



Psalms for the journey – seven prayers for life

THE SERIES AT A GLANCE

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7 days of 10–15 minutes

Learning to pray honestly with the Psalms – in joy, lament and trust

Preparation: 10 min

How to use the series: One devotion a day – ideal for a camp week, a holiday club or seven meetings. At the start, briefly recall the day before.

1 Part 1: The Lord is my shepherd

Bible: Psalm 23

David, who was a shepherd himself, prays: “The Lord is my shepherd, I lack nothing.” He knows green pastures and dark valleys – and knows that God goes with him in both. Psalm 23 does not promise that there are no dark valleys, but that we are not alone in them.

Question: Where are you right now: in the green pasture or in the dark valley?

Prayer: *God, you are my shepherd. Go with me through bright and dark times. Amen.*



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2 Part 2: What is mankind?

Bible: Psalm 8:3–5

Under the starry sky David wonders: “When I consider your heavens, the work of your fingers – what is mankind that you are mindful of them?” We are tiny in the universe – and yet seen and honoured by God. Wonder and dignity belong together.

💬 **Question:** When did you last marvel at God’s creation?

🙏 **Prayer:** *Great God, I marvel at your world and that you think of me. Amen.*

3 Part 3: How long?

Bible: Psalm 13

David laments: “How long, Lord? Will you forget me forever?” The Bible allows lament. You may tell God that you are disappointed, angry or sad. At the end of the psalm David finds his way back to trust – not because everything has changed, but because he remembers God’s faithfulness.

💬 **Question:** What would you like to lament to God?

🙏 **Prayer:** *God, sometimes I do not understand you. Thank you that I can tell you that honestly. I still trust in your goodness. Amen.*

4 Part 4: A pure heart

Bible: Psalm 51:10–12

After his great guilt David prays: “Create in me a pure heart, O God, and renew a steadfast spirit within me.” He no longer hides anything, but brings everything to God. Forgiveness begins with honesty.

💬 **Question:** What would you like to say honestly to God today?

🙏 **Prayer:** *God, create in me a pure heart. Thank you for forgiving and making new. Amen.*



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5 Part 5: You know me

Bible: Psalm 139:1–10

“You have searched me, Lord, and you know me. You know when I sit and when I rise.” To some this sounds threatening, to David it is comforting: there is no place where God is not there – not even at the far side of the sea.

 **Question:** Is it comforting or uncomfortable for you that God knows you completely – and why?

 **Prayer:** *God, you know me completely. Thank you for loving me anyway and being with me everywhere. Amen.*

6 Part 6: God is our refuge

Bible: Psalm 46:1–3

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way.” This psalm was written in times of crisis. It does not deny the trouble, but it puts God at the centre.

 **Question:** Which news or worries are making you afraid right now?

 **Prayer:** *God, you are my refuge and strength. When everything around me shakes, hold me tight. Amen.*

7 Part 7: Everything that has breath

Bible: Psalm 150

The last psalm is pure praise: “Let everything that has breath praise the Lord!” With drums, harps, dancing and cymbals. After lament, guilt and fear, the Book of Psalms ends in praise. At the end of the week we can celebrate what God has given.

 **Question:** What do you want to praise God for at the end of this week?

 **Prayer:** *God, I praise you with all that I am. Thank you for this week and for going with us. Amen.*



For leaders

- Leave room for doubts and critical questions – an honest conversation matters more than a quick answer.
- As a leader, feel free to share a personal experience.