





Introduction

The Psalms of Ascent (Psalms 120-134) were sung by God's people as they ascended the road to Jerusalem for the three annual Jewish festivals (Passover, Pentecost, and Booths). Pilgrims sang these Psalms of remembrance, worship, celebration, and anticipation to prepare for what lay ahead in Jerusalem.

Just as the Psalms of Ascent prepared pilgrims for the celebration of Jewish festivals, Lent is a season of self-examination, reflection and preparation for the celebration of Jesus' resurrection on Easter. Though it is an ancient tradition, it powerfully speaks to our modern condition because it calls us not to observe a *ritual*, but to engage in *renewal*. Lent is the season that calls us back to God... back to basics, back to the spiritual realities of life. It calls us to put to death the sin and the indifference we have in our hearts toward God and our fellow persons. Lent beckons us to enter once again into the joy of the Lord—the joy of a new life born out of a death to the old life.

Why Pray the Psalms?

As we journey together in the season of Lent, we will be praying through the Psalms of Ascent as a church body. As we pray through the Psalms, we should remember these are the same words that Jesus prayed. They are words he placed in human history to speak not only to our condition, but to the specific and unique work he engaged in as our Redeemer. Jesus shows the depth of his humanity and the glory of his divinity in the Psalms. If we would be more like Jesus, we must be people who pray and experience the full range of the Psalms. The Psalms help us, like Jesus, to minister to people and care for their souls as he did because we have a depth of honesty and a growing understanding of how God deals with us.

The Psalms teach us to pray through imitation and response ... Real prayer is always an answer to God's revelation. The Psalms are both prayer and revelations about God — the perfect ideal soil for learning prayer.

The Psalms take us deep into our own hearts 1,000 times faster than we would ever go if left to ourselves ... Religious/moral people tend to want to deny the rawness and reality of their own feelings, especially the darkness of them. ... The secular world has almost made an idol of emotional self-expression. ... But the Psalmists neither “stuff” their feelings nor “ventilate” them. They pray them — they take them into the presence of God until they change or understand them.

Most importantly, the Psalms force us to deal with God as he is, not as we wish he was.

“Left to ourselves, we will pray to some god who speaks what we like hearing, or to the part of God we manage to understand. But what is critical is that we speak to the God who speaks to us, and to everything he speaks to us ... the Psalms train us in that conversation” (from Eugene Peterson's *Answering God*).¹

¹ Redeemer Presbyterian Church, *Praying the Psalms* http://www.redeemer.com/learn/resources_by_topic/prayer/prayer_and_fasting/praying_the_psalms

Method

This prayer guide is intended to be used daily throughout the season of Lent. Each week, a different Psalm and theme will be highlighted.

Week 1	<i>WAIT</i>	Psalm 130
Week 2	<i>UNLESS</i>	Psalm 127
Week 3	<i>MERCY</i>	Psalm 123
Week 4	<i>TOGETHER</i>	Psalm 133
Week 5	<i>REMEMBRANCE</i>	Psalm 126
Week 6	<i>KEPT</i>	Psalm 121
Week 7	<i>LIFT</i>	Psalm 134

Set aside time each day to find a quiet place and do the following:

I. Opening Prayer.

Use the opening prayer to focus your attention on God and His word.

II. Psalm of Ascent for the Week

- **Read** the Psalm aloud slowly. Take notice of whatever captures your attention in the passage.
- **Meditate** on the Psalm. One-minute silent reflection. Listen for a single word or phrase that particularly strikes you.
- **Pray** the Psalm. Let the passage bring to your mind how you would praise, confess, thank, and petition Christ.
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

Create space and to listen and respond. If you would like, use a journal to reflect on God's word.

IV. Prayer for Cypress

Take time to pray for our schools, churches, neighbors, as well as the ministry of King's Cross.

V. Hymn

Use the hymn to worship God through song. There is a link to each song that can be accessed from your computer or smartphone.

