



# LENT 2021

WESLEY MEMORIAL UMC

## PSALMS JOURNAL

THIS JOURNAL BELONGS TO:

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## WELCOME TO JOURNALING THE PSALMS!

This journal is for you...it is *your* space to engage with the Bible and with God in whatever way works best for *you*.

We are providing several ideas in this introduction about how you can use this journal to engage with scripture... but these are merely *options* and resources to help you as you find your own way of connecting with the Bible for yourself.

**This is our goal and hope for our community as we enter this study:**

***That we all may grow in reading and receiving insights from the Bible for ourselves.***

It's one thing to be taught about the Bible by someone else. And there's a place for that. But it's something completely different to engage with the Bible yourself.

In the process of reading the Bible, you'll receive personal insights for your life from the Spirit who inspired it...you will discover a first-hand faith as you begin to grow even more in your own relationship with God.

We invite you into this journey of journaling through the Psalms during the season of Lent. May Jesus meet us here in a special way as we engage with the words of the Bible for ourselves.

Blessings this season,  
*The Grace Church Team*

## ABOUT THE PSALMS

The Book of Psalms is the prayerbook and hymnbook of the Bible. It is a collection of 150 prayers and songs that were written by the Hebrew people.

The Psalms cover the gamut of emotions that the ancient people of God freely shared in their prayers and worship. Gratitude, anger, joy, hatred, depression, anxiety, hope, trust, peace, awe-filled wonder...all of these emotions and more are represented in the Psalms.

There are different types and genres of Psalms that we'll be reading in this study...there are Pilgrimage Psalms (from when the Hebrew people traveled to Jerusalem for worship), Wisdom Psalms, Imprecatory Psalms (expressing their anger at their oppressors), Thanksgiving Psalms, Royal Psalms (focusing on the royalty of their king and of God), Lament Psalms (expressing their grief to God), and Enthronement Psalms (celebrating the enthronement of their king and of God over the earth).

These Psalms provide us with honest prayers to pray when we are experiencing all of the different emotions of life. In the Psalms, we find that God welcomes all of our thoughts and emotions...there is nothing in the human life that we need to hide from God. God invites us to share all of who we are and all that we are experiencing with Him.

Finally, the Psalms are the very prayers that Jesus prayed in his life here on earth. These are the prayers that he prayed daily, with his family, on his own, and in worship. He even prayed one of the Psalms, Psalm 22, when he was on the cross (Mark 15:34). Jesus went to these prayers and songs when he needed words to express himself to his Father...and we are invited to do the same.

# STEPS TO JOURNALING THROUGH THE PSALMS:

- 1.) Download the Grace Church App, it's free! On the app you will find a link to our Psalm readings for Lent. You can read the Psalms each day straight from our app. Or, of course, you can use a printed Bible for your reading.
- 2.) Decide on a realistic amount of time for you to read each day. If that's 10 minutes, awesome...if it's 30, great. Whatever works in your life right now.

3.) Find the right time and place that works for you every day. Choose a space that's comfortable and consider having some water available for yourself. You might light a candle to help set the space apart for this moment with God.

4.) Use this daily journal to keep a record of your thoughts in response to the reading. It's amazing how much it helps to write things down. This is your place to keep track of the insights that you're gaining and how God is speaking to you through scripture.

5.) Look over the reading plan on the next page that provides a process of reading, reflecting, and journaling in response to scripture. This is a basic process of how you might read and reflect on scripture. You could follow this process in as little as 10 minutes or as much as 30 minutes. Feel free to mold the process to your own needs however God might lead you.

\* Grace offers several different reading plans for engaging with the Bible. You can find out more about diving into scripture and about these specific reading plans on our Grace website: [egracechurch.com/bible](http://egracechurch.com/bible)

6.) Join us in reading through the Psalms starting Sunday, February 21st!

## BASIC READING PLAN

A basic reading and journaling plan follows this simple rhythm:

1. *Rest*
2. *Read and Reflect*
3. *Receive and Rejoice*

Each day as you read through the Psalms, you can follow this basic process:

### 1.) *Rest*

- Take a moment to breathe, get comfortable, and ask the Spirit to speak to you during this time.

