relief that will be! Be patient with us, God. We are learning every day to trust you more and more. Amen.

Psalm 32 (MSG)

Count yourself lucky, how happy you must be—

**you get a fresh start,
your slate's wiped clean.**

Count yourself lucky—

**GOD holds nothing against you
and you're holding nothing back from
GOD .**

When I kept it all inside,

**my bones turned to powder,
my words became daylong groans.**

The pressure never let up;

all the juices of my life dried up.

Then I let it all out;

**I said, "I'll make a clean breast of my
failures
to GOD."**

Suddenly the pressure was gone—

**my guilt dissolved,
my sin disappeared.**

These things add up. Every one of us needs to pray;

**when all hell breaks loose and the dam
bursts**

we'll be on high ground, untouched.

**GOD's my island hideaway,
keeps danger far from the shore,
throws garlands of hosannas around my
neck.**

Let me give you some good advice;

**I'm looking you in the eye
and giving it to you straight:**

**"Don't be ornery like a horse or mule
that needs bit and bridle
to stay on track."**

God-defiers are always in trouble;

**GOD-affirmers find themselves loved
every time they turn around.**

Celebrate GOD.

**Sing together—everyone!
All you honest hearts, raise the roof!**



Count



Bones



Words



Holding



Inside/outside



Ground

Prayer

Leader: God, help us to remember to hold nothing back from you.

All: Celebrate God! Sing together – everyone!

Leader: Christ, help us to remember that in you all our guilt is dissolved, our sins disappear.

All: Celebrate God! Sing together – everyone!

Leader: Spirit, help us to remember that every one of us needs to pray.

All: Celebrate God! Sing together – everyone! Amen.

You are invited into a time of silence

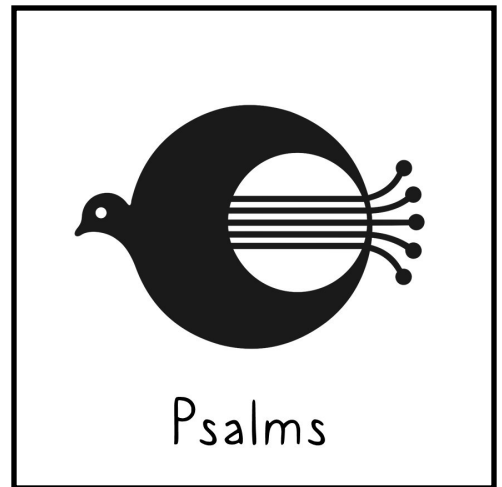
Take a few deep breaths.

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 and sing them.
3. Re-write the Psalms into your own words.
4. Memorize the Psalms (or a parts of them).
5. Illustrate the Psalm. Draw a picture, write it in calligraphy, find pictures from magazines and make a collage, manipulate digital photos, or maybe just use markers to give each line of text the color that most fits it. Do something to give the Psalm a visual presence.



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, praising, and singing to God.

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