

## **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