

LENT READING  
GUIDE ~ 2026

# READ THE PSALMS



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# INTRODUCTION

For forty days, the Church slows down and creates space to remember Jesus' journey toward the cross. Historically, Lent has been a time of **prayer, repentance, fasting, and attentiveness to God**. We do this not as a way to earn God's love, but as a way to make room to receive it more fully.

We observe Lent because it mirrors Jesus' own forty days in the wilderness. It is a season that invites honesty: about our weakness, our lamenting, our grief, and our hope. Lent does not rush us to Easter joy; it walks us faithfully through the valley that leads there.

This reading plan is designed to help us practice that kind of attentiveness by praying our way through the Book of Psalms.

**Why the Psalms?** The Psalms are the prayer book of God's people. They give us language for nearly every human experience—joy and despair, gratitude and anger, confidence and doubt. When we don't know what to say to God, the Psalms often say it for us.

Jesus himself prayed the Psalms. They shaped his worship, his trust in the Father, and even his final words on the cross. When we read the Psalms, we are joining a conversation that has been prayed for thousands of years—by Israel, by the early church, and by believers across generations.

Some psalms are comforting and familiar. Others are raw, unsettling, or hard to sit with. Lent makes room for all of that. This season invites us to bring our whole selves before God, trusting that he meets us not only in praise, but also in lament.

# HOW TO USE THIS READING GUIDE

This plan is structured for weekday reading, allowing weekends for rest, worship, or catching up. Each day's reading is intentionally balanced to be substantial but doable—about 8–12 minutes of reading for most people.

You don't need to rush. You don't need to understand everything. Simply show up, read attentively, and notice what stirs in you. You may want to:

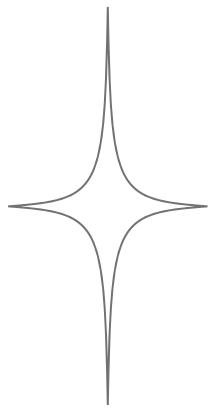
- read slowly or out loud
- sit with a phrase that stands out
- end with a short prayer of your own

Above all, let this be a season of listening. The Psalms teach us that God welcomes honesty, meets us in the middle of real life, and remains faithful even when our faith feels thin.

As we move through Lent together through confession, trust, lamenting, and hope, may these ancient prayers shape our hearts and guide us step by step toward the joy of Easter.



# HOW TO PRAY THE PSALMS



You don't need special training or the right words to pray the Psalms. These prayers were written for real people in real life, and they meet us right where we are. Here are a few simple ways to use the Psalms during Lent:

## **1. Read Slowly**

Resist the urge to rush. Read the psalm once all the way through, then read it again more slowly. Notice which word, phrase, or image stands out.

## **2. Pray Honestly**

The Psalms include joy, grief, anger, fear, doubt, and hope, and God welcomes all of it. If a psalm names something you're feeling, let it become your prayer.

## **3. Use the Psalm as a Script**

You can pray a psalm by simply reading it aloud, line by line. Pause when you need to. If a verse feels especially true—or especially hard—stop and talk to God about it in your own words.

## **4. Listen as Much as You Speak**

After you read, sit in silence for a moment. Ask, "What is this psalm revealing about God? About me?"

## **5. Let One Line Be Enough**

You don't have to pray the entire psalm every day. Sometimes one line is enough to carry with you.

As you pray the Psalms this Lent, remember: You are not praying alone. You are joining the prayers of God's people across centuries, trusting that the same God who heard them still listens now.

# DAILY REFLECTION QUESTIONS

Journaling can help you slow down and process the words you are reading. Take a moment each day to write a few thoughts in your journal or a notebook, using one or two of the reflection questions below as a guide.

- What is happening in this passage? Who is speaking, and to whom?
- What words or images stand out to me, and what do they make me feel?
- What emotions do I notice in this Psalm—joy, sorrow, trust, longing?
- How does this passage point me toward God’s presence, comfort, or guidance?
- Is there a phrase or idea that feels like it speaks directly to my life today?
- What can I thank God for or bring before Him after reading this Psalm?
- How could I respond—through prayer, reflection, or action—based on this Psalm?

