



40 Days of Lent

Daily Devotion Guide

WEEK ONE

You are encouraged to read the entire Psalm each day

No devotion for Sunday - Sundays are not included in the 40 days of Lent!

Scripture verses selected by Rev. Peter Wallace.

http://day1.org/3652-spending_lent_in_the_psalms_daily_meditations

FEBRUARY 14 - ASH WEDNESDAY

*“Create in me a clean heart, O God,
and put a new and right spirit within me.”* Psalm 51:10

PRAYER FOCUS: Make this verse the focus of your prayers when you need a new attitude, when you know you could have done better, when you are feeling irritable or angry.

THURSDAY, FEBRUARY 15

“Trust the Lord and do good; live in the land, and farm faithfulness.” Psalm 37:3

SOMETHING TO THINK ABOUT: How are you “farming faithfulness”?

FRIDAY, FEBRUARY 16

“All you who wait for the Lord, be strong and let your heart take courage.”
Psalm 31:24

SOMETHING TO THINK ABOUT: When you need strength, where do you turn first?
How does your relationship with God provide you with strength?

SATURDAY, FEBRUARY 17

*“The one whose wrongdoing is forgiven,
whose sin is covered over, is truly happy!”* Psalm 7

SOMETHING TO THINK ABOUT: There is great freedom and joy when we experience forgiveness. What guilt or burden could you give to God for forgiveness so you might know joy?

40 Days of Lent

Daily Devotion Guide



WEEK TWO

You are encouraged to read the entire Psalm each day

No devotion for Sunday - Sundays are not included in the 40 days of Lent!

Scripture verses selected by Rev. Peter Wallace.

http://day1.org/3652-spending_lent_in_the_psalms__daily_meditations

MONDAY, FEBRUARY 19

"But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever." Psalm 52:8

SOMETHING TO THINK ABOUT: When we take the time to nurture our relationship with God, our lives will be productive for Christ and trusting in the One with whom we are close will be second nature!

TUESDAY, FEBRUARY 20

"...That you may tell the next generation that this is God, our God forever and ever. He will be our guide forever." Psalm 48:13b,14

QUESTION FOR THE DAY: Sharing our faith with younger generations is important! How can you share your faith with someone in your family?

WEDNESDAY, FEBRUARY 21

"It is good for me that I was humbled [or afflicted], so that I might learn your statutes. The law of your mouth is better to me than thousands of gold and silver pieces." Psalm 119:71,72
Psalm 31:24

SOMETHING TO THINK ABOUT: This verse talks about priorities. What does the way you live your life have to say about where your priorities lie?

THURSDAY, FEBRUARY 22

"Call on me in the day of trouble; I will deliver you, and you shall glorify me." Psalm 50:15

SOMETHING TO THINK ABOUT: When God has made a difference in your life-- that is something to be shared and celebrated with others!

FRIDAY, FEBRUARY 23

"The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise." Psalm 51:17

SOMETHING TO THINK ABOUT: The first part of repentance is feeling regret about what you've done to hurt others, yourself or your relationship with God. What regrets are you holding onto that you could give to God for forgiveness and healing?

SATURDAY, FEBRUARY 24

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well." Psalm 139:14

SOMETHING TO DO TODAY: Stop and give thanks to God for your body—for all the things your body does for you, for all the ways it enables you to do the things you are able to do. We all too often take our wonderful, miraculous bodies for granted!