

## Day 1

### Psalm 143

1 A PSALM OF DAVID. Hear my prayer, O LORD; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness!

2 Enter not into judgment with your servant, for no one living is righteous before you.

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

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

5 I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.

6 I stretch out my hands to you; my soul thirsts for you like a parched land. Selah

7 Answer me quickly, O LORD! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit.

8 Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.

9 Deliver me from my enemies, O LORD! I have fled to you for refuge!

10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!

11 For your name's sake, O LORD, preserve my life! In your righteousness bring my soul out of trouble!

12 And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

### Romans 3:23-25

23 for all have sinned and fall short of the glory of God,

24 and are justified by his grace as a gift, through the redemption that is in Christ Jesus,

25 whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins.

### Hebrews 10:19-23

19 Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus,

20 by the new and living way that he opened for us through the curtain, that is, through his flesh,

21 and since we have a great priest over the house of God,

22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

## Day 2

### Psalm 6

1 TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS; ACCORDING TO THE SHEMINITH. A PSALM OF DAVID. O LORD, rebuke me not in your anger, nor discipline me in your wrath.

2 Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled.

3 My soul also is greatly troubled. But you, O LORD- how long?

4 Turn, O LORD, deliver my life; save me for the sake of your steadfast love.

5 For in death there is no remembrance of you; in Sheol who will give you praise?

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

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

8 Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.

9 The LORD has heard my plea; the LORD accepts my prayer.

10 All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

### 1 John 1:8-9

8 If we say we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

## Day 3

### Psalm 6 – See Day 2

### Psalm 16:9-11

9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

10 For you will not abandon my soul to Sheol, or let your holy one see corruption.

11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

### Psalm 17:15

15 As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness.

### Psalm 73:23-26

23 Nevertheless, I am continually with you; you hold my right hand.

24 You guide me with your counsel, and afterward you will receive me to glory.

25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you.  
26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

1 John 3:19-20

19 By this we shall know that we are of the truth and reassure our heart before him;  
20 for whenever our heart condemns us, God is greater than our heart, and he knows everything.

James 5:13-16

13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.  
14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.  
15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.  
16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

#### **Day 4**

Psalm 102

1 A PRAYER OF ONE AFFLICTED, WHEN HE IS FAINT AND POURS OUT HIS COMPLAINT BEFORE THE LORD. Hear my prayer, O LORD; let my cry come to you!  
2 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!  
3 For my days pass away like smoke, and my bones burn like a furnace.  
4 My heart is struck down like grass and has withered; I forget to eat my bread.  
5 Because of my loud groaning my bones cling to my flesh.  
6 I am like a desert owl of the wilderness, like an owl of the waste places;  
7 I lie awake; I am like a lonely sparrow on the housetop.  
8 All the day my enemies taunt me; those who deride me use my name for a curse.  
9 For I eat ashes like bread and mingle tears with my drink,  
10 because of your indignation and anger; for you have taken me up and thrown me down.  
11 My days are like an evening shadow; I wither away like grass.  
12 But you, O LORD, are enthroned forever; you are remembered throughout all generations.  
13 You will arise and have pity on Zion; it is the time to favor her; the appointed time has come.  
14 For your servants hold her stones dear and have pity on her dust.  
15 Nations will fear the name of the LORD, and all the kings of the earth will fear your glory.  
16 For the LORD builds up Zion; he appears in his glory;  
17 he regards the prayer of the destitute and does not despise their prayer.  
18 Let this be recorded for a generation to come, so that a people yet to be created may praise the LORD:  
19 that he looked down from his holy height; from heaven the LORD looked at the earth,  
20 to hear the groans of the prisoners, to set free those who were doomed to die,  
21 that they may declare in Zion the name of the LORD, and in Jerusalem his praise,

22 when peoples gather together, and kingdoms, to worship the LORD.  
23 He has broken my strength in midcourse; he has shortened my days.  
24 "O my God," I say, "take me not away in the midst of my days- you whose years endure throughout all generations!"  
25 Of old you laid the foundation of the earth, and the heavens are the work of your hands.  
26 They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away,  
27 but you are the same, and your years have no end.  
28 The children of your servants shall dwell secure; their offspring shall be established before you.

#### Hebrews 1:10-12

10 And, "You, Lord, laid the foundation of the earth in the beginning, and the heavens are the work of your hands;  
11 they will perish, but you remain; they will all wear out like a garment,  
12 like a robe you will roll them up, like a garment they will be changed. But you are the same, and your years will have no end."

#### Hebrews 6:16-20

16 For people swear by something greater than themselves, and in all their disputes an oath is final for confirmation.  
17 So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath,  
18 so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us.  
19 We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain,  
20 where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

### **Day 5**

#### Psalm 38

1 A PSALM OF DAVID, FOR THE MEMORIAL OFFERING. O LORD, rebuke me not in your anger, nor discipline me in your wrath!  
2 For your arrows have sunk into me, and your hand has come down on me.  
3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.  
4 For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.  
5 My wounds stink and fester because of my foolishness,  
6 I am utterly bowed down and prostrate; all the day I go about mourning.  
7 For my sides are filled with burning, and there is no soundness in my flesh.  
8 I am feeble and crushed; I groan because of the tumult of my heart.

9 O Lord, all my longing is before you; my sighing is not hidden from you.  
10 My heart throbs; my strength fails me, and the light of my eyes- it also has gone from me.  
11 My friends and companions stand aloof from my plague, and my nearest kin stand far off.  
12 Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.  
13 But I am like a deaf man; I do not hear, like a mute man who does not open his mouth.  
14 I have become like a man who does not hear, and in whose mouth are no rebukes.  
15 But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.  
16 For I said, "Only let them not rejoice over me, who boast against me when my foot slips!"  
17 For I am ready to fall, and my pain is ever before me.  
18 I confess my iniquity; I am sorry for my sin.  
19 But my foes are vigorous, they are mighty, and many are those who hate me wrongfully.  
20 Those who render me evil for good accuse me because I follow after good.  
21 Do not forsake me, O LORD! O my God, be not far from me!  
22 Make haste to help me, O Lord, my salvation!

Matthew 11:28

28 Come to me, all who labor and are heavy laden, and I will give you rest.

Romans 2:4

4 Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance?