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From:

Date:

Encountering God's Heart
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Encountering God's Heart

**52 Selected Psalms for a Year-Long Journey of
Faith and Inspiration**

Pamela S. Setufe

Dedication

First and foremost, this book is dedicated to God Almighty, my source of inspiration and strength. Thank you for guiding me throughout this writing process and for filling my heart with words and prayers that reflect your love, truth, and heart.

To Justice, my dear husband and voice of reason. Thank you for all the sacrifices you make for our family. You are what God had in mind when he said, "Let us create man in our image."

To my children, Elinam, Kafui, and Elorm, you inspire me to be a better mom every day. Thank you for being just the way you are. May you always love what you do!



May you be blessed all the days of your lives, and be a blessing to all who know you!

Finally,

I want to express my gratitude to my family, my readers, and all those who have played a part in this journey, big or small. I hope you will find comfort, inspiration, and encouragement within the pages of this book.

Your support and feedback are a constant reminder of why I write, and I am humbled and honored to have the opportunity to share this book with you. Enjoy!

Cheers!!

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Preface

Are you seeking a deeper connection with God? Do you long for solace in times of trouble, guidance in moments of uncertainty, and inspiration for your spiritual journey? Look no further than “Encountering God’s Heart” through the Book of Psalms.

This transformative book of specially selected Psalms takes you on an extraordinary journey through the poetic verses of the Psalms, unlocking the secrets to encountering God in profound and life-changing ways. With its timeless wisdom and powerful messages, the Psalms have been a source of comfort, inspiration, and spiritual growth for countless generations.

Encountering God’s Heart is your guide to diving into this ancient treasure trove of prayers, praises, and laments. Each chapter deeply explores a specific Psalm, delving into its historical context, literary analysis, and spiritual insights. Unlock the power of the Psalms today and experience God’s heart like never before!

Through this book, you will:

- ❖ **Discover the Power of Authentic Prayer:** The Psalms teach us to be honest and vulnerable before God, offering prayers that reflect the full range of human emotions. Learn how to pour out your heart to God, finding solace and strength in His presence.
- ❖ **Experience God’s Presence in Every Season:** Whether you are in a season of joy, sorrow, doubt, or celebration, the Psalms have a message for you. Uncover the timeless truths that will guide and uplift you, no matter what you are facing.

- ❖ Cultivate a Deeper Relationship with God: The Psalms offer a roadmap to encountering God's heart and drawing closer to Him. You will be empowered to deepen your relationship with the divine through reflection questions, guided prayers, and practical application.
- ❖ Find Hope and Healing in Times of Trial: Life can be challenging, but the Psalms remind us that God is our refuge and strength. Discover how to find hope, peace, and healing in adversity, trusting God's unfailing love.

Encountering God's Heart is not just another commentary or devotional. It is an invitation to meet the living God through the timeless words of the Psalms. Let this book be your companion on your spiritual journey, guiding you to a place of deeper intimacy with God, offering solace in times of need, inspiration in moments of doubt, and a reminder of the enduring strength of the human spirit. May it be a source of comfort, a wellspring of wisdom, and a testament to the beauty of the written word.

This book is recommended for churches, life groups, book clubs, and other small group meetings or studies.

Wishing you joyous discoveries and endless inspiration as you embark on this remarkable journey of reading these selected Psalms. May the God of hope fill your heart with anticipation and prepare you for what He is about to do in your life.

Be blessed in the name of Jesus Christ as you read this book!

Introduction

I welcome you to a captivating journey through The Book of Psalms's timeless and enchanting world. Nestled within the sacred Scriptures, the Psalms consist of 150 individual Psalms, which have long been a source of solace, inspiration, and profound spiritual awakening for countless generations. These poetic expressions of faith, penned by authors such as King David, Asaph, the sons of Korah, and others over centuries, offer us a glimpse into the depths of the human experience and the unwavering connection between humanity and God.

In this selected collection of Psalms, we encounter a tapestry of emotions that resonate with the very essence of what it means to be human. From moments of sheer joy and delight to the depths of sorrow, despair, and longing, the Psalms weave together a rich symphony of the human soul, echoing the universal language of the heart, which is love.

As we embark on this journey through the Psalms, we shall witness the raw authenticity of the Psalmists' voices. Their words transcend time, culture, and every boundary that separates us, reminding us of our shared humanity. They invite us to contemplate life's mysteries, ponder the complexities of our existence, and find solace in the embrace of a merciful and loving Creator.

We encounter many themes within the Psalms that resonate with our joys and struggles. We find solace in songs of praise and thanksgiving as they remind us of the abundant blessings bestowed upon us. In moments of despair, we discover solace in the Psalms of Lament, where the Psalmists pour out their anguish and find solace in the presence of God. We also encounter Psalms of wisdom, offering guidance and insights into the complexities of life, and

Psalms of trust, inspiring us to surrender our worries and fears to a higher power.

This book will delve into the profound wisdom and timeless truths embedded within each selected Psalm. We will explore the historical, cultural, and spiritual context behind these poetic masterpieces, unlocking their profound messages for our lives today.

Together, we will uncover the transformative power of the Psalms, allowing their words to penetrate our hearts, awaken our spirits, and inspire us to live lives of deeper meaning, purpose, and connection.

How to Read The Book of Psalms:

Reading the Psalms can be a beautiful and enriching experience! Here are some steps to help you engage with them:

- ❖ Choose a quiet and comfortable space to focus and reflect without distractions.
- ❖ Begin with an open mind, ready to connect with the emotions, thoughts, and prayers expressed within the Psalms.
- ❖ Read slowly and meditate. Reflect on the words, phrases, and imagery used. Consider the context in which the Psalm was written and try to understand the emotions behind it. Pause and ponder the meaning and relevance it might have for your life and how to make it personal.
- ❖ Pay attention to themes such as praise, thanksgiving, lament, trust, and wisdom. Notice these recurring themes and how they relate to the human condition. This can help you connect more deeply with the Psalm you are reading. Let the

words come alive in your mind, creating a vivid experience that speaks to your heart as you encounter God's heart in a new way.

