



OF HOLY WEEK 2022

On the following pages are the psalms and prayer of the day for each day this week. The psalms have long been used for prayer. In his book *Psalms The Prayer Book of the Bible* (Augsburg Fortress © 1970), Dietrich Bonhoeffer writes, “The words which come from God, become, then, the steps on which we find our way to God.” May the living words of God written in the following psalms and the Word that is Jesus speak to you this week, assist you in drawing near to God, and help you contemplate the final days of our Lord, his death on the cross and prepare you for the celebration of Easter morning!

Some ways in which you might utilize these psalms include:

- One of the oldest approaches of reading the text is *Lectio Divina* (Latin for “sacred reading”). There are four steps:
 - ◆ Step 1 *Lectio* (reading or listening to the text) Links to auditory recordings are located on the last page.
 - ◆ Step 2 *Meditatio* (meditating, reflecting, and ruminating on the text)
 - ◆ Step 3 *Oratio* (responding with prayer)
 - ◆ Step 4 *Contemplatio* (contemplating and sitting quietly in the presence of God)
- T.R.I.P. method of approaching a text.
 - ◆ T = THANKS *What in the verse makes me thankful?*
 - ◆ R = REGRET *What in the verse causes me regret?*
 - ◆ I = INTERCESSION *What does the text lead me to pray for?*
 - ◆ P = PLAN OF ACTION *What action does the text encourage me to take today?*

*Both devotional reading methods described above from *Opening the Book of Faith Lutheran Insights for Bible Study*; Diane Jacobson, Mark Allan Powell, Stanley N. Olson; 2008 © Augsburg Fortress.

Monday — April 11

Psalm 36:5-11

⁵Your steadfast love, O LORD, extends to the heavens,
your faithfulness to the clouds.

⁶Your righteousness is like the mighty mountains,
your judgments are like the great deep;
you save humans and animals alike, O LORD.

⁷How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.

⁸They feast on the abundance of your house,
and you give them drink from the river of your delights.

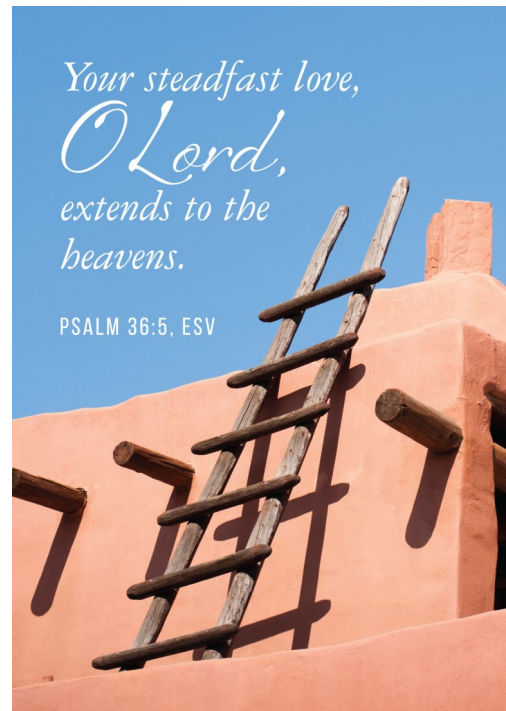
⁹For with you is the fountain of life;
in your light we see light.

¹⁰O continue your steadfast love to those who know you,
and your salvation to the upright of heart!

¹¹Do not let the foot of the arrogant tread on me,
or the hand of the wicked drive me away.

Prayer of the Day

O God, your Son chose the path that led to pain before joy and to the cross before glory. Plant his cross in our hearts, so that in its power and love we may come at last to joy and glory, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.



Tuesday — April 12

Psalm 71:1-14

¹In you, O LORD, I take refuge;
let me never be put to shame.
²In your righteousness deliver me and rescue me;
incline your ear to me and save me.
³Be to me a rock of refuge,
a strong fortress, to save me,
for you are my rock and my fortress.
⁴Rescue me, O my God, from the hand of the wicked,
from the grasp of the unjust and cruel.
⁵For you, O LORD, are my hope,
my trust, O LORD, from my youth.
⁶Upon you I have leaned from my birth;
it was you who took me from my mother's womb.
My praise is continually of you.
⁷I have been like a portent to many,
but you are my strong refuge.
⁸My mouth is filled with your praise,
and with your glory all day long.
⁹Do not cast me off in the time of old age;
do not forsake me when my strength is spent.
¹⁰For my enemies speak concerning me,
and those who watch for my life consult together.
¹¹They say, "Pursue and seize that person
whom God has forsaken,
for there is no one to deliver."
¹²O God, do not be far from me;
O my God, make haste to help me!
¹³Let my accusers be put to shame and consumed;
let those who seek to hurt me
be covered with scorn and disgrace.
¹⁴But I will hope continually,
and will praise you yet more and more.

