



PRAYING THE PSALMS: LENT 2026

A 40-day journey through lament, trust, and praise (Mondays–Saturdays).

Read the assigned psalms slowly. Pause with one verse. Close with the short prayer. Reflection question: What does this psalm teach me about God today?

WEEK 1 – REPENTANCE & LAMENT

- Day 1 (Ash Wed): Psalms 6, 32 — God of mercy, create in us clean hearts.
- Day 2: Psalms 38, 51 — Hear our confession and lead us toward freedom.
- Day 3: Psalms 25, 130 — Teach us to wait on You.
- Day 4: Psalms 13, 22 — Meet us in our questions.

WEEK 2 – TRUST IN GOD

- Day 5: Psalms 3–5 — Be our refuge when fear surrounds us.
- Day 6: Psalms 16, 27 — Help us trust You with today and tomorrow.
- Day 7: Psalms 28, 31 — Steady our hearts in Your truth.
- Day 8: Psalms 33, 34 — We praise You for Your goodness.
- Day 9: Psalms 40, 41 — Meet us in moments of waiting.
- Day 10: Psalms 42, 43 — Restore our thirsty souls.

WEEK 3 – GOD OUR REFUGE

- Day 11: Psalms 46, 47 — You are our shelter and strength.
- Day 12: Psalms 52, 54 — Remind us You are near.
- Day 13: Psalms 55, 56 — Quiet our anxious thoughts.
- Day 14: Psalms 57, 61 — Lift our eyes when we are weary.
- Day 15: Psalms 62, 63 — You alone satisfy.
- Day 16: Psalms 64, 65 — Teach us gratitude.

WEEK 4 – WISDOM & THE WAY

- Day 17: Psalms 1, 19 — Help us delight in Your ways.
- Day 18: Psalms 73, 77 — Stay with us when faith feels fragile.
- Day 19: Psalm 78:1–39 — Teach us to remember.
- Day 20: Psalm 78:40–72 — Forgive us when we forget.
- Day 21: Psalms 84, 85 — Draw us near to You.
- Day 22: Psalms 86, 90 — Teach us to number our days.

WEEK 5 – FAITHFULNESS IN SUFFERING

- Day 23: Psalms 88, 91 — Meet us in silence and suffering.
- Day 24: Psalms 92, 94 — You are our protector and peace.
- Day 25: Psalms 95, 96 — Open our hearts to joyful obedience.
- Day 26: Psalms 97, 98 — Reign in our lives.
- Day 27: Psalms 99, 100 — Shape us in Your holiness.
- Day 28: Psalms 102, 103 — Thank You for Your unfailing love.



PRAYING THE PSALMS: LENT 2026

WEEK 6 – STEADFAST LOVE & HOPE

- Day 29: Psalm 107 — Gather us when we feel scattered.
- Day 30: Psalms 108, 109 — Teach us to trust You.
- Day 31: Psalms 110, 111 — Christ our King, reign in us.
- Day 32: Psalms 112, 113 — May our lives reflect Your mercy.
- Day 33: Psalms 114, 115 — Lead us forward in hope.
- Day 34: Psalms 116, 117 — Thank You for hearing our prayers.

HOLY WEEK

- Day 35 (Mon): Psalm 118 — Blessed is the One who comes.
- Day 36 (Tue): Psalm 119:1–88 — Plant Your Word in us.
- Day 37 (Wed): Psalm 119:89–176 — Guide us into freedom.
- Day 38 (Thu): Psalms 120–122 — Lead us on the path of peace.
- Day 39 (Fri): Psalms 130, 143 — Out of the depths we cry.
- Day 40 (Sat): Psalms 145, 146 — We praise You for Your faithfulness.
- Easter Sunday: Psalms 148-150 - God of new life, on this day You have made, fill our hearts with joy, our lives with hope, and our voices with praise for the risen Christ—Amen.