



From Lament to Hope -

Through Lent, we acknowledge that Jesus has known pain, despair, grief & death – and know that he is still standing with us in our lives, in our journey to & beyond the cross.

Take some time each week to meditate on the Psalm, allowing God to speak through specific words or phrases as you read and reread the words of the Psalmists, and allow their lament & hope speak God's words of life to you.

Psalm 3:1-8 (NRSV)

Psalm 3:1-8

1 O LORD, how many are my foes!
Many are rising against me;
2 many are saying to me,
“There is no help for you in God.” *Selah*
3 But you, O LORD, are a shield around me,
my glory, and the one who lifts up my head.
4 I cry aloud to the LORD,
and he answers me from his holy hill.
Selah.

5 I lie down and sleep;
I wake again, for the LORD sustains me.
6 I am not afraid of ten thousands of people
who have set themselves against me all
around.
7 Rise up, O LORD!
Deliver me, O my God!
For you strike all my enemies on the cheek;
you break the teeth of the wicked.
8 Deliverance belongs to the LORD;
may your blessing be on your people!
Selah



■ What words or phrases stand out to you as you read Psalm 3:1-8?

Read it again, maybe aloud.

■ What have you learned about Who God Is in the words of the Psalm?

■ What is God speaking to you about today?



Please take some time with this Psalm & respond in prayer in the space provided below.

Your words of prayer & thoughts from Psalm 3:1-8

Prayer:

“You’re on your own” the voices taunt.
“You’re outnumbered, you’ll never win, give up now”.
I hear the voices inside and out, trying to bring me down.
I feel so small and helpless and afraid.

But with you God I am safe.
You hear my cries,
You know my fears,
You understand my shame,
With you I am never alone.
You lift me up when I am down,
You’re my guardian night and day.
In you Lord, I am held secure.

“You can’t win” the voices taunt.

*But who can separate us from the love of Christ?
Shall tribulation or distress or persecution or famine or nakedness or danger or sword?*

NO, NOTHING

In all these things we are more than conquerors through Jesus who loves us.

(Romans 8: 35-37) AMEN

~Gillian Coates