

REFLECTING ON PSALM 51

Before you begin you might like to pray the following:

O Lord, you have given us your word for a light to shine upon our path. Grant us so to meditate on that word, and to follow its teaching, that we may find in it the light that shines more and more until the perfect day; through Jesus Christ our Lord.
Amen.



1. Read Psalm 51 slowly aloud to yourself or your group and just focus on listening to the words
2. Spend some time in silence to let the words settle in your heart
3. Read the psalm aloud again through slowly and take note what is calling out to you- maybe it is a verse or two, maybe it is just a word or two
4. Spend some time in silence and think on the verses/words that speak to you
4. Spend some time in silence and think on the verses/words that speak to you today, what does God want you to receive from this scripture?
5. If you are in a group and are willing, share what God is calling you to hear today, spend some time discussing what you have each been reflecting on with one another
6. Finish by saying the grace

If you wish to reflect further on Psalm 51 there are many resources to do so [here](#)