Prayer of the Day

Lord Jesus, you have called us to follow you. Grant that our love may not grow cold in your service, and that we may not fail or deny you in the time of trial, for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen.



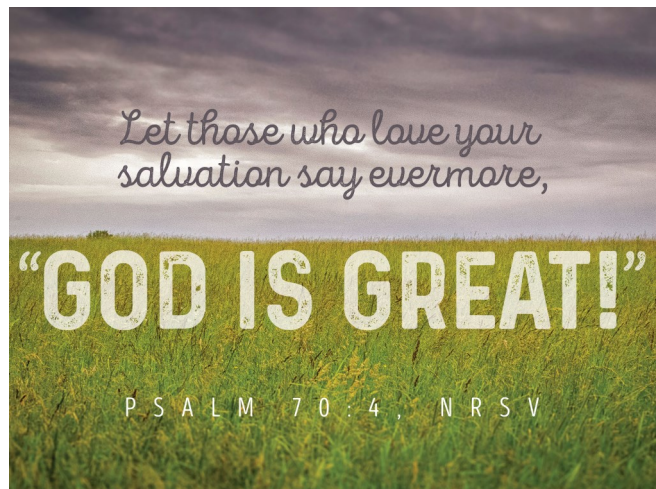
Wednesday — April 13

Psalm 70

¹Be pleased, O God, to deliver me.
O LORD, make haste to help me!
²Let those be put to shame and confusion
who seek my life.
Let those be turned back and brought to dishonor
who desire to hurt me.
³Let those who say, "Aha, Aha!"
turn back because of their shame.
⁴Let all who seek you
rejoice and be glad in you.
Let those who love your salvation
say evermore, "God is great!"
⁵But I am poor and needy;
hasten to me, O God!
You are my help and my deliverer;
O LORD, do not delay!

Prayer of the Day

Almighty God, your Son our Savior suffered at human hands and endured the shame of the cross. Grant that we may walk in the way of his cross and find it the way of life and peace, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.



Thursday — April 14

Psalm 116:1-2, 12-19

¹I love the LORD, because he has heard
my voice and my supplications.
²Because he inclined his ear to me,
therefore I will call on him as long as I live.
¹²What shall I return to the LORD
for all his bounty to me?
¹³I will lift up the cup of salvation
and call on the name of the LORD,
¹⁴I will pay my vows to the LORD
in the presence of all his people.
¹⁵Precious in the sight of the LORD
is the death of his faithful ones.
¹⁶O LORD, I am your servant;
I am your servant, the child of your serving girl.
You have loosed my bonds.
¹⁷I will offer to you a thanksgiving sacrifice
and call on the name of the LORD.
¹⁸I will pay my vows to the LORD
in the presence of all his people,
¹⁹in the courts of the house of the LORD,
in your midst, O Jerusalem.
Praise the LORD!

Prayer of the Day

Holy God, source of all love, on the night of his betrayal, Jesus gave us a new commandment, to love one another as he loves us. Write this commandment in our hearts, and give us the will to serve others as he was the servant of all, your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.



Friday — April 15

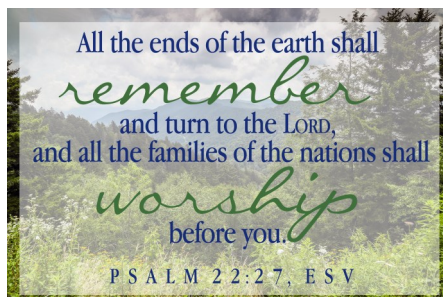
Psalm 22

¹My God, my God, why have you forsaken me?
Why are you so far from helping me,
from the words of my groaning?
²O my God, I cry by day, but you do not answer;
and by night, but find no rest.
³Yet you are holy,
enthroned on the praises of Israel.
⁴In you our ancestors trusted;
they trusted, and you delivered them.
⁵To you they cried, and were saved;
in you they trusted, and were not put to shame.
⁶But I am a worm, and not human;
scorned by others, and despised by the people.
⁷All who see me mock at me;
they make mouths at me, they shake their heads;
⁸"Commit your cause to the LORD; let him deliver —
let him rescue the one in whom he delights!"
⁹Yet it was you who took me from the womb;
you kept me safe on my mother's breast.
¹⁰On you I was cast from my birth,
and since my mother bore me you have been my God.
¹¹Do not be far from me,
for trouble is near
and there is no one to help.
¹²Many bulls encircle me,
strong bulls of Bashan surround me;
¹³they open wide their mouths at me,
like a ravening and roaring lion.
¹⁴I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
¹⁵my mouth is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.
¹⁶For dogs are all around me;
a company of evildoers encircles me.
My hands and feet have shriveled;
¹⁷I can count all my bones.
They stare and gloat over me;