VI. Closing Prayer



WAIT

Psalm 130

First Week of Lent, Feb. 18-21

I. Opening Prayer

O, LORD

No day of my life has passed that has not proved me guilty in Thy sight.

Prayers have been uttered from a prayerless heart;

Praise has been often praiseless sound;

My best services are filthy rags.

Blessed Jesus,

let me find a hiding place in Thy appeasing wounds.

Though my sins rise to heaven,

Thy merits soar above them;

Though unrighteousness weighs me down to hell,

Thy righteousness exalts me to Thy throne.

All things in me call for my rejection,

All things in Thee plead my acceptance.

I appeal from the throne of perfect justice to Thy throne of boundless grace.

Grant me to hear Thy voice assuring me:

that by Thy stripes I am healed,

that Thou wast bruised for my iniquities,

that Thou hast been made sin for me

that I might be righteous in Thee,

that my grievous sins, my manifold sins, are all forgiven,

buried in the ocean of Thy concealing blood.

I am guilty, but pardoned,

lost, but saved,

wandering, but found,

sinning, but cleansed.

Give me perpetual broken-heartedness,

Keep me always clinging to Thy cross,

Flood me every moment with descending grace,

Open to me the springs of divine knowledge. Amen.

“The Broken Heart” from *The Valley of Vision*

II. Psalm 130

- **Read** Psalm 130 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Adam Elementary	Andre' Elementary	Ault Elementary	Bane Elementary
Bang Elementary	Birkes Elementary	Black Elementary	Copeland Elementary
Anthony Middle	Aragon Middle	Arnold Middle	Cy-Fair High School
Cy Creek High School			

Churches:

Bridgepoint Community Church St. Sava Serbian Orthodox Church

Neighbors:

-Pray for your across the street neighbors

King's Cross:

-Pray for Dennis, Jane, and the Hermerding family

V. Hymn:

[From the Depths of Woe \(Psalm 130\)](#)

Music by Christopher Miner, Words by Martin Luther

1. From the depths of woe I raise to Thee, a voice of lamentation.
Lord, turn a gracious ear to me, And hear my supplication.
If Thou iniquities dost mark, Our secret sins and misdeeds dark, O who shall stand before Thee?
2. To wash away the crimson stain, Grace, grace alone availeth.
Our works, alas! are all in vain; In much the best life faileth.
No man can glory in Thy sight, All must alike confess Thy might, And live alone by mercy.
3. Therefore my trust is in the Lord, And not in mine own merit.
On Him my soul shall rest, His word upholds my fainting spirit.
His promised mercy is my fort, My comfort, and my sweet support. I wait for it with patience.
4. What though I wait the live-long night, And 'til the dawn appeareth.
My heart still trusteth in His might, It doubteth not nor feareth.
Do thus, O ye of Israel's seed, Ye of the Spirit born indeed, And wait 'til God appeareth.
5. Though great our sins and sore our woes,
His grace much more aboundeth.
His helping love no limit knows, Our upmost need it soundeth.
Our Shepherd good and true is He, Who will at last His Israel free,
From all their sin and sorrow.

VI. Closing Prayer

Father, I know my wounded and broken places oh so well. At times they can consume me and keep me from being able to hear your voice. Help me to see my pain as an invitation to know you more intimately rather than a reason to doubt the goodness of your heart. Help me to know that through my pain you desire to accomplish something very good in me. In the name of Jesus, the Author of our salvation, who was "made perfect through suffering." Jim Branch



UNLESS

Psalm 127

Second Week of Lent, February 22-28

I. Opening Prayer

O Lover to the uttermost,

May I read the meltings of Thy heart to me
in the manger of Thy birth,
in the garden of Thy agony,
in the cross of Thy suffering,
in the tomb of Thy resurrection,
in the heaven of Thy intercession.

Bold in this thought I defy my adversary,
tread down his temptations,
resist his schemings,
renounce the world,
am valiant for truth.

