

40 DAYS IN THE WORD

PAUSE. PROVERB. PRAY.

&

SUNDAY PSALMS

40 PROVERBS & 6 PSALMS FOR REFLECTION
LENT AT KOG 2022

WE INVITE YOU TO SPEND A LITTLE TIME EACH DAY IN LENT REFLECTING ON A SINGLE VERSE FROM PROVERBS, OR ON SUNDAY, A PSALM. PROVERBS IS A GUIDE FOR LIVING WELL IN GOD'S WORLD. WHILE NOT A GUARANTEE OF OUTCOME, THEY FOCUS ON GENERAL RULES THAT CAN SET US UP FOR SUCCESS.

PSALMS OFFER US A WAY TO PRAISE AND THANK GOD, OUR CREATOR. EACH VERSE IS FROM EITHER "THE MESSAGE" (MSG) "GOOD NEWS" (GN) OR "NEW REVISED STANDARD" (NRSV) BIBLE TRANSLATIONS TO OFFER THEM TO YOU IN A NEW, MAYBE MORE TANGIBLE WAY THAN YOU MAY HAVE HEARD THEM BEFORE.



KING OF GLORY
A LUTHERAN COMMUNITY

MARCH 2—ASH WEDNESDAY

REMOVE MY SIN, AND I WILL BE CLEAN; WASH ME, AND I WILL BE WHITER THAN SNOW. PSALM 51:7, GN

PAUSE, PROVERB, PRAY.

MARCH 3

TRUST IN THE LORD WITH ALL YOUR HEART. NEVER RELY ON WHAT YOU THINK YOU KNOW. REMEMBER THE LORD IN EVERYTHING YOU DO, AND HE WILL SHOW YOU THE RIGHT WAY. PROVERBS 3:5–6, NRSV

MARCH 4

NEVER LET YOURSELF THINK THAT YOU ARE WISER THAN YOU ARE; SIMPLY OBEY THE LORD AND REFUSE TO DO WRONG. IF YOU DO, IT WILL BE LIKE GOOD MEDICINE, HEALING YOUR WOUNDS AND EASING YOUR PAINS. PROVERBS 3:7–8 GN

MARCH 5

HONOR GOD WITH EVERYTHING YOU OWN; GIVE HIM THE FIRST AND THE BEST. YOUR BARNES WILL BURST, YOUR WINE VATS WILL BRIM OVER. PROVERBS 3:9–10, MSG

SUNDAY PSALM

MARCH 6

IF YOU WAKE ME EACH MORNING WITH THE SOUND OF YOUR LOVING VOICE, I'LL GO TO SLEEP EACH NIGHT TRUSTING IN YOU. POINT OUT THE ROAD I MUST TRAVEL; I'M ALL EARS, ALL EYES BEFORE YOU.

PSALM 143:8, MSG

PAUSE, PROVERB, PRAY.

MARCH 7

NO NEED TO PANIC OVER ALARMS OR SURPRISES, OR PREDICTIONS THAT DOOMSDAY'S JUST AROUND THE CORNER, BECAUSE GOD WILL BE RIGHT THERE WITH YOU; HE'LL KEEP YOU SAFE AND SOUND. PROVERBS 3:25–26, MSG

MARCH 8

LOOK STRAIGHT AHEAD WITH HONEST CONFIDENCE; DON'T HANG YOUR HEAD IN SHAME. PLAN CAREFULLY WHAT YOU DO, AND WHATEVER YOU DO WILL TURN OUT RIGHT. AVOID EVIL AND WALK STRAIGHT AHEAD. DON'T GO ONE STEP OFF THE RIGHT WAY. PROVERBS 4:25-27, GN

MARCH 9

I AM WISDOM, AND I HAVE INSIGHT; I HAVE KNOWLEDGE AND SOUND JUDGMENT. TO HONOR THE LORD IS TO HATE EVIL; I HATE PRIDE AND ARROGANCE, EVIL WAYS AND FALSE WORDS. I MAKE PLANS AND CARRY THEM OUT. I HAVE UNDERSTANDING, AND I AM STRONG.

PROVERBS 8:12-14, GN

MARCH 10

TO BE WISE YOU MUST FIRST HAVE REVERENCE FOR THE LORD. IF YOU KNOW THE HOLY ONE, YOU HAVE UNDERSTANDING. WISDOM WILL ADD YEARS TO YOUR LIFE. PROVERBS 9:10-11, GN

MARCH 11

HATE STIRS UP TROUBLE, BUT LOVE FORGIVES ALL OFFENSES.