¹⁸they divide my clothes among themselves,
and for my clothing they cast lots.
¹⁹But you, O LORD, do not be far away!
O my help, come quickly to my aid!
²⁰Deliver my soul from the sword,
my life from the power of the dog!
²¹Save me from the mouth of the lion!
From the horns of the wild oxen you have rescued me.
²²I will tell of your name to my brothers and sisters
in the midst of the congregation I will praise you:
²³You who fear the LORD, praise him!
All you offspring of Jacob, glorify him;
stand in awe of him, all you offspring of Israel!
²⁴For he did not despise or abhor
the affliction of the afflicted;
he did not hide his face from me,
but heard when I cried to him.
²⁵From you comes my praise in the great congregation;
my vows I will pay before those who fear him.
²⁶The poor shall eat and be satisfied;
those who seek him shall praise the LORD.
May your hearts live forever!
²⁷All the ends of the earth shall remember
and turn to the LORD;
and all the families of the nations
shall worship before him.
²⁸For dominion belongs to the LORD,
and he rules over the nations.
²⁹To him, indeed, shall all who sleep in the earth
bow down; before him shall bow all who go down to the
dust, and I shall live for him.
³⁰Posterity will serve him;
future generations will be told about the LORD,
³¹and proclaim his deliverance to a people yet unborn,
saying that he has done it.

Prayer of the Day

Almighty God, look with loving mercy on your family, for whom our Lord Jesus Christ was willing to be betrayed, to be given over to the hands of sinners, and to suffer death on the cross; who now lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.



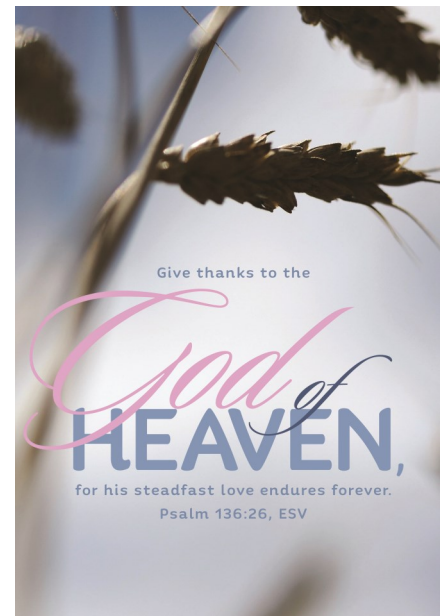
Saturday — April 16

Psalm 136:1-9, 23-26

¹O give thanks to the LORD, for he is good,
for his steadfast love endures forever.
²O give thanks to the God of gods,
for his steadfast love endures forever.
³O give thanks to the LORD of lords,
for his steadfast love endures forever;
⁴who alone does great wonders,
for his steadfast love endures forever;
⁵who by understanding made the heavens,
for his steadfast love endures forever;
⁶who spread out the earth on the waters,
for his steadfast love endures forever;
⁷who made the great lights,
for his steadfast love endures forever;
⁸the sun to rule over the day,
for his steadfast love endures forever;
⁹the moon and stars to rule over the night,
for his steadfast love endures forever;
²³It is he who remembered us in our low estate,
for his steadfast love endures forever;
²⁴and rescued us from our foes,
for his steadfast love endures forever;
²⁵who gives food to all flesh,
for his steadfast love endures forever.
²⁶O give thanks to the God of heaven,
for his steadfast love endures forever.

Prayer of the Day

Eternal giver of life and light, this holy night shines with the radiance of the risen Christ. Renew your church with the Spirit given us in baptism, that we may worship you in sincerity and truth and may shine as a light in the world, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.



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Links to auditory readings of each of the psalms are provided below. This may be of assistance if using *Lectio Divina*. Note, these recordings are from the New International Version (NIV) and the translation printed in this document is from the New Revised Standard Version (NRSV). Thus, there may be some slight differences if you attempt to read along while listening to the narrator. Put this document aside, and simply listen to the voice and the words being spoken. These links and the recordings are taken from Bible Gateway (<https://www.biblegateway.com/>).

Monday: Psalm 36:5-11

<https://tinyurl.com/34m89v3b>

Tuesday: Psalm 71:1-14

<https://tinyurl.com/bdd2yapf>

Wednesday: Psalm 70

<https://tinyurl.com/38wabtbp>

Thursday: Psalm 116:1-2, 12-19

<https://tinyurl.com/hmwnn8db>

Friday: Psalm 22

<https://tinyurl.com/2s9svmrr>

Saturday: Psalm 136:1-9, 23-26

<https://tinyurl.com/4phtm8md>