### 2.) *Read and Reflect*

- **Read the Psalm for the day.**
- Find one word or phrase that “jumps out” to you.
- Read that word or phrase back to yourself several times.
- Write down the word or phrase that “jumps out” to you from your reading.
- **Ask yourself**, “What might Jesus be saying to me through this word or sentence today?” “What meaning might this have for me in my life?” “Is this scripture inviting me to taking any specific actions in my life?”
- **Journal any insights you may have.**

### 3.) *Receive and Rejoice*

- Spend a few moments in quiet, resting in God’s presence.
- Thank God for this word and ask God to help you carry it with you as you move into other activities.

## CONNECTING THE BIBLE WITH YOUR DAY:

Below are a couple additional practices you might try to connect the insights you’ve gained from your time in the Bible with the rest of your day.

### 1.) **Make your word or phrase into your prayer for the day.**

- For example, perhaps your word is “peace.” To turn that into a prayer, you could say, “God, reveal your peace to me today.” You could write this prayer down on some paper and take it with you through your day. Keep returning to this prayer as you go about your activities. You can pray silently or out loud, whatever is best in your situation.

### 2.) **Take your phrase or word on a walk outside.**

- Take a gentle walk and allow the word or phrase to continue to linger in your mind as you walk. Allow yourself to listen for any further meaning the word/phrase might have for you as you walk in nature.

*If you have any further questions about reading plans or engaging with the Bible you can contact Casey Culbreth, our Pastor of Spiritual Formation here:  
cculbreth@egracechurch.com.*

## BEGINNING THE JOURNEY

Feel free to engage with these questions as you enter into this Lenten season.

During Lent, we name our ashes - our burdens, weaknesses, and griefs - so that we may share them with our divine healer, Jesus. In the hands of Jesus, even our ashes can be raised to new life.

So let's start the journey by naming our ashes, expressing to God where we need healing and help, and discerning what next step we might take in our journey with Jesus.

## QUESTIONS:

1.) What are the ashes (the burdens) that I'm carrying with me during this season?

## QUESTIONS (CONT.):

2.) What would I like God to do for me during this season? (What new life do I need the Spirit of God to breathe into me?)

3.) How is Christ inviting me to engage more deeply in my relationship with Him during this season? (Some possible examples: Creating space for quiet and reflection with God, sharing my needs and desires with God in prayer, praying for others, starting a rhythm of reading and journaling with the Bible, sharing my life in community with others, joining a small group, seeking out a counselor, attending Choose Recovery, serving others...)

## DAY 1: SUNDAY, FEBRUARY 21

### ***Rest***

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 121** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, FEBRUARY 22

### ***Rest***

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 124** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 3: TUESDAY, FEBRUARY 23

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

Read **Psalm 125** and journal your reflections.

#### *Reflect and Read*

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***Receive and Rejoice***  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 4: WEDNESDAY, FEBRUARY 24

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

Read **Psalm 126** and journal your reflections.

#### *Reflect and Read*

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***Receive and Rejoice***  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.



## DAY 5: THURSDAY, FEBRUARY 25

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 130** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 6: FRIDAY, FEBRUARY 26

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 133** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 7: SATURDAY, FEBRUARY 27

**Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**

Read **Psalm 134** and journal your reflections.

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**Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### WEEK 1 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, FEBRUARY 28

### ***Rest***

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 37** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, MARCH 1

### ***Rest***

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 1** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 3: TUESDAY, MARCH 2

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

Read **Psalm 14** and journal your reflections.

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#### *Receive and Rejoice*

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 4: WEDNESDAY, MARCH 3

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

Read **Psalm 25** and journal your reflections.

#### *Reflect and Read*

#### *Receive and Rejoice*

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

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### DAY 5: THURSDAY, MARCH 4

**Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

**Reflect and Read**

Read **Psalm 34** and journal your reflections.

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**Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 6: FRIDAY, MARCH 5

**Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

**Reflect and Read**

Read **Psalm 91** and journal your reflections.

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**Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 7: SATURDAY, MARCH 6

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 139** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## WEEK 2 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, MARCH 7

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 109** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, MARCH 8

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 5** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 3: TUESDAY, MARCH 9

### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**  
Read **Psalm 10** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 4: WEDNESDAY MARCH 10

### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**  
Read **Psalm 35** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.



