



## 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 51:1-12 (NRSV)

#### Psalm 51:1-12

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| <p><sup>1</sup> Have mercy on me, O God,<br/>according to your steadfast love;<br/>according to your abundant mercy<br/>blot out my transgressions.</p> <p><sup>2</sup> Wash me thoroughly from my iniquity,<br/>and cleanse me from my sin.</p> <p><sup>3</sup> For I know my transgressions,<br/>and my sin is ever before me.</p> <p><sup>4</sup> Against you, you alone, have I sinned,<br/>and done what is evil in your sight,<br/>so that you are justified in your sentence<br/>and blameless when you pass judgment.</p> <p><sup>5</sup> Indeed, I was born guilty,<br/>a sinner when my mother conceived me.</p> | <p><sup>6</sup> You desire truth in the inward being;<br/>therefore teach me wisdom in my secret<br/>heart.</p> <p><sup>7</sup> Purge me with hyssop, and I shall be clean;<br/>wash me, and I shall be whiter than snow.</p> <p><sup>8</sup> Let me hear joy and gladness;<br/>let the bones that you have crushed rejoice.</p> <p><sup>9</sup> Hide your face from my sins,<br/>and blot out all my iniquities.</p> <p><sup>10</sup> Create in me a clean heart, O God,<br/>and put a new and right spirit within me.</p> <p><sup>11</sup> Do not cast me away from your presence,<br/>and do not take your holy spirit from me.</p> <p><sup>12</sup> Restore to me the joy of your salvation,<br/>and sustain in me a willing spirit.</p> |
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■ What words or phrases stand out to you as you read Psalm 51:1-12?

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 51:1-12**

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**Prayer:**

*'Steadfast love', 'abundant mercy'...*

God these concepts are almost too difficult for me to understand.

But **YOU** love me,

**YOU** love **ME**.

You **LOVE** me.

You **KNOW** me, my transgressions, my sin, my guilt...

Yet you have **NOT STOPPED** listening to me, **HOPING** the best for me,  
and **GIVING** me hope

Yes, Lord, *'Create in me a clean heart, O God, and put a new spirit within me.'*

Let me understand Your words of love & mercy to me today.

~Kathy Krahn