

Psalm 143

A psalm of David.

- ¹ LORD, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.
- ² Do not bring your servant into judgment,
for no one living is righteous before you.
- ³ The enemy pursues me,
he crushes me to the ground;
he makes me dwell in the darkness
like those long dead.
- ⁴ So my spirit grows faint within me;
my heart within me is dismayed.
- ⁵ I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.
- ⁶ I spread out my hands to you;
I thirst for you like a parched land.
- ⁷ Answer me quickly, LORD;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.
- ⁸ Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.
- ⁹ Rescue me from my enemies, LORD,
for I hide myself in you.
- ¹⁰ Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.
- ¹¹ For your name's sake, LORD, preserve my life;
in your righteousness, bring me out of trouble.
- ¹² In your unfailing love, silence my enemies;
destroy all my foes,
for I am your servant.

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This Lent season, I'm waiting on God for:

OWN YOUR EMOTIONS

As I wait, what emotions do I have? Write out individual words or sentences describing what you feel. What are the specific circumstances that bring about these emotions?

BRING THEM TO GOD

Set aside a chunk of undistracted and uninterrupted time (start with about 30 minutes) and bring your emotions before God in prayer. Use Psalm 143 as a template and pray this psalm back to God using your own language for your own circumstances. You may find it helpful to write out your prayer using sentences or bullet points.

SURRENDER TO HIS UNFAILING LOVE

As you pray, what aspects of God's character does he bring to your mind? Is there a story in the Bible of someone experiencing something like what you are? Write out a prayer of surrender to God's unfailing covenant love.

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