# WEEK 1

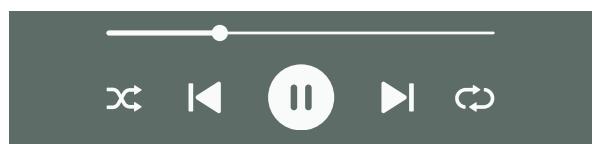
- Ash Wednesday**, Feb 18: Read Psalms 1–5
- Thu, Feb 19: Read Psalms 6–9
- Fri, Feb 20: Read Psalms 10–13
- Sat, Feb 21: Catch Up Day
- Sun, Feb 22: Reflection Day

## MEMORY VERSE

Give attention to  
the sound of my  
cry, my King and  
my God, for to you  
do I pray.

**Psalm 5:2**

-  **Blessed Assurance** 09:37  
Worship Circle, Jeremy Riddle
-  **Come Thou Fount of  
Ever Blessing** 04:22  
John Wyeth & Robert Robinson



# REFLECTION DAY

## Week 1 Lectio Divina

*one*

### **"Lectio" - "What does the text say?"**

Slowly and attentively read a scripture passage out loud. Repeat this 3 times.

Listen for phrases, imagery that stands out to you.

*Two*

### **"Meditatio" "What does the text say to me?"**

Reflect on what you read. Take a moment to sit in quiet and think about it. Write down any words that stand out or images that come to mind.

*Three*

### **"Oratio" - "What do I want to say to God?"**

Pray to God- dialogue with Him about it.

*four*

### **"Contemplatio" - "What is God saying to me?"**

Enjoy a quiet, silent, and loving communion with God, letting the message sink deeply into your soul. Ask Him to speak to you.

### **Using Psalm 8:**

(or you are welcome to use any Psalm that stood out to you from this weeks readings)

Choose a quiet, comfortable space to minimize distractions.

Begin with a short prayer asking the Holy Spirit for guidance.

Come, Holy Spirit, enlighten my heart and mind to listen to your Word.

•  •

**Lectio Divina** or "sacred reading," is an ancient, four-step monastic practice for praying with Scripture to hear God's word personally.

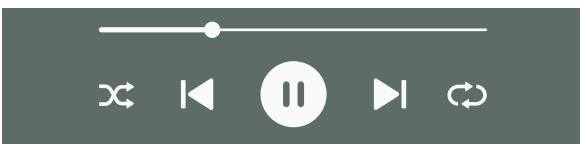
The practice of reading a passage of Scripture multiple times in order to meditate on it and listen to its message. One of the main pillars of the practice is the idea we "slowly read".

Lectio Divina is not a mental gymnastics exercise to fling oneself through and mark it off on the checklist. Praying and meditating with Lectio Divina utilizes the posture of patience to allow Scripture to sink more deeply into our hearts.

# WEEK 2

- Mon, Feb 23: Read Psalms 14–18:1–24
- Tue, Feb 24: Read Psalms 18:25–50
- Wed, Feb 25: Read Psalms 19–23
- Thu, Feb 26: Read Psalms 24–27
- Fri, Feb 27: Read Psalms 28–31
- Sat, Feb 28: Catch Up Day
- Sun, Mar 1: Reflection Day

-  **Jesus, Lover of My Soul** 07:29  
New Hope Worship
-  **Be Still My Soul** 04:20  
Norton Hall Band



## MEMORY VERSE

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**Psalm 23:4**

# REFLECTION DAY

## Week 2 Write a Psalm of Lament

*We have permission to name our pain, discomfort, and grief before God.*

*Psalms of Lament are the most common type of psalm in the Bible.*

*The lament psalms aren't about letting emotions go wild. They are a means of bringing these wild emotions to God Himself. When the psalmists voice their complaints, they aren't grumbling about what God is doing "behind His back" (as if this were possible). They're bringing their complaints directly to Him.*

*The act of bringing these emotions, desires, or doubts to God is itself an act of faith.*

*You don't need to consider yourself a writer or a poet or a creative person to write a lament. It's not a work of art; it's a prayer, and it's meant to be rough and unpolished.*

*You just need time, a bit of breathing room, a pencil, and a decision to enter into discomfort for a time.*

### Structure of a Lament:



Address the Lord.



Protest: Share your complaints and express your emotions.



Petition: Ask for the Lord's help. Tell Him what you want to do about it.



Express your trust in the hope in the Lord.



Vow to Continue to Praise the Lord.

How long, Lord?  
Will you forget me forever?

