

DAY 5 – Who May Ascend?

Psalm 24

24 *The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein.*

² *For he hath founded it upon the seas and established it upon the floods.*

³ *Who shall ascend into the hill of the LORD? or who shall stand in his holy place?*

⁴ *He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.*

⁵ *He shall receive the blessing from the LORD, and righteousness from the God of his salvation.*

⁶ *This is the generation of them that seek him, that seek thy face, O Jacob. Selah.*

⁷ *Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.*

⁸ *Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.*

⁹ *Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.*

¹⁰ *Who is this King of glory? The LORD of hosts, he is the King of glory. Selah.*

Focus: Clean hands and pure hearts.

Psalm 24 asks a searching question: "Who may ascend into the hill of the Lord? And who may stand in His holy place?" The answer is clear — "He who has clean hands and a pure heart." Clean hands represent our actions; a pure heart represents our motives. Lent invites us to examine both. It is possible to do the right thing outwardly while carrying the wrong spirit inwardly. God is not only concerned with what we do, but why we do it.

Clean hands speak of integrity — how we treat others, how we steward responsibility, how we live when no one is watching. A pure heart speaks of sincerity — undivided devotion, honesty before God, and freedom from hidden agendas. In a season of reflection, this psalm reminds us that worship is more than singing; it is living. To ascend the hill of the Lord is to live a life aligned with His character.

As we journey through Lent, Psalm 24 calls us to alignment. When our hands are clean, and our hearts are pure, we stand confidently before God — not because we are perfect, but because we are surrendered. The good news is that the same God who calls us to holiness also provides grace to grow in it.

Prayer: Lord, purify our motives, guide our actions, and make our lives worthy of Your presence. Amen.