

Psalms for Lent: ideas for reflective prayer

A resource for personal use or the basis for a Quiet Day, a shorter prayer activity or as separate reflections through Lent. You could include music or creative elements as part of your reflection

Reflection

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.

[Psalm 139:1-3](#)

God, we come
with hesitant steps
and uncertain motives
to sweep out the corners
where sin has accumulated,
and uncover the ways
we have strayed from your truth.
Expose the empty and barren places
where we don't allow you to enter.

Reveal our half-hearted struggles
where we have been indifferent
to the suffering of others.
Nurture the faint stirrings of new life,
where your spirit has begun to grow.

Let your healing light transform us
into the image of your Son.
For you alone can bring new life
and make us whole.

By Andy Wade via [Godspace](#)

Repentance

Have mercy on me, O God,
according to your unfailing love;

according to your great compassion
blot out my transgressions.

Wash away all my iniquity
and cleanse me from my sin.

[Psalm 51:1-2](#)

In this season of Lent
we embrace with gladness the rites of repentance
and turn with purpose from our selfish ways
that regeneration may be seen in our lives.

Lord, forgive our selfish ways
and cleanse us from sin:
May your righteousness grow in us.

We marvel at the grace of God
who uses our penitence to bring renewal;
to create joy from shame, life from decay,
fruit out of barrenness, hope from despair.

Lord, forgive our sinful ways
and cleanse us from sin:
May your grace dwell in us. Amen

Refreshment

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

[Psalm 63:1](#)

**As the deer pants for streams of water,
so our souls thirst for you, our life-giving God.**

Loving Lord,
in this season of Lent, we draw near
to drink deeply of your provision
and be refreshed by your water of life.

Christ our Saviour,

we approach with worship and wonder
at the spiritual thirst you endured
to give us streams of eternal blessing,

We will drink deeply from your river
that our lives may be refreshed.
We will overflow with your life,
that others may be blessed.
With thankful hearts we worship you. Amen

Restoration

The Lord is my shepherd, I shall not be in want.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he restores my soul.
He guides me in paths of righteousness
for his name's sake.

[Psalm 23:1-3](#)

God, our good shepherd,
who gives his life for his sheep,
we are your people;
the flock in your care.

With God as our shepherd
the way ahead holds no fear.
We approach our future
with faith and trust.

Our God will hear our voice
when we whisper our prayers.
He will meet our needs
from the riches of his grace.

We will take our rest
in the pastures of his love.
Our souls will be restored
by the waters of his peace. Amen

Reverence

One thing I ask from the Lord,
this only do I seek:
that I may dwell in the house of the Lord
all the days of my life,
to gaze on the beauty of the Lord
and to seek him in his temple.

[Psalm 27:4](#)

**We, by your great love, O Lord,
are free to enter your house;
in reverence we bow down
towards your holy temple.**

In the sanctity of the most sacred place
we bow down before the living God.
We approach with reverence his burning presence,
to be touched by the fire of his holiness.

Let us fan the flames of our love for God;
fan into flame his gift of grace.
May we be transformed in the presence of God;
made holy and ready for service. Amen

Rejoicing

Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
For the Lord is good and his love endures for ever;
his faithfulness continues through all generations.

[Psalm 100:1-2, 4-5](#)

**We trust in your unfailing love;
our hearts rejoice in your salvation.
We will sing the Lord's praise,
for he has been good to us.**

How can we not sing your praise
with heart and soul

and proclaim your name
throughout the world?

God of creation,
Awesome in power,
Sustainer,
Provider,
Saviour,
Father of all,
there is none like you!

How can we not declare your glory
through all that we are,
and proclaim your name
throughout this world?

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Final Blessing

May we be cleansed and refreshed by God's life-giving Word
as we journey through Lent to draw closer to Christ. Amen