## DAY 5: THURSDAY, MARCH 11

### *Rest*

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### *Reflect and Read*

Read **Psalm 59** and journal your reflections.

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### *Receive and Rejoice*

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 6: FRIDAY, MARCH 12

### *Rest*

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### *Reflect and Read*

Read **Psalm 137** and journal your reflections.

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### *Receive and Rejoice*

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 7: SATURDAY, MARCH 13

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 140** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## WEEK 3 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, MARCH 14

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 8** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, MARCH 15

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 30** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 3: TUESDAY, MARCH 16

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**  
Read **Psalm 40** and journal your reflections.

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Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

#### **Receive and Rejoice**

### DAY 4: WEDNESDAY, MARCH 17

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**  
Read **Psalm 92** and journal your reflections.

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Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

#### **Receive and Rejoice**

## DAY 5: THURSDAY, MARCH 18

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 103** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 6: FRIDAY, MARCH 19

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 118** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

**DAY 7: SATURDAY, MARCH 20**

***Rest***

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

***Reflect and Read***

Read **Psalms 138** and journal your reflections.

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***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

**WEEK 4 RECAP AND REFLECTION:**

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, MARCH 21

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 2** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, MARCH 22

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 18** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 3: TUESDAY, MARCH 23

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

#### *Reflect and Read*

Read **Psalm 20** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 4: WEDNESDAY, MARCH 24

#### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

#### *Reflect and Read*

Read **Psalm 29** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.



## DAY 5: THURSDAY, MARCH 25

### ***Rest***

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 72** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 6: FRIDAY, MARCH 26

### ***Rest***

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### ***Reflect and Read***

Read **Psalm 110** and journal your reflections.

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### ***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 7: SATURDAY, MARCH 27

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 144** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## WEEK 5 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, MARCH 28

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 88** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, MARCH 29

### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 13** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 4: WEDNESDAY, MARCH 31

#### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

#### **Reflect and Read**

Read **Psalm 27** and journal your reflections.

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#### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 3: TUESDAY, MARCH 30

#### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

#### **Reflect and Read**

Read **Psalm 25** and journal your reflections.

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#### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 5: THURSDAY, APRIL 1

**Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**

Read **Psalm 40** and journal your reflections.

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**Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 6: FRIDAY, APRIL 2

**Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

**Reflect and Read**

Read **Psalm 42** and journal your reflections.

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**Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### DAY 7: SATURDAY, APRIL 3

#### **Rest**

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

#### **Reflect and Read**

Read **Psalm 56** and journal your reflections.

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#### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### WEEK 6 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?

## DAY 1: SUNDAY, APRIL 4

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 98** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 2: MONDAY, APRIL 5

### **Rest**

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

### **Reflect and Read**

Read **Psalm 24** and journal your reflections.

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### **Receive and Rejoice**

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 3: TUESDAY, APRIL 6

### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### *Reflect and Read*

Read **Psalm 47** and journal your reflections.

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***Receive and Rejoice***  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 4: WEDNESDAY, APRIL 7

### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### *Reflect and Read*

Read **Psalm 93** and journal your reflections.

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***Receive and Rejoice***  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.



### **DAY 5: THURSDAY, APRIL 8**

***Rest***

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

***Reflect and Read***

Read **Psalm 95** and journal your reflections.

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***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

### **DAY 6: FRIDAY, APRIL 9**

***Rest***

Settle into a moment of quiet.  
Invite God to speak to you as you read and reflect.

***Reflect and Read***

Read **Psalm 96** and journal your reflections.

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***Receive and Rejoice***

Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## DAY 7: SATURDAY, APRIL 10

### *Rest*

Settle into a moment of quiet.

Invite God to speak to you as you read and reflect.

### *Reflect and Read*

Read **Psalm 97** and journal your reflections.

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**Receive and Rejoice**  
Allow yourself to breathe for a few moments reflecting on what God has revealed to you. Thank God for this time and ask for what you need.

## WEEK 7 RECAP AND REFLECTION:

1.) Do you notice any themes from your reading and journaling this week?

2.) What might God be speaking to you through these themes?

3.) Reflect back on the ashes that you named at the beginning of this study. Is there any new life that you are sensing coming through? If so, praise God. If not, ask the Spirit again to breathe life into the ashes.

4.) How have you been growing in your journey with Christ during this past week?