PROVERBS 10:12, GN

MARCH 12

THE BLESSING OF THE LORD MAKES RICH, AND HE ADDS NO SORROW WITH IT.

PROVERBS 10:22, NRSV

SUNDAY PSALM

MARCH 13

DESPERATE, I THROW MYSELF ON YOU: YOU ARE MY GOD! HOUR BY HOUR I PLACE MY DAYS IN YOUR HAND, SAFE FROM THE HANDS OUT TO GET ME.

PSALM 31:14-15, MSG

PAUSE, PROVERB, PRAY.

MARCH 14

BE GENEROUS, AND YOU WILL BE PROSPEROUS. HELP OTHERS, AND YOU WILL BE HELPED. PROVERBS 11:25, GN

MARCH 15

THE GOSSIP OF BAD PEOPLE GETS THEM IN TROUBLE; THE CONVERSATION OF GOOD PEOPLE KEEPS THEM OUT OF IT. PROVERBS 12:13, MSG

MARCH 16

WELL-SPOKEN WORDS BRING SATISFACTION; WELL-DONE WORK HAS ITS OWN REWARD. PROVERBS 12:14, MSG

MARCH 17

WORRY CAN ROB YOU OF HAPPINESS, BUT KIND WORDS WILL CHEER YOU UP. PROVERBS 12:25, GN

MARCH 18

SOUND THINKING MAKES FOR GRACIOUS LIVING, BUT LIARS WALK A ROUGH ROAD. PROVERBS 13:15, MSG

MARCH 19

YOUR JOY IS YOUR OWN; YOUR BITTERNESS IS YOUR OWN. NO ONE CAN SHARE THEM WITH YOU. PROVERBS 14:10, GN

SUNDAY PSALM

MARCH 20

YOU WILL SHOW ME THE PATH THAT LEADS TO LIFE; YOUR PRESENCE FILLS ME WITH JOY AND BRINGS ME PLEASURE FOREVER. PSALM 16:11, GN

PAUSE, PROVERB, PRAY.

MARCH 21

**PEACE OF MIND MAKES THE BODY HEALTHY, BUT JEALOUSY IS LIKE A CANCER.
PROVERBS 14:30, GN**

MARCH 22

**A GENTLE ANSWER QUIETS ANGER, BUT A HARSH ONE STIRS IT UP. PROVERBS 15:1,
GN**

MARCH 23

KIND WORDS BRING LIFE, BUT CRUEL WORDS CRUSH YOUR SPIRIT. PROVERBS 15:4, GN

MARCH 24

**GOD CAN'T STAND PIOUS POSES, BUT HE DELIGHTS IN GENUINE PRAYERS. PROVERBS
15:8, MSG**

MARCH 25

**A GLAD HEART MAKES A CHEERFUL COUNTENANCE, BUT BY SORROW OF HEART THE
SPIRIT IS BROKEN. PROVERBS 15:13, NRSV**

MARCH 26

**A MISERABLE HEART MEANS A MISERABLE LIFE; A CHEERFUL HEART FILLS THE DAY
WITH SONG. PROVERBS 15:15, MSG**

SUNDAY PSALM

MARCH 27

**BE STILL AND KNOW THAT I AM GOD! I AM EXALTED AMONG THE NATIONS; I AM
EXALTED IN THE EARTH." PSALM 46:10, NRSV**

PAUSE, PROVERB, PRAY.

MARCH 28

**BETTER TO EAT VEGETABLES WITH PEOPLE YOU LOVE THAN TO EAT THE FINEST MEAT
WHERE THERE IS HATE. PROVERBS 15:17, RSV**

MARCH 29

WE MAY MAKE OUR PLANS, BUT GOD HAS THE LAST WORD.

PROVERBS 16:1, GN

MARCH 30

WHEN YOU PLEASE THE LORD, YOU CAN MAKE YOUR ENEMIES INTO FRIENDS.

PROVERBS 16:7, GN

MARCH 31

IT PAYS TO TAKE LIFE SERIOUSLY; THINGS WORK OUT WHEN YOU TRUST IN GOD.

PROVERBS 16:20, MSG

APRIL 1

A WISE, MATURE PERSON IS KNOWN FOR HIS UNDERSTANDING. THE MORE PLEASANT HIS WORDS, THE MORE PERSUASIVE HE IS.

