

Online Lenten Meditations from Penitential Psalms

During this Lenten meditation, we will meditate upon six of the seven penitential psalms from the Book of Psalms. These six psalms are arranged to match the Anglican BAS order of readings during Lent. They guide us through the journey of acknowledging our iniquities and culminating in the joy of divine forgiveness, providing a structured path for reflection and spiritual growth.

Psalm 32 unravels the blessedness of being forgiven, highlighting the relief and happiness that come with God's pardon. This sets the tone for our journey, emphasizing the joy of reconciliation with God.

Psalm 51 is a sincere plea for a pure heart, underscoring the need for inner renewal and cleansing. This psalm bids us to seek God's transformative power in our lives and pray for a clean and renewed heart.

Psalm 130 offers reassurance of God's unfailing love and redemption, providing hope and comfort. It reminds us that, despite our failings, God's love is steadfast, and so is His redemption.

Psalm 143 invites us to a deep yearning for God's presence and guidance, reflecting a desire for a closer relationship with the Divine. This psalm encourages us to seek God's direction and trust in His guidance through our spiritual journey.

Psalm 102 enables us to voice our agony and distress and remonstrate with God. It provides a space for expressing our deepest pains and struggles, knowing that God hears and understands our cries.

Psalm 6 concludes with the assurance that God has heard our cry for mercy, bringing the journey to a peaceful and hopeful end. This psalm reassures us that our prayers have been heard and that God's mercy is upon us, offering a sense of peace and closure.

Schedule for Online Lenten Bible Meditation

Every Thursday from March 6 to April 10, 2025, for 30 minutes from 12:00 PM to 12:30 PM over Zoom (Meeting ID, Passcode)

March 6	Psalm 32	Blessed is the one who is forgiven
March 13	Psalm 51	Create in me a pure heart, O God!
March 20	Psalm 130	For with the Lord is unfailing love
March 27	Psalm 143	Do not hide your face from me

April 3	Psalm 102	Do not take me away, my God
April 10	Psalm 6	The Lord has heard my cry for mercy

Tentative Structure:

12:00 PM - 12:05 PM: Greeting and Fellowship

12:05 PM - 12:20 PM: Guided meditation on a Penitential Psalm

12:20 PM - 12:30 PM: Reflection and sharing of insights

Pavani Paul and her husband, Benjamin Paul, will lead the online Lenten meditations. Pavani and Benjamin have been actively involved in Christian ministry for over twenty years, preaching, teaching and pastoral care. Pavani taught for twelve years at Southern Asia Bible College and is a Ph.D. candidate in Old Testament at Wycliffe College at the University of Toronto. Benjamin is a mental health counsellor.

We hope that this midday pause for reflection will deepen our faith and lead us to spiritual renewal. Please feel free to invite friends and family to join us for this meaningful time of meditation and fellowship. The Zoom meeting link will be emailed to you two days before the event.

Please register for this online event via

<https://forms.office.com/r/epJS4f5A6z>

Or by scanning the QR code.