- ❖ Consider journaling to jot down your thoughts, prayers, or personal reflections after reading each Psalm. This can help you process your reactions and insights and provide a record of your spiritual journey.
- ❖ Write down and memorize the verse for the week to make it personal. Know that the word of God is life to the believer!
- ❖ Pray and meditate throughout the week as you seek to know the heart of God. Meditate and personalize the prayers provided for faith and inspiration throughout the year.

My dear friend, as you embark on this journey through these selected Psalms, I encourage you to open your heart, embrace the wisdom held within these sacred verses, and allow the melodies of the Psalms to guide you toward a greater understanding of yourself and God. May this exploration be a balm for your soul, a beacon of hope in times of darkness, and a celebration of the infinite love surrounding us all.

So, let us embark on this transformative journey, hand in hand, as we pilgrimage through the Psalms selected to inspire you throughout the year, and may the remarkable beauty of these ancient words resonate within the depths of your being, forever changing the way you perceive the world around you.



*“Be Still and Know that I am
God.”*

WEEK #1



Psalm 23

The Lord the Shepherd of His People

In the midst of life's ups and downs, there is a timeless source of comfort and inspiration found in Psalm 23. This beautiful passage reminds us of the unwavering presence and care of God, our Divine Shepherd. As we journey through Psalm 23, I pray that you will embrace this sacred opportunity to draw closer to the heart of God. May your heart be open, your spirit receptive, and your mind tuned to the gentle whispers of divine wisdom. Remember that you are never alone, for God's heart is always near, ready to embrace you with love and guide you toward a life of purpose and fulfillment.

Psalm 23 is a beloved and cherished passage in the Bible that resonates deeply with many people. It is often referred to as "The Shepherd's Psalm," which portrays God as our loving and compassionate shepherd, guiding and protecting us in every aspect of our lives. I remember memorizing this psalm in Sunday school when I was young, and even today, when I recite it, I am reminded that because God is with me, I shall lack no good thing. These words declared by David remind us that we are never alone, no matter what we face. God, the good shepherd, is with us, guiding us on the right path and ensuring we have all we need to live a life that brings Him glory.

How would you live your life today if you genuinely believed that God is your shepherd and will surely provide and protect as He has promised in His word? Visualize yourself as one of God's sheep, and as your shepherd, He provides everything you need, leading you to green pastures and beside still waters, enjoying yourself in a lush and peaceful meadow, where your soul is nourished and refreshed every day. Even when you walk in the valley of the

shadow of death, you have no fear, for His presence provides you with strength and courage, dispelling any fear or worry.

Life can be filled with uncertainties and confusion, but in Christ Jesus, we find the strength to persevere. Know that the Lord our Shepherd is faithful to guide us along the right paths as His children. He knows what is best for us, even when we cannot see it ourselves. Trusting in His wisdom, we can find solace and direction, knowing that our steps are secure and ordered.

As you continue reading, the psalmist speaks of God preparing a table before him in the presence of his enemies. Imagine the King of Kings setting a banquet before you, a feast of blessings and abundance you cannot even contain right in the presence of your enemies. Wow, what your haters would say when they see the spread God has put together for you? The Bible says, “No eye has seen, no ear has heard, and no mind has imagined the things that God has prepared for those who love him.” Because of God’s goodness and His mercy, we can find joy and gratitude amid trials.

As the psalm ends, David declares, “Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.” With faith and hope, we can rest in the knowledge that our ultimate destination is to dwell in the house of the Lord forever.



Verse of the Week

*Yea, though I walk through the valley of the shadow of death, I will
fear no evil; For You are with me. - Psalm 23:4*

Meditation & Prayer

Dear Heavenly Father,

I am your sheep, and you are my shepherd. Thank you for leading me beside still waters and restoring my soul. You provide for my every need, guiding me toward righteousness.

Even when I walk through the darkest valleys, I fear no evil because you are with me. Your presence comforts and protects me. I trust in your unfailing love and find peace in your presence.

You anoint my head with the oil of your blessing, and my cup overflows with your abundant grace. Your goodness and mercy follow me all the days of my life. Today, I surrender my worries and burdens to you. Please help me trust your provision and guidance, even when the way ahead is unclear. I rely on your wisdom and love.

Thank you, Lord, for being my shepherd and leading me on the right path. May I dwell in your presence forever, experiencing your love and peace.

In the name of Jesus, I pray.

Amen.

WEEK #2



Psalm 91

Safety of Abiding in the Presence of God

There is no other psalm that I have prayed more than Psalm 91. This is my go-to psalm whenever I am afraid and need to hide under the shadow of the Almighty, where I feel safe and at peace. This psalm is a powerful reminder of the protection and refuge we find in God's loving presence. It is a beautiful expression of the security and peace we can experience when we trust in God and speak of the divine protection and shelter available to us, no matter the challenges or dangers we may face.

The psalmist begins by declaring, "He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty." When we make our home in Jesus Christ our Lord, we can find rest and peace, shielded from the storms of life. God promises to deliver you from various dangers and calamities that may come your way. From deadly diseases to terror by night, the psalmist paints a vivid picture of the uncertainties and fears we encounter in this world. But amidst all these challenges, be reassured that God is your protector and deliverer.

As you read the verses, you cannot help but feel a deep sense of security and peace, knowing that God is your shelter and fortress. Just picture yourself dwelling within the walls of this fortress, surrounded by His mighty presence, where no harm or danger can penetrate the walls, for the Lord Himself is your ultimate defense.

In response to God's faithfulness and protection, the psalmist encourages us to seek a deeper relationship with Him. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my

name.” We are reminded that our trust and acknowledgment of God’s name can lead to a profound experience of His deliverance and care. When fear and uncertainty arise, turn to God, your protector and deliverer. Rest assured that you are held in the shadow of the Almighty, shielded by His love and faithfulness. And as you acknowledge His name and seek His presence, may you experience His abiding peace that surpasses all understanding.

