

Lent Day 6: Monday, February 27

Psalm 32

Psalm 32

Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.

The season of Lent calls us to reflect on our own shortcomings and then to turn to God as we seek forgiveness for any harm we have done. The psalmist describes the impact of carrying around the weight of our own transgressions. We waste away and groan all day long, silencing the still small voice that beckons us to seek forgiveness and receive deliverance. We often choose to bury our cares in the business of our lives rather than unearth them at the foot of the cross.

Lent is the time to let go of all the things that have built up in our hearts, which prevent us from receiving the peace and joy that God offers us so generously. Psalm 32 begins and ends with a message of joy, and we have great reason to be glad and to rejoice. Our transgressions are forgiven, and our sin has been covered by our Lord and Savior Jesus Christ.

Lord, we seek forgiveness for any harm we have caused and turn to you for guidance as we release the burdens of our sins and embrace the peace and joy that you offer us.