

Praying the Psalms

Week 5

"The most valuable thing the Psalms do for me is to express the same delight in God which made David dance." — C.S. Lewis

Invocation

God, once more make your presence strongly felt as we learn to pray the psalms. Thank you for making this time meaningful. Bless our time and our learning.

Confession

God, you've seen this before. We learn something exciting and new, then we forget about it and don't make it a part of our lives. We are sorry that we so often let you down. We ask for your help to keep prayer a part of our daily routine. Be patient with us, God, and assure us of your love. Amen.

Psalm 126 (MSG)

It seemed like a dream, too good to be true,
when GOD returned Zion's exiles.

We laughed, we sang,
we couldn't believe our good fortune.

We were the talk of the nations—
"GOD was wonderful to them!"

GOD *was* wonderful to us;
we are one happy people.

And now, GOD, do it again—
bring rains to our drought-stricken lives
So those who planted their crops in despair
will shout hurrahs at the harvest,
So those who went off with heavy hearts
will come home laughing, with armloads of blessing.

Prayer

Leader: Creator God, create in us a joy and a love of your creation so that we can't help but want to take good care of it.

All: God is wonderful to us!

Leader: Christ, please make us "one happy people." Show us how to love one another.

All: God is wonderful to us!

Leader: Spirit, help us to help those with heavy hearts, so that they can, indeed, come home laughing, with armloads of blessing.

All: God is wonderful to us! Amen.



Dreams



Song



Happy people



Rain



Harvest



Blessing

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 parts of them).
5. Illustrate the Psalms.
6. Get moving! Move your arms and hands to illustrate the Psalm. Or better yet, get up and dance! Make the Psalm a part of your whole body.



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, singing and dancing to God.

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