Deepen in me a sense of my holy relationship to Thee,
as spiritual bridegroom,
as Jehovah's fellow,
as sinners' friend.

I think of Thy glory and my vileness,
Thy majesty and my meanness,
Thy beauty and my deformity,
Thy purity and my filth,
Thy righteousness and my iniquity.

Thou has loved me everlastingly, unchangeably,
may I love Thee as I am loved;
Thou hast given Thyself for me,
may I give myself to Thee.
Thou hast died for me,
may I live to Thee
in every moment of time,
in every movement of my mind,
in every pulse of my heart.

May I never dally with the world and its allurements,
but walk by Thy side,
listen to Thy voice,
be clothed with Thy grace,
and adorned with Thy righteousness. Amen

"Christ is All" from The Valley of Vision

II. Psalm 127

- **Read** Psalm 127 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Danish Elementary	Duryea Elementary	Emery Elementary	Emmott Elementary
Farney Elementary	Fiest Elementary	Francone Elementary	Bleyl Middle
Campbell Middle	Cook Middle	Dean Middle	Cy Falls High School
Cy Lakes High School			

Churches:

-Grace Life Baptist -Second Baptist Church

Neighbors

-Pray for your next door neighbors

King's Cross

-Pray for us to be active in the various needs of ministry in our church

V. Hymn:

[Unless the Lord \(Psalm 127\)](#) Nathan Clark George

Unless the Lord build the house
the builders labor in vain
Unless the Lord guard the city
the watchmen wait in vain
In vain you rise up early
then retire late
to eat the fruit of grief
and the bread of pain

but for all His beloved, peace He gives sleep
Behold children are a gift
a gift of the Lord
and the fruit of the womb
is a great reward
Like arrows in the hand
of a mighty man of war
so are the children
who in our youth are born
How blessed is the man
whose quiver is full of them
They shall not be ashamed
when they speak with foes in the gate

VI. Closing Prayer

But I trust in You, O Lord,

I say, "You are my God."

My times are in Your hands.

Rescue me from the hand of my enemies and from my persecutors! Amen.

Psalm 31:14-15



I. Opening Prayer

Lord Jesus Christ, Son of God. Have mercy on me, a sinner. Amen.

II. Psalm 123

- **Read** Psalm 123 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Frazier Elementary Gleason Elementary Hairgrove Elementary Hamilton Elementary
Hancock Elementary Hemmenway Elem. Holbrook Elementary Holmsley Elementary
Goodson Middle Hamilton Middle Hopper Middle Cy Ranch High School
Cy Ridge High School

Churches:

- Terra Verde Community Church
- Community of Faith Church

Neighbors:

- pray for divine appointments with your neighbors.

King's Cross:

- Pray for Will and Tara and their family
- Pray for High School Students in our church
- Pray for Children in our church
- Pray for those gathering at King's Cross to develop relationships with one another that are emotional healthy, spiritually vibrant and honest transparent ways.

V. Hymn:

Lo The Storms of Life are Breaking

Words: Henry Alford; Music: Kevin Twit

Lo the storms of life are breaking,
Faithless fears our hearts are shaking
For our succor undertaking,
Lord and Savior, help us!

Lo! The world from Thee rebelling,
Round Thy Church in pride is swelling
With Thy word their madness quelling,
Lord and Savior, help us!

*Bridge: By Thy birth, Thy cross, and passion
By Thy tears of deep compassion
By Thy mighty intercession Lord and Savior, help us!*

On Thine own command relying,
We our onward task are plying
Unto Thee for safety sighing,
Lord and Savior, help us!