How long will you  
hide your face from me?  
2 How long must I wrestle

with my thoughts  
and day after day

have sorrow in my heart?  
How long will my enemy  
triumph over me?

3 Look on me and answer,  
Lord my God.

Give light to my eyes,  
or I will sleep in death,

4 and my enemy will say,

"I have overcome him,"  
and my foes will  
rejoice when I fall.

5 But I trust in your unfailing love;  
my heart rejoices in your salvation.

6 I will sing the Lord's praise,  
for he has been good to me.

Psalm 13

# WEEK 3

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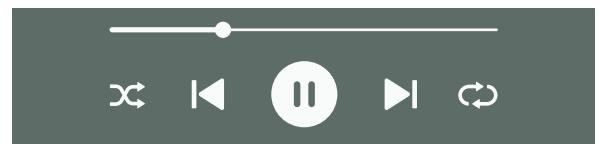
- Mon, Mar 2: Read Psalms 32–35
- Tue, Mar 3: Read Psalms 36–39
- Wed, Mar 4: Read Psalms 40–43
- Thu, Mar 5: Read Psalms 44–47
- Fri, Mar 6: Read Psalms 48–51
- Sat, Mar 7: Catch Up Day
- Sun, Mar 8: Reflection Day

## MEMORY VERSE

God is our refuge  
and strength, an  
ever-present  
help in trouble.

**Psalm 46:1**

-  **A Mighty Fortress Is Our God** 05:08  
The Worship Initiative
-  **Abide With Me** 04:15  
Sara Groves



# REFLECTION DAY

## Week 3 Prayer Through Scripture

*Practicing the art of prayer is one of the great rewards of following Jesus over the course of a lifetime. The psalms themselves can be one of our greatest assets in guiding our discipline of prayer.*

*Take a moment to respond to **Psalm 46** in prayer. Read the first verse then copy it down on the left hand side of your paper.*

*As you read the psalm, allow the words of Scripture to guide your prayer, talking to the Lord about whatever the psalm brings to mind. Then respond on the right hand side of the paper. Writing out your response to what you are reading.*

**Here you'll find an example for the first 3 verses.**

### Psalm 46

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1

God is our refuge and strength,  
an ever-present help in trouble.

Lord, thank you for the refuge you provide,  
for being ever present. I feel weary with the  
weight of the world, give me your strength.  
Help me to trust you are carrying these  
weights

2

Therefore we will not fear, though  
the earth give way and the  
mountains fall into the heart of the  
sea,

You promise to be present, help me not to  
fear this week. Even when it all seems to be  
falling apart I can rest in you.

3

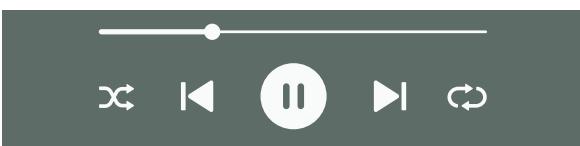
though its waters roar and foam and  
the mountains quake with their  
surging. *Selah*

Jesus, how did you sleep through that  
storm? Teach me to rest in you, though the  
waters roar around me.

# WEEK 4

- Mon, Mar 9: Read Psalms 52–55
- Tue, Mar 10: Read Psalms 56–59
- Wed, Mar 11: Read Psalms 60–63
- Thu, Mar 12: Read Psalms 64–67
- Fri, Mar 13: Read Psalms 68–71
- Sat, Mar 14: Catch Up Day
- Sun, Mar 15: Reflection Day

-  **Just As I Am** 05:34  
Travis Cottrell
-  **I Surrender All** 04:36  
Phillips, Craig & Dean

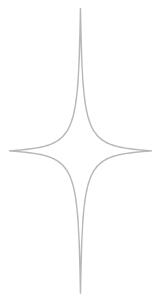


## MEMORY VERSE

Your righteousness,  
O God, reaches the  
high heavens. You  
who have done  
great things, O  
God, who is like  
you?

