

# The Seven Penitential Psalms

Lent 2017

Dear Brothers and Sisters :

The SFO-HE Council is inviting you to pray a penitential psalm each day of lent. Our unity in prayers and intentions is a powerful prayer to be presented before the Lord. The psalms will start with the one that is marked Wednesday on Ash Wednesday .

There are seven psalms: coincidentally there is one for each day of the week.

There are suggested intentions for each day. Of course you may use all of them each day and add your own as well.

Daily Intentions: (each day add: "for the added intentions of those praying the psalm today.")

Sunday: For the Pope's Intentions  
Monday: For Bishops, Priests and Religious  
Tuesday: For those who have no one to pray for them  
Wednesday: For world leaders and leaders of our Country  
Thursday: For our fraternity, all OSF fraternities, all Franciscans  
Friday: For the souls in purgatory  
Saturday: For families and the intentions we hold in our hearts.

To use the daily psalm for meditation in the manner of Lexio Divina:

Pray the Psalm then:

Read psalm 3 times with the last 2 times much slower paying attention to words or phrases that speak to your heart

1. What is the strongest thought or feeling as the psalm was prayed
2. My heart "rested" when . . . . .
3. I sense the lord was telling me . . . . .
4. I ended the prayer wanting . . . . .
5. Start a Lenten prayer journal and record your responses each day.

Each one of you is a blessing to our fraternity and we are grateful for you joining us in these prayers.

# The Seven Penitential Psalms

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Sunday: Psalm 6

*Theme: Fear and Punishment*

O Lord, rebuke me not in Your anger,  
nor chasten me in Your wrath.  
Be gracious to me, O Lord, for I am languishing;  
O Lord, heal me, for my bones are troubled.  
My soul also is sorely troubled.  
But You, O Lord -- how long?

Turn, O Lord, save my life;  
deliver me for the sake of Your steadfast love.  
For in death there is no remembrance of You;  
in Sheol who can give You praise?

I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.

My eye wastes away because of grief,  
it grows weak because of all my foes.

Depart from me, all you workers of evil;  
for the Lord has heard the sound of my weeping.  
The Lord has heard my supplication;  
the Lord accepts my prayer.  
All my enemies shall be ashamed and sorely  
troubled;  
they shall turn back, and be put to shame in a  
moment.

Monday: Psalm 32

*Theme: sorrow for sin then remission and confession*

Blessed is he whose transgression is forgiven,  
whose sin is covered.  
Blessed is the man to whom the Lord imputes no  
iniquity,  
and in whose spirit there is no deceit.  
When I declared not my sin, my body wasted away  
through my groaning all day long.  
For day and night Your hand was heavy upon me;  
my strength was dried up as by the heat of summer.  
I acknowledged my sin to You,  
and I did not hide my iniquity;  
I said, "I will confess my transgressions to the  
Lord";  
then You did forgive the guilt of my sin.  
Therefore let every one who is godly offer prayer to  
You;  
at a time of distress, in the rush of great waters,  
they shall not reach him.

You are a hiding place for me, You preserve me  
from trouble;  
You encompass me with deliverance.  
I will instruct you and teach you the way you should  
go;  
I will counsel you with my eye upon you.  
Be not like a horse or a mule, without  
understanding,  
which must be curbed with bit and bridle,  
else it will not keep with you.  
Many are the pangs of the wicked;  
but steadfast love surrounds him who trusts in the  
Lord.  
Be glad in the Lord, and rejoice, O righteous,  
and shout for joy, all you upright in heart!

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Tuesday: Psalm 38

*Theme: Hope of grace then more fear followed by hope again*

O Lord, rebuke me not in thy anger,  
nor chasten me in thy wrath!

For thy arrows have sunk into me,  
and thy hand has come down on me.

There is no soundness in my flesh  
because of thy indignation;  
there is no health in my bones  
because of my sin.

For my iniquities have gone over my head;  
they weigh like a burden too heavy for me.

My wounds grow foul and fester  
because of my foolishness,

I am utterly bowed down and prostrate;  
all the day I go about mourning.

For my loins are filled with burning,  
and there is no soundness in my flesh.

I am utterly spent and crushed;  
I groan because of the tumult of my heart.

Lord, all my longing is known to thee,  
my sighing is not hidden from thee.

My heart throbs, my strength fails me;  
and the light of my eyes -- it also has gone from me.

My friends and companions stand aloof from my  
plague,  
and my kinsmen stand afar off.

Those who seek my life lay their snares,  
those who seek my hurt speak of ruin,  
and meditate treachery all the day long.

But I am like a deaf man, I do not hear,  
like a dumb man who does not open his mouth.

Yea, I am like a man who does not hear,  
and in whose mouth are no rebukes.

But for thee, O Lord, do I wait;  
it is you, O Lord my God, who will answer.

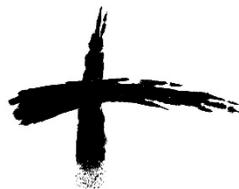
For I pray, "Only let them not rejoice over me,  
who boast against me when my foot slips!"

For I am ready to fall,  
and my pain is ever with me.

I confess my iniquity,  
I am sorry for my sin

Those who are my foes without cause are mighty,  
and many are those who hate me wrongfully,  
Those who render me evil for good  
are my adversaries because I follow after good.