God promises to answer our prayers and to be with us in times of trouble. When you call upon Him, He will be there to rescue you. Let His presence bring you comfort and peace, even in the midst of chaos and uncertainty. He desires to cover you with His wings and shield you from all harm. May His promises of deliverance and guidance bring you a deep sense of trust and confidence in His unfailing love.

Take a moment today to dwell in the shelter of the Most High. Allow yourself to rest in His shadow and find solace in His embrace. Like the psalmist, let its words become a firm foundation for your faith. Trust in His unfailing love and know that He will rescue and protect you whenever you call, and rest assured that you are safe and secure in His presence, both now and forevermore.



Verse of the Week

A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked.

Psalm 91:7-8

Meditation & Prayer

Dear Most High God,

As I dwell in your secret place, I find refuge and rest under the shadow of your wings. I declare that you are my refuge and my fortress, my God in whom I trust. I thank you for delivering me from the enemy's snares and protecting me from harm. You shield me with your faithfulness and cover me with your feathers. Your truth is my shield and buckler.

In your presence, I have no fear of the terror by night or the arrows that fly by day. Your angels encamp around me, keeping watch over my every step. I am safe and secure in your mighty embrace. You have given me the authority to trample on serpents and scorpions and to overcome all the powers of the enemy.

I walk in victory because you are my defender and my refuge. Thank you for your promise to satisfy me with long life and show me your salvation. I trust in your unfailing love and believe that you will fulfill every word spoken over my life.

Thank you, Lord, for your everlasting protection and provision. May I continue to dwell in the shelter of your presence all the days of my life.

In the name of Jesus, I pray.

Amen.

WEEK #3



Psalm 121

God the Help of Those Who Seek Him

Psalm 121 is a beautiful and uplifting passage that reminds us of God's unwavering presence and protection when we face challenges and uncertainties. In life's journey, feeling alone and overwhelmed by our problems is natural. Yet, in the midst of it all, take solace in knowing that you are not alone, for God is your ever-present help. As you meditate on this psalm this week, allow its words to resonate deeply within you, bringing you hope and comfort in times of need.

The psalmist begins by reminding us to lift up our eyes unto the hills. Take a moment to observe their strength and majesty. Then realize that your help comes not from the hills themselves but from the One who created them - the Lord, the Maker of heaven and earth. He is the source of your strength, refuge, and salvation. So whenever you feel overwhelmed by the mountains ahead, lift up your eyes to the hills and remember that your help comes from above.

Our Heavenly Father is always watching over us, never slumbering or sleeping. In moments of weariness, when you feel like you can no longer go on, know that God is not distant or detached but intimately involved in every aspect of your life. He is always ready to extend His helping hand and provide the support you need. As you rest in His watchful care this week, may you find peace and rest for your weary soul.

Trust in His faithfulness to sustain you, even when you feel weak and tired of the struggles of this world. Be encouraged to trust that the Lord will

guard you from all evil. He is your shield and fortress, preserving your life from harm. In times of darkness, when you feel fear and doubt creeping in to consume you, remember that the Lord is your light. He will illuminate your path, leading you in the right direction every step of the way.

Embrace the journey with faith, knowing that God promises to keep watch over your life; your going out and your coming in, both now and forevermore. His love and protection extend beyond the present moment, reaching into eternity.

As you meditate on the verses of this psalm, let its words become a declaration of trust and confidence in God's unwavering care for you. Allow His presence to bring you peace, knowing that He will always be there for you, leading you through life's ups and downs and providing the help you need along the way.



Verse of the Week

I will lift up my eyes to the hills. From whence comes my help? My help comes from the Lord, Who made heaven and earth. Psalm

121:1-2

Meditation & Prayer

Dear Heavenly Father,

I lift my eyes to the hills, knowing that my help comes from you, the Maker of heaven and earth. You are my constant source of strength and guidance. I thank you for never slumbering or sleeping, for always being watchful over me. You keep me safe and secure, even in the midst of challenges and uncertainties.

You are my keeper, shielding me from all evil and harm. Your faithfulness surrounds me like a protective shield, and I take refuge in your loving arms. You guide my steps, directing my path with wisdom and discernment. You never leave my side, walking with me through every valley and mountain.

I trust in your unfailing love and believe that your promises are true. I know that you are my ever-present help in times of trouble, and I find comfort in your presence.

Thank you, Lord, for your constant care and provision. May I always find my strength and hope in you.

In the name of Jesus, I pray with thanksgiving.

Amen.

WEEK #4



Psalm 27

An Exuberant Declaration of Faith

In the midst of darkness, there is always a guiding light of hope and strength that can carry us through any challenge. Psalm 27 is a powerful and inspiring passage that speaks to the courage, trust, and unwavering faith we can have in God when faced with life's trials and uncertainties. As we explore this psalm, I hope you will encounter God's heart as your light and salvation, your stronghold in times of trouble. For with God on our side, whom shall we fear?

When darkness surrounds you and fear tries to take hold of your heart, remember that God's light shines brighter. His presence illuminates our path and leads us toward peace and victory. Trust in His wisdom and guidance, for He is your life's source of strength and courage. In times of distress, when troubles seem overwhelming, seek the Lord with all your heart. He is your refuge and safe haven, ready to embrace you with His love and protection. It is He who saves and delivers you from your enemies and troubles. In His presence, you have the confidence to navigate the world without fear of anything or anyone.

As you face the battles of life, trust in the Lord's strength to carry you through. He equips you with everything you need to overcome any challenge. Be strong and courageous, knowing that God goes before you, fighting your battles and granting you victory. Take heart and be patient, for the Lord's timing is perfect. Though it may seem as if answers and breakthroughs are delayed, have faith that His plans are unfolding in the most beautiful and purposeful way. His promises never fail, and He is faithful to fulfill them in His perfect time. May this message ignite a fire of faith within you,

empowering you to face each day with confidence, knowing that with God by your side and His wisdom guiding you, nothing is impossible.

