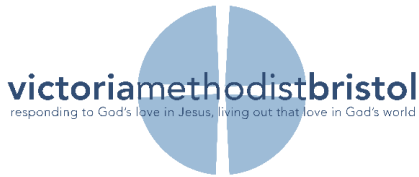

LENT KNIT-ALONG 2026

WEEK 6



Pattern by Lyn Lloyd-Jones
Reflections by Rev Patrick Stonehewer

This week's reflections are provided by Patrick, who is minister at Vic, and at nearby Parkway Methodist Church. He can't claim any expertise in knitting, but enjoys offshore sailing when time permits, running as a way of keeping fit, and walked the length of Great Britain in 2022.

Introduction

To Jerusalem

As Lent approaches the final week of Jesus's life, and his journey to the cross, this week's reflections are based around a set of fifteen short psalms, known together as the *Psalms of Ascent* (Psalms 120 – 134). Not all are included in this week's devotions.

These songs were sung by travellers on their way to Jerusalem for the great festivals, including Passover, relevant for us during Lent. In today's language, perhaps consider them as a spiritual playlist for the road – one to capture the emotions and faith of people on a long journey toward a place of worship and encounter with God.

In order, they tell a story, beginning with a cry of frustration and longing, with reminders that God watches over every step towards the destination, before expressing prayers, songs of trust and reflections on community life and worship. The collection closes with a powerful blessing.

Together, they paint a picture of what mattered to pilgrims: staying true to God, finding strength in community, trusting in God's protection, and celebrating the joy of gathering in worship. Faith is not just about arrival but about travelling faithfully en route.

Engaging with the text

You may have the skills to sing like the pilgrims of old, who would have come to learn each of these psalms off by heart by virtue of repetition. Building on that, each day's devotions this week will use the practice of *Lectio Divina* (*Divine Reading*), grounded in monastic and other traditions. Let us pray that this will become a way of opening up the text, seeking an encounter with God.

Each day will have the same pattern, encouraging a prayerful, slow and imaginative encounter, more about the heart than the head, by reading, meditating, praying and contemplating. These four steps are a guide, not a fixed map, so use them as you feel led.

Sunday, 22 March

Read (Lectio): read the passage out loud, before you start knitting.

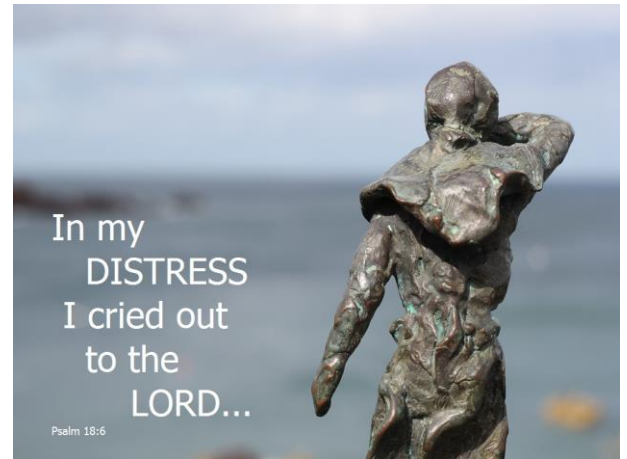
Psalm 120 - Prayer for Deliverance from Slanderers

- 1 In my distress I cry to the LORD,
that he may answer me:
- 2 'Deliver me, O LORD,
from lying lips,
from a deceitful tongue.'
- 3 What shall be given to you?
And what more shall be done to you,
you deceitful tongue?
- 4 A warrior's sharp arrows,
with glowing coals of the broom tree!
- 5 Woe is me, that I am an alien in Meshech,
that I must live among the tents of Kedar.
- 6 Too long have I had my dwelling
among those who hate peace.
- 7 I am for peace;
but when I speak,
they are for war.

Meditate (Meditatio): read the passage again, perhaps halfway through today's knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today's knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, "what's the one thing from this passage I will take onwards?"



Monday, 23 March

Read (Lectio): read the passage out loud, before you start knitting.

Psalm 121 - Assurance of God's Protection

- 1 I lift up my eyes to the hills—
from where will my help come?
- 2 My help comes from the Lord,
who made heaven and earth.
- 3 He will not let your foot be moved;
he who keeps you will not slumber.
- 4 He who keeps Israel
will neither slumber nor sleep.
- 5 The Lord is your keeper;
the Lord is your shade at your right hand.
- 6 The sun shall not strike you by day,
nor the moon by night.
- 7 The Lord will keep you from all evil;
he will keep your life.
- 8 The Lord will keep
your going out and your coming in
from this time on and for evermore.

Meditate (Meditatio): read the passage again, perhaps halfway through today's knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today's knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, "what's the one thing from this passage I will take onwards?"



Tuesday, 24 March

Read (Lectio): read the passage out loud, before you start knitting.