PROVERBS 16:21, GN

APRIL 2

INTELLIGENT PEOPLE THINK BEFORE THEY SPEAK; WHAT THEY SAY IS THEN MORE PERSUASIVE. PROVERBS 16:23, GN

SUNDAY PSALM

APRIL 3

MAY MY WORDS AND MY THOUGHTS BE ACCEPTABLE TO YOU, O LORD, MY REFUGE AND MY REDEEMER! PSALM 19:14, GN

PAUSE, PROVERB, PRAY.

APRIL 4

KIND WORDS ARE LIKE HONEY – SWEET TO THE TASTE AND GOOD FOR YOUR HEALTH.

PROVERBS 16:24, GN

APRIL 5

BETTER TO EAT A DRY CRUST OF BREAD WITH PEACE OF MIND THAN HAVE A BANQUET IN A HOUSE FULL OF TROUBLE. PROVERBS 17:1, GN

APRIL 6

SOME PEOPLE THINK A BRIBE WORKS LIKE MAGIC; THEY BELIEVE IT CAN DO ANYTHING. PROVERBS 17:8, GN

APRIL 7

A CHEERFUL DISPOSITION IS GOOD FOR YOUR HEALTH; GLOOM AND DOOM LEAVE YOU BONE Tired. PROVERBS 17:22, MSG

APRIL 8

YOU WILL HAVE TO LIVE WITH THE CONSEQUENCES OF EVERYTHING YOU SAY. WHAT YOU SAY CAN PRESERVE LIFE OR DESTROY IT; SO, YOU MUST ACCEPT THE CONSEQUENCES OF YOUR WORDS. PROVERBS 18:20-21, GN

APRIL 9

IF YOU ARE SENSIBLE, YOU WILL CONTROL YOUR TEMPER. WHEN SOMEONE WRONGS YOU, IT IS A GREAT VIRTUE TO IGNORE IT. PROVERBS 19:11, GN

SUNDAY PSALM

APRIL 10—PASSION / PALM SUNDAY

DESPERATE, I THROW MYSELF ON YOU: YOU ARE MY GOD! HOUR BY HOUR I PLACE MY DAYS IN YOUR HAND, SAFE FROM THE HANDS OUT TO GET ME. WARM ME, YOUR SERVANT, WITH A SMILE; SAVE ME BECAUSE YOU LOVE ME. PSALM 31:14-16, MSG

PAUSE. PROVERB, PRAY.

APRIL 11

THOSE WHO ARE GENEROUS ARE BLESSED, FOR THEY SHARE THEIR BREAD WITH THE POOR. PROVERBS 22:9, NRSV

APRIL 12

EAT HONEY, DEAR CHILD – IT'S GOOD FOR YOU – AND DELICACIES THAT MELT IN YOUR MOUTH. LIKewise, KNOWLEDGE, AND WISDOM FOR YOUR SOUL – GET THAT AND YOUR FUTURE'S SECURED, YOUR HOPE IS ON SOLID ROCK. PROVERBS 24:13–14, MSG

APRIL 13

THE RIGHT WORD AT THE RIGHT TIME IS LIKE A CUSTOM–MADE PIECE OF JEWELRY. PROVERBS 25:11, MSG

APRIL 14–MAUNDY THURSDAY

IF YOU SEE YOUR ENEMY HUNGRY, GO BUY HIM LUNCH; IF HE'S THIRSTY, BRING HIM A DRINK. YOUR GENEROSITY WILL SURPRISE HIM WITH GOODNESS, AND GOD WILL LOOK AFTER YOU. PROVERBS 25:21–22, MSG

APRIL 15–GOOD FRIDAY

JUST AS LOTIONS AND FRAGRANCE GIVE SENSUAL DELIGHT, A SWEET FRIENDSHIP REFRESHES THE SOUL. PROVERBS 27:9, MSG

APRIL 16–HOLY SATURDAY

SPEAK OUT FOR THOSE WHO CANNOT SPEAK, FOR THE RIGHTS OF ALL THE DESTITUTE. SPEAK OUT, JUDGE RIGHTEOUSLY, DEFEND THE RIGHTS OF THE POOR AND NEEDY. PROVERBS 31:8–9, NRSV

EASTER SUNDAY PSALM

APRIL 17–EASTER SUNDAY

O GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS STEADFAST LOVE ENDURES FOREVER! PSALM 118:1, NRSV

FOR MORE INFORMATION ABOUT MID–WEEK LENTEN OPPORTUNITIES AND
EASTER WORSHIP AT KOG PLEASE VISIT OUR WEBSITE: KOGAZ.ORG