This week, be encouraged to seek God's face and His will for your life, knowing He will order your steps and give you a renewed sense of purpose. So with a resounding call, the Psalmist invites us to wait for the Lord, to be strong and take heart. Commit today to trust in God's timing and plans for your life. Even in times of uncertainty or waiting, hold on to the hope and assurance that God is faithful and will always come through for you.



Verse of the Week

*The Lord is my light and my salvation; Whom shall I fear?
The Lord is the strength of my life; Of whom shall I be afraid?
Psalm 23:4*

Meditation & Prayer

Our Father in Heaven,

You are my light and my salvation; whom shall I fear? You are the stronghold of my life, and I find my security in you. In times of darkness and uncertainty, you are my guiding light, leading me on the path of righteousness. You dispel all my fears and give me the courage to face any challenge.

I seek your face, Lord, and long to dwell in your presence. Your unfailing love surrounds me, and I find solace in your embrace. When enemies rise against me, you are my protector and defender. You shield me from harm and provide a safe haven in the midst of the storm.

Teach me, Lord, to wait patiently for your timing and to trust in your perfect plan. Strengthen my faith and help me to remain steadfast in your promises. I desire to worship you with a joyful heart and to sing praises to your name. You are my refuge and strength; I find my joy and peace in you alone.

Thank you, Lord, for your constant presence and unending love. May I always seek you and find my rest in your arms.

In the name of Jesus, I pray with thanksgiving.

Amen.

WEEK #5



Psalm 139

God's Perfect Knowledge of Man

What a joy it is to know that we are fearfully and wonderfully made and deeply known and loved by a Creator who is intimately involved in every aspect of our lives. Psalm 139 is a beautiful and profound passage that reminds us of the incredible truth that God knows us intimately, from the depths of our hearts to the thoughts that pass through our minds. He understands us completely and loves us unconditionally. As you meditate on this psalm this week, be reminded that God sees you. He knows your every struggle, fear, and longing. Nothing is hidden from His sight. You are precious in His eyes, and He desires to walk with you through every step of your journey.

When you feel alone or unnoticed, take comfort in the truth that God is always with you. He is there in the moments of joy and celebration, as well as in the times of sorrow and pain. His presence is constant, offering comfort, guidance, and strength. In moments of confusion, trust in God's wisdom. He knows the path laid out before you, and He will lead you in the way you should go. Even when the future seems uncertain, believe that God's plans for your life are good and purposeful. So do not be discouraged by the challenges you face today, for the same God who knows you intimately also equips you with the strength and resilience to overcome. His grace is sufficient for you, and His power is made perfect in your weakness. Trust in Him, and He will carry you through.

From the moment of your conception, God has been intimately involved in every detail of your life. He formed you in your mother's womb, intricately crafting every detail of your physical, emotional, and spiritual

being. Let the words of Psalm 139 remind you of your inherent worth and value in God's eyes. You are fearfully and wonderfully made, a unique reflection of His image. Even the uniqueness of your DNA, talents, and personality traits was deliberately crafted by God for a unique plan and purpose. Embrace your true identity in Christ as a beloved and cherished child of God, and be assured that the hand of God is upon you, leading you in the path of righteousness for His name's sake.

Like the psalmist, invite God to search your heart and bring to light any areas that need His healing touch and transformation. Surrender your life, including all your thoughts, desires, and intentions, to His divine plan and follow His lead. Embrace the process of growth and refinement, knowing that God's overwhelming love and grace are always available to guide you toward a better version of yourself. Let the words of Psalm 139 be a reminder of God's intimate knowledge of you and His deep love for you. Allow this psalm to resonate within your soul, reminding you that you are fearfully and wonderfully made, and that God's presence and guidance are always available to you.



Verse of the Week

*For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. -
Psalm 139:13-14*

Meditation & Prayer

Dear Heavenly Father,

You know me intimately, Lord. You have searched me and known me. You understand my thoughts and my ways, even before I speak a word. You are always with me, Lord, no matter where I go. Your hand guides me, and your presence surrounds me. Your love for me is beyond measure.

Thank you for creating me fearfully and wonderfully. You knit me together in my mother's womb, and I am fearfully and wonderfully made. Please help me to see myself through your eyes as your beloved child. Search my heart, O Lord, and reveal any hidden sin or wrong motives.

Lead me on the path of righteousness, and help me to walk in your ways. Remind me that I am precious in your sight in moments of doubt or insecurity. You have a purpose and a plan for my life, and I trust in your divine guidance.

Guide my steps, Lord, and protect me from the snares of the enemy. Lead me to green pastures and still waters, where my soul can find rest in you. Thank you, Lord, for your unconditional love and unwavering presence. May I always trust your ways and surrender my life to your will.

In Jesus' name, I pray.

Amen.

WEEK #6



Psalm 37

The Heritage of the Righteous and the Calamity of the Wicked

Psalm 37 is a beautiful reminder of the faithfulness of God and the hope we have in Him. In a world filled with envy and comparison, we are reminded to trust in the Lord, to commit our ways to Him, to find our rest in Him, and to delight in His ways. Even in the face of adversity and evil, God's goodness and faithfulness prevail. Let this psalm be a personal conversation between you and God, a source of wisdom and encouragement explicitly tailored to your circumstances.

The psalmist begins by urging us not to fret or be envious of evildoers, for their time will be short-lived. They are cut down and wither like the grass, never to be remembered. Picture yourself in a situation where you are tempted to compare your life to others and feel frustrated or discouraged because you do not measure up or have what they have. At the same time, you hear God gently reminding you that He has a unique plan for your life and that comparing yourself to others only leads to discontentment. At this point, what would you do, believe God, or try to be like the Joneses? The choice is yours.

In times of comparison and envy, resist the urge to be consumed by what others have or achieve. Instead, focus on the blessings that God has bestowed upon you. Find contentment in His provision and trust that He will fulfill the desires of your heart according to His perfect will.

