

DAILY PAUSE FOR LENT



Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of soul searching and an opportunity to go deeper with God. It's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.

This is a season of great highs and lows. The emotional pendulum swings. From Jesus' victory over Satan in the wilderness to his kingly recognition by the crowds on Palm Sunday to his trusted followers betraying and denying him and his eventual death on the cross. The Psalms are a book filled with the highs and lows of its writers. Emotions are freely expressed to a God who embraces every aspect of those feelings. Therefore, this Daily Pause for Lent will draw from the Psalms for this 40-day journey.

The Spiritual Life Development Department has also created daily audible times of prayer is available to you through SLD's Facebook page- @USAEastSLD. Connect in either or both ways, but let this guide you into a moment with the Son of God, Savior of the world.



DAILY PAUSE FOR LENT

DAY 1



"Happy are those who do not follow the advice of the wicked...but their delight is in the law of the Lord, and on his law, they meditate day and night."

Psalm 1:1-2 (NRSV)

Thank you, Lord, for your Word is both a warning and a promise. When all the distractions of this day surround me and seem to close in on me, I will recall your Word speaking into my heart. Thank you for your Word, which brings life and light to my soul. Amen.

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DAILY PAUSE FOR LENT

DAY 2



"The Lord is a stronghold for the oppressed, a stronghold in times of trouble. And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you."

Psalm 9:9-10 (NRSV)

Mighty God, you are my refuge and strength, my strong tower. You are my place of safety and defense when my enemies draw near. In the strong name of Jesus, I pray. Amen.

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DAILY PAUSE FOR LENT

DAY 3



"Answer me, O Lord, for your steadfast love is good; according to your abundant mercy, turn to me."

Psalm 69:16 (NRSV)

Lord, your love is perfect, tender, merciful, never changing, always enduring. Your love covers me. I confess to you anything that may block its free flow within me. Thank you for the fresh application of your grace this day. Amen.

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DAILY PAUSE FOR LENT

DAY 4



"But you do see! Indeed, you note trouble and grief, that you may take it into your hands; the helpless commit themselves to you; you have been the helper of the orphan."

Psalm 10:14 (NRSV)

Lord, help me remember that just because I have trouble and grief does not mean you are not with me. I am never helpless or hopeless. You are my strength and stay. Amen.

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DAILY PAUSE FOR LENT

DAY 5



“The Lord’s promise is sure. He speaks no careless word; all he says is purest truth, like silver seven times refined.”

Psalm 12:6 (TLB)

Holy God, every word you speak is holy. With you, there is no stretching of the truth or exaggeration. I can trust that your word is pure, true, just, and spoken in love, grace, and mercy. Amen.

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DAILY PAUSE FOR LENT

DAY 6



“The Lord is my chosen portion and my cup; you hold my lot.”

Psalm 16:5 (NRSV)

Lord, your cup, your chosen portion, was to be the Sacrifice to end all sacrifices. Because of that, my cup is overflowing. You are a selfless Savior. Thank you. Amen..

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DAILY PAUSE FOR LENT

DAY 7



“Many put their hope in chariots, others in horses, but we place our trust in the name of the Eternal One, our True God. Soon our enemies will collapse and fall, never to return home; all the while, we will rise and stand firm.”

Psalm 20:7-8 (VOICE)

“Forbid it, Lord, that I should boast, save in the death of Christ my God: all vain things that charm me most, I sacrifice them to His blood.”

(Issac Watts, “When I Survey the Wondrous Cross”)

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DAILY PAUSE FOR LENT

DAY 8



“My God, my God, why have you abandoned me? Why are you so far away when I groan for help?... Yet you are holy, enthroned on the praises of Israel. Our ancestors trusted in you, and you rescued them.” Psalm 22:1&3 (NLT)

Loving Lord, when my emotions seem to overwhelm me with feelings of being alone and abandoned, help me to look back on how your hand has guided me to this day. You are as close as the mention of your name. Amen.

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DAILY PAUSE FOR LENT

DAY 9



“The Eternal is my shepherd, He cares for me always. He provides me rest in rich, green fields beside streams of refreshing water. He soothes my fears; He makes me whole again, steering me off worn, hard paths to roads where truth and righteousness echo His name.”

Psalm 23:1-3 (VOICE)

Good Shepherd, only you can make me whole. Save me from wandering worldly paths that lead to burnout and steer me to your path of refreshing righteousness. Amen.

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DAILY PAUSE FOR LENT

DAY 10



“Let me know Your ways, O Lord; Teach me Your paths.”