Psalm 122 - Song of Praise and Prayer for Jerusalem

1 I was glad when they said to me,
‘Let us go to the house of the Lord!’
2 Our feet are standing
within your gates, O Jerusalem.
3 Jerusalem—built as a city
that is bound firmly together.
4 To it the tribes go up,
the tribes of the Lord,
as was decreed for Israel,
to give thanks to the name of the Lord.
5 For there the thrones for judgement were set
up,

the thrones of the house of David.
6 Pray for the peace of Jerusalem:
‘May they prosper who love you.
7 Peace be within your walls,
and security within your towers.’
8 For the sake of my relatives and friends
I will say, ‘Peace be within you.’
9 For the sake of the house of the Lord our
God,
I will seek your good.



Meditate (Meditatio): read the passage again, perhaps halfway through today’s knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today’s knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, “what’s the one thing from this passage I will take onwards?”

Wednesday, 25 March

Read (Lectio): read the passage out loud, before you start knitting.

Psalm 127 - A Harvest of Joy

1 When the Lord restored the fortunes of Zion,
we were like those who dream.
2 Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
‘The Lord has done great things for them.’
3 The Lord has done great things for us,
and we rejoiced.

4 Restore our fortunes, O Lord,
like the watercourses in the Negeb.
5 May those who sow in tears
reap with shouts of joy.
6 Those who go out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
carrying their sheaves.

Meditate (Meditatio): read the passage again, perhaps halfway through today’s knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today’s knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, “what’s the one thing from this passage I will take onwards?”



Thursday, 26 March

Read (Lectio): read the passage out loud, before you start knitting.

Psalm 131 - Song of Quiet Trust

- 1 O Lord, my heart is not lifted up,
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvellous for me.
- 2 But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.
- 3 O Israel, hope in the Lord
from this time on and for evermore.



Meditate (Meditatio): read the passage again, perhaps halfway through today's knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today's knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, "what's the one thing from this passage I will take onwards?"

Friday, 27 March

Read (Lectio): read the passage out loud, before you start knitting.

Psalm 133 - The Blessedness of Unity

- 1 How very good and pleasant it is
when kindred live together in unity!
- 2 It is like the precious oil on the head,
running down upon the beard,
on the beard of Aaron,
running down over the collar of his robes.
- 3 It is like the dew of Hermon,
which falls on the mountains of Zion.
For there the Lord ordained his blessing,
life for evermore.

Psalm 134 - Praise in the Night

- 1 Come, bless the LORD, all you servants of the LORD,
who stand by night in the house of the LORD!
- 2 Lift up your hands to the holy place,
and bless the LORD.
- 3 May the LORD, maker of heaven and earth,
bless you from Zion.



Meditate (Meditatio): read the passage again, perhaps halfway through today's knitting, then find a word or phrase that jumped out for you.

Pray (Oratio): at the end of today's knitting, allow space for some short prayers related to or using the word or phrase that you chose.

Contemplate (Contemplatio): Read the passage a final time, then ask yourself, "what's the one thing from this passage I will take onwards?"

Saturday, 28 March

Read (Lectio)

Read the passage out loud, reflecting on the passage as you read.

Psalm 135 - Praise for God's Goodness and Might

1 Praise the Lord!

Praise the name of the Lord;

give praise, O servants of the Lord,

2 you that stand in the house of the Lord,
in the courts of the house of our God.

3 Praise the Lord, for the Lord is good;
sing to his name, for he is gracious.

19 O house of Israel, bless the Lord!

O house of Aaron, bless the Lord!

20 O house of Levi, bless the Lord!

You that fear the Lord, bless the Lord!

21 Blessed be the Lord from Zion,
he who resides in Jerusalem.

Praise the Lord!

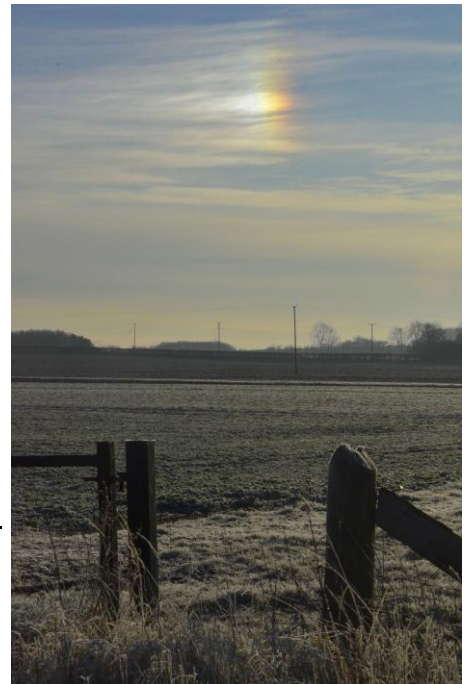
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At end of this word journey towards Jerusalem, I invite you to read one passage again or choose another of the *Psalms of Ascent*, then meditate, pray and contemplate.

What might have changed in you? What has been revealed to you?



Compiled by Helen Manyiwa