Be encouraged by the psalmist's declaration, "I have never seen the righteous forsaken or their children begging bread." Realize that when you seek God and live according to His ways, He will meet your needs abundantly, for there is no lack or scarcity in Him. In my own life, I am constantly reminded to always run in my lane. Whenever I lose focus, I veer off course or lose in the race of life.

When you feel overwhelmed by the wickedness and injustice in the world, take comfort in the assurance that God is the ultimate judge. This week, I encourage you to trust the Lord and always strive to do good to others. Actively seek to live a life that honors Him, and be assured that God will bring justice and blessings to the righteous. As you meditate on this promise, reflect on any injustices or wrongs you may have experienced, and picture yourself releasing any desire for revenge or retribution and entrusting the situation to God instead. Believe that He is a God of justice and will make all things right in His perfect timing when we let go of worry and anxiety.

In the season of waiting, whether for a job, healing, a relationship, or a breakthrough in a particular area of your life, have patience and wait on the Lord. Surrender your timeline and desires to God, trusting His promises are true and His timing is always perfect. Allow His peace to guard your heart as you wait expectantly for Him to lead you on the path of righteousness and blessing.



Verse of the Week

Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, And He shall give you the desires of your heart.

Psalm 37:4

Meditation & Prayer

Dear Heavenly Father,

I delight in you, Lord, and I trust in your goodness. Please help me not to fret or worry but to rest in your promises. You have promised to give me the desires of my heart when I commit my ways to you. I surrender my plans and dreams to your will, knowing you have the best in store for me.

When I feel overwhelmed by the wickedness and injustice in the world, remind me that you are my refuge and fortress. You will uphold me and bring justice in your perfect timing. Teach me, O Lord, to be patient and to wait upon you.

Please help me not to be envious of those who prosper in their ways but to trust that you will provide for all my needs. Fill me with your peace, Lord, and help me to walk in integrity and righteousness. Guide my steps and keep me on the path of your truth.

Thank you for your faithfulness, Lord. I know that you will never forsake me and will always be there to uphold me. May my life bring glory and honor to your name.

In Jesus' name, I pray.

Amen.

WEEK #7



Psalm 1

The Way of the Righteous and the End of the Ungodly

Psalm 1 paints a vivid picture of a blessed and fruitful life deeply rooted in the ways of the Lord. It encourages us to be intentional in our choices, to seek wisdom from God's Word, and to find our joy and purpose in Him alone.

Psalm 1 is a beautiful and insightful passage that sets the foundation for a blessed and fulfilling life. It contrasts the ways of the righteous and the wicked, reminding us of the importance of choosing a path that aligns with God's will. In a world filled with distractions and temptations, make a conscious choice to walk in the ways of the Lord. Be mindful of the company you keep, avoiding the counsel of the wicked and the ways of sinners. Instead, surround yourself with godly influences, seeking wisdom from those who love and follow the Lord.

The psalmist declares you blessed if you do not walk in the counsel or guidance of the wicked or stand in the way that sinners take or sit in the company of mockers, but your delight is in the law of the Lord, and you meditate on His law day and night. God desires for you to live a life separate from the world's ways. So whenever you find yourself at a crossroads, faced with the choice of following the world's wisdom or seeking God's guidance, picture God gently urging you to resist the world's influence and instead seek His counsel in every decision you make. Only then can you find the joy and fulfillment that comes from aligning your thoughts and actions with His truth.

Like a tree planted by streams of water, let your roots sink deep into the truth and teachings of Scripture. Allow God's Word to nourish your soul, to guide your decisions, and to shape your character. Let the image of this flourishing tree remind you of the abundant blessings that come from living a life rooted in God's Word. Just as a tree bears fruit in its season, so will your life bear the fruit of righteousness when you continually seek God's guidance and align your heart with His will. Remember, the righteous are not exempt from hardships, but their foundation remains unshakable. When storms arise, they stand firm because their trust is in the Lord.

In contrast, the psalmist describes the fate of the wicked as being blown away like chaff. Heed this warning by reflecting on any areas of your life where you may be tempted to compromise or stray from God's ways. As a loving father, God gently warns us of the emptiness and destruction that comes from pursuing a path contrary to His will. So today, embrace His grace and forgiveness and recommit yourself to living a life that pleases Him.

Know that the Lord watches over the way of the righteous, but the way of the wicked leads to ruin. Allow this psalm to speak to your heart this week, inviting you to choose a life that is rooted in the Lord Jesus Christ. May you experience the abundant life that comes from walking closely with Him, and may your life be a testimony of His goodness and grace.



Verse of the Week

*Blessed is the man Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners, Nor sits in the seat of the scornful;
But his delight is in the law of the Lord, And in His law
he meditates day and night. Psalm 1:1-2*

Meditation & Prayer

Dear Heavenly Father,

I come before you with a humble heart, seeking your guidance and wisdom. Please help me to delight in your law and meditate on it day and night. Lead me, Lord, in the path of righteousness and keep me from walking in the counsel of the wicked. Let your word be a lamp unto my feet and a light unto my path.

I long to be like a tree planted by streams of water, bearing fruit in its season. Please help me stay rooted in your truth so that I may flourish and prosper in all I do. Protect me, Lord, from the distractions and temptations of this world.

Guard my mind and heart, that the ways of the ungodly may not sway me. May my delight be in you and your word, Lord. Please grant me the strength and discipline to meditate on your precepts and walk according to your will.

Thank you, Father, for your unwavering love and faithfulness. I trust in your guidance and surrender my life into your hands.

In the name of Jesus, I pray.

Amen

WEEK #8



Psalm 51

A Prayer of Repentance

There is no sin that the blood of Jesus cannot cleanse. The Bible says, "When we confess our sins, He is faithful and just to forgive us, and to cleanse us from all unrighteousness." As we embark on our journey to encounter God's heart this week, may you experience His forgiveness, renewal, and restoration like never before. Psalm 51 teaches us that no matter how far we may have strayed or how deep our mistakes or sins are, God's mercy and forgiveness are always available.