Psalm 25:4 (AMP)

Heavenly Father, when I ask to know your ways and walk your paths, I am sure I have no idea what heights and depths I will go. I am sure of one thing: you are with me wherever I go. Lead me with your omnipotent hand. Amen.

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DAILY PAUSE FOR LENT

DAY 11



"The voice of the Lord is over the waters; the God of glory thunders, the Lord, over mighty waters."

Psalm 29:3 (NRSV)

Lord, you are always speaking to me. Whether it is in the roar of the thunder or a still, small voice, make my ears attuned to your voice in every situation. Amen.

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DAILY PAUSE FOR LENT

DAY 12



"What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record." Psalm 32:1-2 (TLB)

God of Forgiveness, what a gift is the act of confession! Thank you for the opportunity to clear anything that might be an obstacle to your mercy and grace. Your forgiveness and compassion are limitless. Amen.

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DAILY PAUSE FOR LENT

DAY 13



"Trust [rely on and have confidence] in the Lord and do good; Dwell in the land and feed [securely] on His faithfulness. Delight yourself in the Lord, and He will give you the desires and petitions of your heart." Psalm 37:3-4 (AMP)

Lord, show me what I can eliminate from my life to make more room for you. Amen.

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DAILY PAUSE FOR LENT

DAY 14



"My whole being thirsts for God, for the living God. When will I come and see God's face?"

Psalm 42:2 (CEB)

Lord, you are to my soul what water is to my body. My longing witnesses the need of my soul that is only satisfied when I rest in and rely on you. Amen.

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DAILY PAUSE FOR LENT

DAY 15



"Wash me thoroughly from my iniquity and cleanse me from my sin." Psalm 51:2 (NRSV)

“Just as I am, without one plea
But that Thy blood was shed for me
And that Thou bid'st me come to Thee
Oh, Lamb of God, I come, I come.”

Charlotte Elliot

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DAILY PAUSE FOR LENT

DAY 16



"Have faith in Him in all circumstances, dear people. Open up your heart to Him; the True God shelters us in His arms." Psalm 62:8 (VOICE)

Heavenly Father, this is not only a season of looking within but looking without. Who, today, might I encourage in the faith, whether in word or action? Lead me, Lord. Amen.

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DAILY PAUSE FOR LENT

DAY 17



“O Lord God of the armies of heaven, don’t let me be a stumbling block to those who trust in you. O God of Israel, don’t let me cause them to be confused...” Psalm 69:6 (TLB)

Lord, the world will scrutinize me as I go deeper with you. May I remember they did the same to you, and I can follow in your victorious footsteps. Strengthen me this day. Amen.

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DAILY PAUSE FOR LENT

DAY 18



“I will call to mind the deeds of the Lord; I will remember your wonders of old.”
Psalm 77:11 (NRSV)

Lord, sometimes my mind is flooded with negative thoughts. Help me overcome them with thoughts of your compassionate guidance in my past. Amen.

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DAILY PAUSE FOR LENT

DAY 19



“Yet God was kind. He kept forgiving their sins....”
Psalm 78:32 (CEV)

Lord, make me more like you, gracious, merciful, and forgiving. When I become impatient with the shortcomings of others, help me remember how patient you have been with me. Amen.

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DAILY PAUSE FOR LENT

DAY 20



“Teach me your way, O Lord, that I may walk in your truth; give me an undivided heart to revere your name.” Psalm 86:11 (NRSV)

Lord, distraction is the greatest enemy of my concentration. Teach me to stop, listen, center down, and long for an undivided heart. Amen.

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DAILY PAUSE FOR LENT

DAY 21



“Lord, through all the generations you have been our home! Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God.”
Psalm 90:1-2 (NLT)

Almighty God, in this world of constant change, you are my unchangeable, eternal God. This day I will meditate on the stability you bring. Amen.

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DAILY PAUSE FOR LENT

DAY 22



Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.”
Psalm 91:1 (NLT)

Mighty God, help me to be more expectant of your protection than fearful of the dangers of evil. Amen.

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DAILY PAUSE FOR LENT

DAY 23



"For Jehovah is my refuge! I choose the God above all gods to shelter me." Psalm 91:9 (TLB)

Lord, help me remember this day. There is no tribulation I face and no evil I encounter that can confuse your purposes in me. Amen.