VI. Closing Prayer

Drive far from us all wrong desires and incline our hearts to keep Your ways: Grant that having cheerfully done Your will this day, we may, when night comes rejoice and give you thanks; through Jesus Christ our Lord. Amen. (The Book of Common Worship)



I. Opening Prayer

Almighty God, you have called the church into being and have gathered us into one family. By the power of your Holy Spirit help us to live in unity and peace with all of your children. May our actions this day be fruit of our faith in your kingdom. In the name of Christ. Amen. (From *A Guide to Prayer for Ministers and Other Servants*)

II. Psalm 133

- **Read** Psalm 133 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Horne Elementary	Jowell Elementary	Keith Elementary	Kirk Elementary
Lamkin Elementary	Lee Elementary	Lieder Elementary	Lowery Elementary
Kahla Middle	Labay Middle	Salyards Middle	
Cy Springs High School		Cy Woods High School	

Churches:

- 290 Community Church
- The Foundry

Neighbors:

- Pray for the children of your neighborhood/complex.

King’s Cross:

- Pray for God’s Spirit to be poured out in the Cypress community
- Pray that KXC would be a church that is Gospel-Centered, Love-compelled and Spirit led.
- Pray that key relationships will be made that will open up doors for the gospel
- Pray for City Groups

V. Hymn:

Blest Be the Tie that Binds

John Fawcett/ Green Carpet Players

Blest be the tie that binds
Our hearts in Christian love;
The fellowship of kindred minds
Is like to that above.

Before our Father's throne
We pour our ardent prayers;
Our fears, our hopes, our aims are one
Our comforts and our cares.

We share each other's woes,
Our mutual burdens bear;
And often for each other flows
The sympathizing tear.

When we asunder part,
It gives us inward pain;
But we shall still be joined in heart,
And hope to meet again.

This glorious hope revives
Our courage by the way;
While each in expectation lives,
And longs to see the day.

From sorrow, toil and pain,
And sin, we shall be free,
And perfect love and friendship reign
Through all eternity.

VI. Closing Prayer

All praise and thanks to Thee, most merciful God, for adopting us as Thine own children, for incorporating us into Thy holy Church, and for making us worthy to share in the inheritance of the saints in light. Grant us, we pray, all things necessary for our common life, and bring us all to be of one heart and mind within Thy Holy Church; through Jesus Christ our Lord. Amen.

(The Book of Common Prayer)



I. Opening Prayer

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things. Amen. ~St. Ignatius

II. Psalm 126

- **Read** Psalm 126 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Matzke Elementary	McFee Elementary	Metcalf Elementary	Millsap Elementary
Moore Elementary	Owens Elementary	Pope Elementary	Post Elementary
Smith Middle	Spillane Middle	Jersey Village High School	
Langham Creek High School			

Churches:

- Cypress Community Church
- Fairfield Baptist Church

Neighbors:

Pray that God will keep your neighbors before you.
 Pray that God would use you to share the Love of Christ with them.

King’s Cross:

- Pray for God’s continued financial provision
- Pray for leaders who are emotionally healthy, theologically thoughtful, Gospel-centric, relationally winsome, and fruitful in ministry.
- Pray that we will be bold as a group and as individuals going out into the community of Cypress seeking in word and deed to spread the Good News of Jesus and his love.

V. Hymn:

Psalm 126

Bifrost Arts

Our mouths they were filled, filled with laughter

Our tongues they were loosed, loosed with joy

Restore us, O Lord

Restore us, O Lord

Although we are weeping

Lord, help us keep sowing

The seeds of Your Kingdom

For the day You will reap them

Your sheaves we will carry

Lord, please do not tarry

All those who sow weeping will go out with songs of joy

The nations will say, "He has done great things!"