In times when we recognize the need for repentance and restoration, let us turn to God with a contrite heart, just as David did in this psalm. Acknowledge your shortcomings, confess your sins, and surrender them to the loving arms of our Heavenly Father. God's mercy knows no bounds. He is ready and willing to forgive, cleanse, and make us new. As we seek His forgiveness, we can trust His faithfulness to restore us and fill our hearts with His joy and peace.

Psalm 51 is a powerful and heartfelt prayer of repentance, a reminder of God's mercy, and an invitation to seek spiritual renewal. King David wrote it after he was confronted by the prophet Nathan regarding his sin with Bathsheba. This psalm is a powerful reminder of God's mercy and grace and the transformative power of repentance. True worship and sacrifice are not merely external rituals but heartfelt surrender and obedience to God; as such, we are invited to examine our motives and intentions in all that we do.

Take time this week to reflect on your sins and shortcomings, recognizing the areas where you have fallen short of God's standards. Then, picture yourself standing before God, humbly confessing your sins and acknowledging your need for His forgiveness. Know that God's heart is a safe place where you can confess your sins and receive His loving forgiveness. His heart is always ready to wash away the stain of your transgressions and restore you to a place of purity and wholeness.

As we experience God's forgiveness and restoration, let us also share our testimony of His redeeming power with others. Our transformed lives can serve as a beacon of hope and encouragement to those walking in darkness, pointing them toward our Heavenly Father's boundless grace and love. As a child of God, be a vessel of His mercy and grace by using your testimony to bring hope and healing to others. Like King David, I encourage you to embrace humility and surrender before God today, laying down your pride, self-reliance, and self-righteousness at His feet. In our brokenness, we can find hope in the promise of God's unfailing love.

As the week draws to an end, may you be inspired to approach God with a contrite heart, seek His forgiveness, and embrace the transformation that comes through His mercy. May you experience the joy of knowing you are forgiven and loved by a faithful and compassionate God. Allow this psalm to speak to your heart, leading you to confess your sins, seek God's cleansing, and experience the restoration that comes from true repentance.



Verse of the Week

Create in me a clean heart, O God, And renew a steadfast spirit within me. - Psalm 51:10

Meditation & Prayer

Dear Heavenly Father,

I come before you with a repentant heart, acknowledging my sins and shortcomings. Have mercy on me, O God, according to your steadfast love. Create in me a clean heart, O Lord, and renew a right spirit within me. Wash away my transgressions and cleanse me from my iniquities.

I confess my sins to you, Father, knowing that you are faithful and just to forgive me. Restore to me the joy of your salvation and uphold me with a willing spirit. Please help me to turn away from my sinful ways and to walk in your righteousness.

Please fill me with your Holy Spirit, that I may live a life pleasing to you. Give me a heart of humility, O Lord, and a desire to follow your commands. Let my life be a reflection of your grace and forgiveness.

Thank you, Father, for your unfailing love and the opportunity to come before you in repentance. I surrender my life to you, seeking your forgiveness and guidance.

In the name of Jesus, I pray with thanksgiving.

Amen.

WEEK #9



Psalm 35

The Lord the Avenger of His People

Are you excited to embark on our journey to discovering God's heart in Psalm 35? This week, you will experience God's heart as a fierce protector and defender of His people. Psalm 35 teaches us that even in distress and persecution, we can find solace and strength in our faith. Just as David cried out to God for help in the face of his enemies, we, too, can turn to God in our moments of struggle.

Psalm 35 is a powerful prayer of David, expressing his plea for God's protection, justice, and deliverance from his enemies. It is believed to have been written by King David during a time of great distress and persecution. When we face challenges, it is natural to feel overwhelmed and discouraged. Remember that our Heavenly Father hears our prayers and fights on our behalf. He is our refuge and strength, a present help in times of trouble.

As you dive into Psalm 35, imagine it as a personal prayer of protection and vindication during your struggles and battles. This psalm shows David's unwavering trust in God's justice. He calls upon the Lord to contend with those who oppose him and to fight against those who fight against him. David knew that God was not only a God of love and mercy but also a God of justice. We may encounter unfair treatment, opposition, or even betrayal in our lives. But like David, let us trust that God sees everything and will bring justice to every situation. We can take comfort in knowing that God is our defender and that He will fight for us.

Imagine yourself in a similar situation like David, facing opposition or feeling overwhelmed by your circumstances. All you need to do is cry out to God, asking Him to come to your defense and fight your battles. Know that God's heart is concerned about justice, and He will fight on your behalf against those who unjustly accuse or harm you. Truth will always prevail in this life, and justice will be served!

This week, reflect on how others mistreated or wronged you. Lay those grievances before God, asking Him to bring justice and righteousness. Understand that no matter how dire or overwhelming your circumstances may seem, God's heart is mighty and able to rescue you. Trust in His ability to right the wrongs and vindicate you. Place your trust in God's hands, and surrender the outcome to His perfect will.

David then prays for the confusion and defeat of his enemies, asking God to set a trap for them and cause them to stumble. Recognize that the battles you face may be physical or spiritual. Ask God to expose the enemy's schemes and bring confusion and defeat to those who seek to harm or hinder you. Commit yourself to offering praise and thanksgiving to God even in your struggles. Determine in your heart to lift up His name and testify to His faithfulness, and regardless of the outcome, picture yourself rejoicing in God's victory and giving Him all the glory.

Furthermore, Psalm 35 reminds us of the power of prayer. David poured out his heart to God, seeking His intervention and deliverance. In times of distress, let us follow David's example and bring our concerns, fears, and petitions before the Lord in prayer. As we pray, let us cultivate a heart of forgiveness and love towards our enemies.

David, despite his hardships, earnestly prayed for his enemies' well-being. This teaches us that even in the face of adversity, we are called to extend grace and pray for those who oppose us. May this message inspire you to trust in God's justice, seek Him in prayer, and extend grace and forgiveness to those who may oppose you.