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DAILY PAUSE FOR LENT

DAY 24



"How great are Your works, O Lord! Your thoughts are very deep [beyond man's understanding]."
Psalm 92:5 (AMP)

"God will make a way
Where there seems to be no way
He works in ways we cannot see
He will make a way for me."
Don Moen

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DAILY PAUSE FOR LENT

DAY 25



"How blessed the man you train, God, the woman you instruct in your Word..." Psalm 94:12 (MSG)

Holy Father, when I instinctively surrender to your Word, my ways are right and secure. Your way may not be easy, but it is best. Amen.

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DAILY PAUSE FOR LENT

DAY 26



"When anxiety overtakes me and worries are many, your comfort lightens my soul."
Psalm 94:19 (VOICE)

Mighty God, remind me this day that my life is held together by the One who redeems the world. May that fact bring peace to my heart. Amen.

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DAILY PAUSE FOR LENT

DAY 27



"I will behave wisely and follow the way of integrity..." Psalm 101:1 (AMP)

Father, you have given me work to do. Fill me with your presence so that I may do it honorably. Amen.

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DAILY PAUSE FOR LENT

DAY 28



"He has removed our sins as far from us as the east is from the west." Psalm 103:12 (NLT)

Merciful Father, there is no need to hide my sin from you, for you are eager to bring cleansing and healing. Amen

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DAILY PAUSE FOR LENT

DAY 29



"Nevertheless, he regarded their distress when he heard their cry. For their sake he remembered his covenant...." Psalm 106:44-45 (NRSV)

Faithful Lord, you are a God who keeps his promises. May that bring me comfort and the desire to be a promise-keeper as well. Amen.

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DAILY PAUSE FOR LENT

DAY 30



"For he satisfies the thirsty and fills the hungry with good things." Psalm 107:9 (NLT)

Lord, I need more of You and less of the stuff that leaves me hungry. Only you can truly satisfy. Amen.

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DAILY PAUSE FOR LENT

DAY 31



"Then let them curse me if they like, but you will bless me!" Psalm 109:28 (NLT)

Lord, if I am misunderstood and rejected as your child, your steadfast love will see me through. Amen.

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DAILY PAUSE FOR LENT

DAY 32



"...they confidently trust the Lord to care for them." Psalm 112:7 (NLT)

Lord, you have not promised that my troubles will be eliminated, but I can trust you to lead me through them. Amen.

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DAILY PAUSE FOR LENT

DAY 33



"I was pushed back, attacked so that I was about to fall, but the Eternal was there to help me keep my balance."
Psalm 118:13 (VOICE)

Lord, show me the areas in my life that are out of balance and lead me to stability. Amen.

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DAILY PAUSE FOR LENT

DAY 34



"Before I was humbled I went astray, but now I keep your word." Psalm 119:67 (NRSV)

Loving Lord, some of my most valued lessons have come in times of being humbled. Your Word is my delight. Amen.

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DAILY PAUSE FOR LENT

DAY 35



HOLY MONDAY

“On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there.” Mark 11:15 (NIV)

Jesus, you desired your temple to be pure and clean for worship. I am your temple. Cleanse me of anything that is not fit for worshipping you.
Amen.

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DAILY PAUSE FOR LENT

DAY 36



HOLY TUESDAY

“if you let it go, reckless in your love, you’ll have it forever, real and eternal.” John 12:25 (MSG)

Lord, you have lavished me with your love. Help me be liberal in dispersing it. Amen.

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DAILY PAUSE FOR LENT

DAY 37



HOLY WEDNESDAY

“...a woman came in with a very expensive bottle of sweet-smelling perfume. After breaking it open, she poured the perfume on Jesus’ head.”

Mark 14:3 (CEV)

Jesus, I desire my life to be broken and poured out for your glory. Amen.

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DAILY PAUSE FOR LENT

DAY 38



MAUNDY THURSDAY

“I have been very eager to eat this Passover meal with you....” Luke 22:15 (NLT)

Jesus, just as you desired time alone with your disciples, you are seeking the same with me. I long to be in your presence. Amen.

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DAILY PAUSE FOR LENT

DAY 39



GOOD FRIDAY

“Look at you now’ they yelled at him....”
Matthew 27:40 (NLT)

Suffering Savior, your cross has taught me that we can see your greatest beauty in the ugliest moment. Amen.

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DAILY PAUSE FOR LENT

DAY 40



HOLY SATURDAY

“...because of the need for haste before the Sabbath, and because the tomb was close at hand, they laid him there.” John 19:42 (TLB)

Lord, things are not always as they seem. Yet, in moments of greatest silence, amazing work is being done. Amen.

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