The nations will sing songs of joy

Restore us, O Lord

Restore us, O Lord

VI. Closing Prayer

Father, heal my wounds and make them a source of life for others; as you did with your son Jesus. In whose name we pray. Amen. (Jim Branch)



I. Opening Prayer

Lord God, in whom I find life, health, and strength, through whose gifts I am clothed and fed, through whose mercy I have been forgiven and cleansed, be for my guide, strength, Savior, and Lord all the days of my life. I offer my prayers through Christ. Amen. *(A Guide to Prayer for Ministers and Other Servants)*

II. Psalm 121

- **Read** Psalm 121 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Postma Elementary Reed Elementary Rennell Elementary M. Robinson Elem.
A. Robison Elementary Sampson Elementary Sheridan Elementary Thornton Middle

Churches:

-Bayou City Fellowship
-Trinity Vineyard Church

Neighbors:

-Pray for God to use you to invite your neighbors to church

King's Cross:

-Pray that people will be excited about our vision and willing to move to Cypress to join us
-Pray for a place for us to meet weekly as we plan for our official launch in the Fall
-Pray for the ability to support other ministries and church plants both locally and internationally.

V. Hymn:

Psalm 121

All Sons & Daughters

I lift my eyes up to the hills
And there is where my help comes from and
I Don't have to be afraid
I'll never be afraid, no

I will find You and be still
And I know that You are here
I can hear You in the whispers
I will find You and be still,
oh oh oh Lord,

You watch over me You give me faith
And I believe that I
Don't have to be afraid, no I'll never be afraid,

oh I will find You and be still, oh oh oh
And I know that You are here, oh oh oh
I can hear You in the whispers, oh oh oh
I will find You and be still, oh oh oh

Oh maker of heaven and earth
Oh savior in whom I wait
You will keep me Both now and forevermore

Oh maker of heaven and earth
Oh savior in whom I wait
You will keep me
Both now and forevermore

VI. Closing Prayer

Write thy blessed name, O Lord, upon my heart, there to remain so indelibly engraven, that no prosperity, no adversity shall ever move me from thy love. Be thou to me a strong tower of defense, a comforter in tribulation, a deliverer in distress, a very present help in trouble, and a guide to Heaven through the many temptations and dangers of this life.
Amen. ~Thomas à Kempis



I. Opening Prayer

Our Father, Giver of all gifts, You love and choose us, Your least ones. Increase our humility so that we might rejoice in the generosity of Your love and be mindful that the good in us comes from You; Creator, Redeemer, and Giver of Life, now and forever. Amen.

~Macrina Wiederkehr

II. Psalm 134

- **Read** Psalm 134 aloud slowly. What captured your attention?
- **Meditate** on the Psalm. One-minute silent reflection. What words or phrases particularly struck you?
- **Pray** the Psalm. How does it lead you to praise, confess, thank, or petition Christ?
- **Obey** the Psalm. What is God asking you to do? How will you be obedient today? How will the spoken word get infused into your everyday life?

III. Reflection and Listening: Silent and Written.

IV. Prayer for Cypress

Local Schools:

Cypress Christian	Swenke Elementary	Tipps Elementary	Walker Elementary
Warner Elementary	Willbern Elementary	Wilson Elementary	Yeager Elementary
Truitt Middle	Watkins Middle	Windfern High School	
Home School Children/Parents			

Churches:

- Cy Fair Christian Church
- Houston's First Baptist Cypress

Neighbors:

Pray for co-workers or people you encounter on a daily basis

King's Cross:

- Pray that we would be a people of prayer.
- Pray we would be a people not able to be distracted from the centrality of the Good News and a winsome ability to share it with others.

V. Hymn:

Psalm 134 (Bless the Lord)

Robbie Seay Band

Come and bless the Lord
Come and bless the Lord
Come and bless the Lord all you servants of the Lord

Come and bless the Lord
Come and bless the Lord
Come and bless the Lord all you servants of the Lord

Lift up your hands
To the Holy place
Lift up your hands
and bless His name

VI. Closing Prayer

O God, quicken to life every power within me, that I may lay hold of eternal things.

Open my eyes that I may see; give me acute spiritual perception; enable me to taste Thee and know that Thou art good. Make heaven more real to me than any earthly thing has ever been. Amen.

(The Pursuit of God by A.W. Tozer)