Finally, in times of trial, remember that you are not alone. God is with you, fighting for you and protecting you. He sees your struggles, hears your prayers, and is working behind the scenes to bring about His purposes in your life. You have a God who is mighty to save and faithful to fulfill His promises. Place your trust in Him, and He will guide you through every storm, bringing you into a place of victory and triumph. Today, even as you read His word, may you find comfort, strength, and hope as you invite God into your battles.



Verse of the Week

And my soul shall be joyful in the Lord; It shall rejoice in His salvation. All my bones shall say, "Lord, who is like You, Delivering the poor from him who is too strong for him, Yes, the poor and the needy from him who plunders him?"

Psalm 35:9-10

Meditation & Prayer

Dear Heavenly Father,

I come before you, Lord, in my struggles and battles. Hear my plea for help, O God, and fight on my behalf. Defend me against those who seek to harm me, Lord. Shield me from their deceitful schemes and deliver me from their wicked intentions.

Let confusion and chaos befall my enemies, Father, as you intervene on my behalf. May their plans be turned against them, and may they experience the justice they deserve.

Lord, I put my trust in you, knowing that you are my refuge and strength. Surround me with your love and protection, and let your light shine upon me.

Please fill me with your peace, Father, as I face adversity, and give me the courage and strength to stand firm in the face of opposition, knowing that you are with me.

Thank you, Lord, for your faithfulness and for always being by my side. I surrender my worries and fears to you, trusting that you will bring justice and deliverance.

In the name of Jesus, I pray.

Amen.

WEEK #10



Psalm 103

Praise for the Lord's Mercies

Whenever I meditate on Psalm 103, I am reminded of the song, “Count your blessings, name them one by one; Count your blessings, see what God has done; Count your blessings, name them one by one; And it will surprise you what the Lord has done.” As we begin our journey of encountering God’s heart this week, you are invited by the psalmist to reflect on the abundant blessings and unfailing love that flow from the Father’s heart towards you and are encouraged to praise and thank Him for His goodness and mercy that endure forever.

Psalm 103 is a beautiful expression of praise and gratitude to God, thanking Him for His goodness, mercy, and steadfast love. This week, take a moment to reflect on the specific ways God has shown you His love and kindness. Consider the gifts He has bestowed upon you, the answered prayers, and the moments of grace and mercy you did not deserve but have received. Though our lives may be fleeting, we are eternally held in God’s loving embrace. Then, offer sincere and heartfelt praise to God from the depths of your being.

As we meditate on this psalm, let us focus on God’s blessings and love for us and our response to Him. David, the psalmist, declares, “Bless the Lord, O my soul, and forget not all his benefits; who forgives all your sins and heals all your diseases.” Let this verse fill you with gratitude and awe as you recognize that it is God who forgives your sins and heals your diseases. He redeems our lives from the pit and crowns us with love and compassion. So,

no matter how far you may have strayed or how broken you may feel, God's heart is always ready to forgive and bring healing to your life.

Psalm 103 also highlights God's compassion and patience towards us. Just as a father has compassion for his children, our Heavenly Father has compassion for us. He understands our weaknesses, our struggles, and our limitations. His love is steadfast, and His mercy knows no bounds. The Bible says, "The Lord is compassionate and gracious, slow to anger, abounding in love." Let this truth envelop you with comfort and reassurance, knowing that God's heart is filled with compassion and unconditional love and His patience is unfailing. "For as high as the heavens are above the earth, so great is His love for those who fear him." So, in times of doubt or discouragement, be reminded of the faithfulness of our Heavenly Father. He is a God who keeps His promises and remains steadfast to all generations and through every season of life.

David calls upon all creatures and creation, including you and I, to join him in praising and exalting the Lord. Let today be the day you add your voice of gratitude to the chorus of praise by declaring the goodness and faithfulness of God, inviting others to join you in worship and thanksgiving. Despite the brevity and frailty of human life, may we continuously praise God for the countless ways He has shown His love and mercy to us, His children.



Verse of the Week

The Lord is merciful and gracious, Slow to anger, and abounding in mercy. - Psalm 103:8

Meditation & Prayer

Dear Heavenly Father,

I come before you with a heart full of gratitude and praise. You are the God of compassion and mercy, and I thank you for your endless love towards me. I bless your holy name, Lord, for you have forgiven all my sins and healed my brokenness. I am forever grateful for your grace and forgiveness that overflows in my life.

You have crowned me with love and compassion, Father. Your tender care and abundant blessings surround me each day. I am in awe of your goodness and faithfulness. You satisfy my desires with good things, Lord. Your provision is abundant, and your generosity humbles me. Thank you for meeting my needs and granting me the desires of my heart. Father, you are slow to anger and abounding in love. Your patience and understanding are beyond measure. Help me to be more like you, extending grace and love to others.

I will praise you, Lord, with all that I am. From the depths of my soul, I will proclaim your goodness and declare your mighty works to all who will listen. Thank you, Father, for your steadfast love that endures forever. May my life reflect your love, and may I bring glory to your name.

In the name of Jesus, I pray.

Amen.

WEEK #11



Psalm 46

God the Refuge of His People and Conqueror of the Nations

In times of trouble and uncertainty, God reminds us to be still and know that He is God. Welcome to Week #11 of encountering God's heart through Psalm 46. As you immerse yourself in this psalm, I pray that you will experience God's heart as a refuge in times of trouble, a source of strength, and a sovereign ruler. Amid life's trials, we are reminded that God is with us. He is not a distant and uninvolved deity but a loving and caring Father who walks beside us every step of the way. So this week, I encourage you to trust in His unwavering strength and to lean on Him in times of trouble. No matter what storms come your way, you can find peace in His presence.

Psalm 46 is a powerful declaration of God's presence, power, and protection. It tells us that God is our refuge and strength, even in chaos, uncertainty, and challenges. He is a very present help in times of trouble, a steadfast source of hope and assurance. "Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea." In His presence, fear dissipates, and courage arises. Take comfort in knowing that God is in control. He holds the world in His hands and is sovereign over all things. Nothing is too big or too complex for Him to handle.