**Psalm 71:19**

# REFLECTION DAY



## Week 4 Ignatian Examen

*Created by St. Ignatius Loyola in the 16th century, the Ignatian Examen is a 5-step practice of prayerful reflection. The word, Examen, is Latin for “self-knowledge” and the goal of this prayer is to help you see and know yourself in your current reality, understanding where you stand in proximity and response to God.*

*In it, we’re invited to encounter God, express gratitude for the gift of each day, and to tune our hearts to see where God is working among us and in us. This method also allows us to take time to repent of our shortcomings, selfishness and sins. We are encouraged to respond to God’s grace and mercy, which do not leave us in our shame but pull us forward into new life. We can commit to leaving sins behind and walk into what God is calling us to.*

***Take time to pray and Journal through the steps .***

### Give Thanks

**Place yourself in God’s presence.** I thank God for this day, for my life, for all I am and have, and for His Word.

### Pray for Light

**Pray for the grace to understand how God is acting in your life.**  
I ask the Father to let me see my day as the Holy Spirit sees it, and to show me what I need to see.

### Find God

**Review your day. Recall specific moments and your feelings at the time.** I look at my day in the light of the Spirit. I look at what I have done and not done. Am I putting up with a bad habit? Have I found God in the quiet?

### Anything Wrong?

**Reflect on what you did, said, or thought in those instances.**  
**Were you drawing closer to God, or further away?**  
Have I ignored God? Have I neglected God’s gifts?  
Where have I pleased others instead of pleasing God?  
Where I have fallen short? I repent and offer thanks.

### What Now?

**Look toward tomorrow. Think of how you might collaborate more effectively with God’s plan.** I look forward in hope.  
What am I to do now? What do I have to avoid?

# WEEK 5

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- Mon, Mar 16: Read Psalms 72–75
- Tue, Mar 17: Read Psalms 76–79
- Wed, Mar 18: Read Psalms 80–83
- Thu, Mar 19: Read Psalms 84–87
- Fri, Mar 20: Read Psalms 88–91
- Sat, Mar 21: Catch Up Day
- Sun, Mar 22: Reflection Day

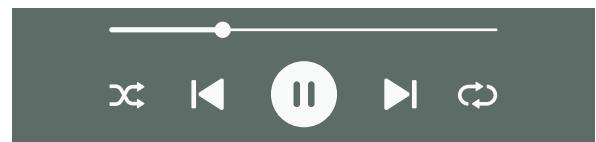
## MEMORY VERSE

Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.

**Psalm 100:3**

▶ **Great Is Thy Faithfulness** 04:18  
JJ Heller

▶ **All Creatures of Our God and King** 03:20  
David Crowder Band



# REFLECTION DAY

## Week 5 Listening Prayer Walk

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Today you are challenged to take a Listening Prayer walk.

Take time to go outside- around your neighborhood or your favorite place and just listen to God. No audio books, or podcasts, or music. If you can leave your phone at home or put it on airplane mode.

As you start your walk, say a simple prayer:

*"Lord, I am here. Help me to quiet my mind, I ask that you would speak to me. Come Holy Spirit."*

Then just walk. Notice creation around you and try to keep your mind empty of your to-do list. Allow yourself to listen for God. He may speak in a variety of ways. At the end of your walk say a prayer thanking God for meeting with you.

When you return home, or to your car, jot down your feelings or revelations. Anything you think God was showing you or speaking to you.

Finally, share them with a friend. Share what the time meant to you. Was it easy or hard? Share how God met you on this walk and what action you are going to take from it.

# WEEK 6

- Mon, Mar 23: Read Psalms 92–95
- Tue, Mar 24: Read Psalms 96–99
- Wed, Mar 25: Read Psalms 100–103
- Thu, Mar 26: Read Psalms 104–107
- Fri, Mar 27: Read Psalms 108–111
- Sat, Mar 28: Catch Up Day
- Palm Sunday**, Mar 29: Reflection Day

-  **It Is Well With My Soul** 03:47  
Phil Wickham
-  **My Hope Is Built/The Solid Rock** 03:44  
Norton Hall Band
-  **Turn Your Eyes Upon Jesus** 01:45  
Hillsong Worship



## MEMORY VERSE

Forever, O LORD,  
your word is firmly  
fixed in the  
heavens. Your  
faithfulness  
endures to all  
generations; you  
have established  
the earth, and it  
stands fast.

**Psalm 119:89–90**

# REFLECTION DAY

## Week 6 Write a Psalm of Praise

### A psalm for giving grateful praise

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness; come before him with joyful songs.

Know that the Lord is God. It is he who made us, and we are his we are his people, the sheep of his pasture. 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 forever; his faithfulness continues through all generations.

### Psalm 100

A psalm of praise is acknowledging who God is and what God has done. Praise reminds us of how worthy God is to be worshiped. It calls to mind all the ways He has fulfilled His promises.