Do not forsake me, O Lord!  
O my God be not far from me!  
Make haste to help me,  
O Lord my salvation!



# The Seven Penitential Psalms

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Wednesday: Psalm 51

*Theme: Love of purity. Mercy bestowed*

Have mercy on me, O God,  
according to Your steadfast love;  
according to Your abundant mercy blot out my  
transgressions.

Wash me thoroughly from my iniquity,  
and cleanse me from my sin!

For I know my transgressions,  
and my sin is ever before me.

Against You, You only, have I sinned,  
and done that which is evil in Your sight,  
so that You are justified in Your sentence  
and blameless in Your judgment.

Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.

Behold, You desire truth in the inward being;  
therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.

Fill me with joy and gladness;  
let the bones which You have broken rejoice.

Hide Your face from my sins,  
and blot out all my iniquities.

Create in me a clean heart, O God,

and put a new and right spirit within me.

Cast me not away from Your presence,  
and take not Your holy Spirit from me.

Restore to me the joy of Your salvation,  
and uphold me with a willing spirit.

Then I will teach transgressors Your ways,  
and sinners will return to You.

Deliver me from blood and guiltiness, O God,  
You, the God of my salvation,  
and my tongue will sing aloud of Your deliverance.

O Lord, open my lips,  
and my mouth shall show forth Your praise.

For You have no delight in sacrifice;  
were I to give a burnt offering, You would not be  
pleased.

The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God, You will not  
despise.

Do good to Zion in Your good pleasure;  
rebuild the walls of Jerusalem,

Then will You delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on Your altar.



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Thursday: Psalm 102

*Theme : Longing for heaven*

Hear my prayer, O Lord;  
let my cry come to You!

Do not hide Your face from me  
in the day of my distress! Incline Your ear to me;  
answer me speedily in the day when I call!

For my days pass away like smoke,  
and my bones burn like a furnace.

My heart is smitten like grass, and withered;  
I forget to eat my bread.

Because of my loud groaning  
my bones cleave to my flesh.

I am like a vulture of the wilderness,  
like an owl of the waste places;

I lie awake,  
I am like a lonely bird on the housetop.

All the day my enemies taunt me,  
those who deride me use my name for a curse.

For I eat ashes like bread,  
and mingle tears with my drink,  
because of thy indignation and anger;  
for thou hast taken me up and thrown me away.

My days are like an evening shadow;  
I wither away like grass.

But thou, O Lord, are enthroned for ever;  
Your name endures to all generations.

You will arise and have pity on Zion;  
it is the time to favor her;  
the appointed time has come.

For Your servants hold her stones dear,  
and have pity on her dust.

The nations will fear the name of the Lord,  
and all the kings of the earth Your glory.

For the Lord will build up Zion,  
he will appear in his glory;  
he will regard the prayer of the destitute,  
and will not despise their supplication.

Let this be recorded for a generation to come,  
so that a people yet unborn may praise the Lord:

That he looked down from his holy height,  
from heaven the Lord looked at the earth,  
to hear the groans of the prisoners,  
to set free those who were doomed to die;

That men may declare in Zion the name of the Lord,  
and in Jerusalem his praise, when peoples gather  
together,  
and kingdoms, to worship the Lord.

He has broken my strength in mid-course;  
he has shortened my days.

"O my God," I say, "take me not hence in the midst  
of my days,  
You whose years endure  
throughout all generations!"

Of old You did lay the foundation of the earth,  
and the heavens are the work of Your hands.

They will perish, but You do endure;  
they will all wear out like a garment.  
You change them like raiment, and they pass away;  
but You are the same,  
and Your years have no end.

The children of Your servants shall dwell secure;  
their posterity shall be established before You.

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## Friday: Psalm 130

*Theme : Distrust of ones own strength and confidence in enduring mercy*

Out of the depths I cry to You, O Lord!

Lord, hear my voice!

Let Your ears be attentive

to the voice of my supplications!

If You, O Lord, should mark iniquities,

Lord, who could stand?

But there is forgiveness with You,

that You may be feared.

I wait for the Lord, my soul waits,

and in his word I hope; my soul waits for the Lord

more than watchmen for the morning,

more than watchmen for the morning.

O Israel, hope in the Lord!

For with the Lord there is steadfast love,

and with him is plenteous redemption.

And he will redeem Israel

from all his iniquities.

## Saturday Psalm 143

*Theme: Joy*

Hear my prayer, O Lord; give ear to my supplications!

In Your faithfulness answer me, in Your righteousness!

Enter not into judgment with Your servant; for no man living is righteous before You.

For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead.

Therefore my spirit faints within me; my heart within me is appalled.

I remember the days of old, I meditate on all that You have done; I ponder on what Your hands have wrought.

I stretch out my hands to You; my soul thirsts for You like a parched land.

Make haste to answer me, O Lord!

My spirit fails! Hide not Your face from me, lest I be like those who go down to the Pit.

Let me hear in the morning of Your steadfast love, for in You I put my trust.

Teach me the way I should go, for to You I lift up my soul.

Deliver me, O Lord, from my enemies!

I have fled to You for refuge!

Teach me to do thy will, for You are my God!

Let Your good spirit lead me on a level path!

For Your name's sake, O Lord, preserve my life!

In Your righteousness bring me out of trouble!

And in Your steadfast love cut off my enemies, and destroy all my adversaries, for I am Your servant.