Start this process with Prayer. Read a few Psalms to give you inspiration.

(examples: Psalm 34, 92, 100, 103, 136, 139)

### Call to Praise

Begin your psalm with a word of praise describing God. You are announcing your intention to praise God for He is worthy to be praised.

### Reason for Praise

The declaration of God's glory through praising Him is followed by wonder (awe) at God's care and concern for us.

### Final Acclamation

The closing of the Psalm follows the same structure as the beginning. It reaffirms the call to worship with praise. Refer to prompt one.

# HOLY WEEK

## WEEK 7

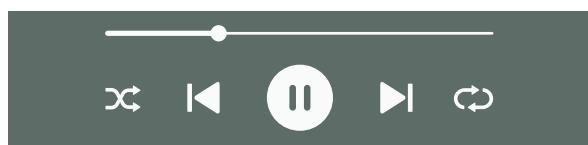
- Mon, Mar 30: Read Psalms 112–115
- Tue, Mar 31: Read Psalms 116–118
- Wed, Apr 1: Read Psalm 119:1–88
- Maundy Thursday**, Apr 2: Read Psalm 119:89–176
- Good Friday**, Apr 3: Read Psalms 120–150
- Holy Saturday**, Apr 4: Catch Up Day
- Easter Sunday**, Apr 5: Reflection Day

### MEMORY VERSE

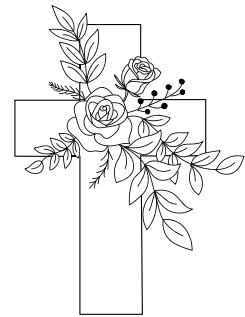
Great is the LORD,  
and greatly to be  
praised, and his  
greatness is  
unsearchable.

**Psalm 145:3**

-  **When I Survey the Wondrous Cross** 03:47  
Norton Hall Band
-  **How Deep the Father's Love for Us** 04:02  
JJ Heller
-  **How Great Thou Art** 08:29  
Bethel Music
-  **Doxology** 02:52  
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# REFLECTION DAY



## Week 7

*This week we walk with the weight of the suffering of Christ into the celebration of the Resurrected Christ! Embrace the hard and make space to celebrate the good.*

*Take time to celebrate today! Sing a favorite worship song or create a piece of art with your favorite memory verse from the Psalms.*

*Take time to reflect on this Lenten Journey. Start with a prayer, thank God for walking with you. Ask God to remind you of the truths He wanted to share with you. Perhaps take a moment to revisit each week's reflection, noting images, words, or phrases that stuck with you. Employ one of your favorite reflections on the whole of Lent for this week's reflection.*

*Be encouraged to share your experience with someone you love. Ask them to remind you of the promise or truth you heard from God.*

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### “Resurrection”

By Jonathan Henderson Brooks

His friends went off and left Him dead  
In Joseph's subterranean bed,  
Embalmed with myrrh and sweet aloes,  
And wrapped in snow-white burial clothes.  
Then shrewd men came and set a seal  
Upon His grave, lest thieves should steal  
His lifeless form away, and claim  
For Him and undeserving fame.  
“There is no use,” the soldiers said,  
“Of standing sentries by the dead.”  
Wherefore, they drew their cloaks around  
Themselves, and fell upon the ground,  
And slept like dead men, all night through,  
In the pale moonlight and chilling dew.  
A muffed whiff of sudden breath  
Ruffled the passive air of death. He woke,  
and raised Himself in bed;  
Recalled how He was crucified;  
Touched both hands' fingers to His head,  
And lightly felt His fresh-healed side.

Then with a deep, triumphant sigh,  
He coolly put His grave-clothes by—  
Folded the sweet, white winding sheet,  
The toweling, the linen bands,  
The napkin, all with careful hands—  
And left the borrowed chamber neat.  
His steps were like the breaking day:  
So soft across the watch He stole,  
He did not wake a single soul,  
Nor spill one dewdrop by the way.  
Now Calvary was loveliness:  
Lilies that flowered thereupon  
Pulled off the white moon's pallid dress,  
And put the morning's vesture on.  
“Why seek the living among the dead?  
He is not here,” the angel said.  
The early winds took up the words,  
And bore them to the lilting birds,  
The leafing trees, and everything  
That breathed the living breath of spring.