We live in a tumultuous and chaotic world where mountains shake (earthquakes), waters roar (hurricanes), mass murders (terrorist attacks), and nations rage (wars and unrest). Even in the midst of this, God still has authority and control over all things. He is in complete control of the world

and its circumstances. No matter how tumultuous the world may appear, find solace in knowing that your God is in control and orchestrating all things according to His perfect plan.

As you meditate on this psalm, know that your faith in God enables you to rise above your circumstances. Take time this week to consider the challenges and difficulties you currently face. Reflect on how you need God's help and strength, and invite Him to calm the storms in your life. Ask God to bring peace to your troubled heart, to quiet the anxieties and worries that may overwhelm you.

Surrender your burdens to Him and trust that He will bring your soul a sense of calm and tranquility. God says, "Be still, and know that I am God." To find moments of stillness and silence in your own life, carve out time to be in God's presence, to listen for His voice, and to meditate on His promises. Allow His peace to wash over you as you rest in the assurance of His love and faithfulness.

Remember that you are not alone. God is your refuge and strength, a very present help in times of trouble. He is our source of strength and stability. May your faith be strengthened, and may you walk in the confidence of His power and protection each day, with the assurance that God is with you, no matter your challenges.



Verse of the Week

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! - Psalm 46:1

Meditation & Prayer

Dear Heavenly Father,

Amid life's challenges and uncertainties, I find comfort in your presence. You are my refuge and strength, a help that never fails.

When I feel overwhelmed, I seek solace in knowing that you are always near, ready to offer your unwavering support. Lord, you calm the storms within my heart and bring peace to my soul.

When fear tries to consume me, I remember you are my fortress, my safe haven. You remind me that I am never alone, for you are with me every step of the way. In times of trouble, I rest in the assurance that you are in control. Your power and mighty hand can move mountains and bring about miracles.

I trust in your perfect timing and your divine plan for my life. Thank you, Lord, for being my refuge, strength, and guiding light. May I always find comfort and rest in your loving embrace.

In the precious name of Jesus, I pray.

Amen.

WEEK #12



Psalm 19

The Perfect Revelation of the Lord

Psalm 19 invites us to contemplate the majesty and splendor of God's creation and the wisdom found in His Word. It reminds us that through nature and Scripture, God reveals Himself to us, calling us to know Him more deeply and walk in His ways. On our journey to encountering God's heart this week, may you experience Him as a revealer of truth, a source of guidance, and a purifier of the soul.

As we gaze upon the wonders of the natural world, we witness the artistic masterpiece of God's hands. The sun rising in the morning sky, the stars that adorn the evening sky, and the vastness of the universe all testify to His power and creativity. In every detail, we see the fingerprints of our Creator. Yet, the psalmist emphasizes that an even greater revelation of God's character is found in His Word. The Law of the Lord is described as perfect, reviving the soul. It is sure and trustworthy, making the simple wise.

God's heart is revealed through His creation. The psalmist proclaims, "The heavens declare the glory of God; the skies proclaim the work of his hands." Let this awe and wonder fill your heart with gratitude and praise for the Creator, whose heart longs for you to know Him and His truth and to seek His presence in both His creation and His Word. In a world filled with noise and confusion, the Word of God serves as a guiding light, illuminating our path and leading us toward truth and righteousness. It offers wisdom and understanding, enabling us to discern right from wrong. It breathes life into our weary souls and gives us hope.

As you walk and grow with the Lord, you will discover that His commandments and teachings are not burdensome but guides to a fulfilled and righteous life. You find direction, clarity, and wisdom in every aspect of your life through His Word. So be encouraged to treasure and meditate on His precepts, knowing they will lead you on the path of righteousness and bring joy to your soul.

This psalm reminds us that God's Word is not just a set of rules or regulations but a source of delight and joy. It is sweeter than honey and more precious than fine gold. Meditating on His Word nourishes our spirit, strengthens our faith, and brings us closer to the heart of our Heavenly Father. Do you find value and delight in reading the word of God? If so, take time today to reflect on the times when God's Word has brought you encouragement, correction, and hope, knowing that He is not only interested in revealing the truth and guiding you but also in transforming your heart.

As you become aware of your shortcomings and hidden faults this week, humbly seek God's forgiveness and cleansing. Surrender your thoughts and words to Him, desiring to align them with His will and to bring Him glory in all that you do. Today, if you hear His voice, do not harden your heart!



Verse of the Week

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my strength and my Redeemer. -

Psalm 19:14

Meditation & Prayer

Dear Heavenly Father,

As I contemplate the vastness of your creation, I am in awe of your glory. The heavens declare your handiwork, and the beauty of your creation surrounds me, reminding me of your greatness.

Your word, O Lord, is like a lamp guiding my steps in this life journey. It is a treasure that brings wisdom, joy, and understanding. Your commandments are pure, reviving my soul and enlightening my path. Please forgive me for any hidden faults or unintentional wrongs. Please help me to grow in self-awareness and to align my thoughts, words, and actions with your truth. May the meditation of my heart be pleasing in your sight as I seek to honor and glorify you.

I long for your guidance and discernment, Lord. Please open my eyes to see the wonders hidden in your law and to walk in obedience to your ways. May the words of my mouth and the thoughts of my heart reflect your love and grace.

Thank you, Heavenly Father, for the gift of your word and the privilege of communing with you. May your truth continue to shape and transform me each day.

In the holy name of Jesus, I pray.

Amen.

WEEK #13



Psalm 40

Faith Persevering in Trial

Welcome to Week #13 of encountering God's heart. As we meditate on Psalm 40, we are reminded of God's faithfulness and the blessings that come from waiting on Him. Sometimes, we find ourselves in difficult circumstances, waiting for God's intervention or direction. But in those moments, we can trust that God is working behind the scenes, hearing our prayers, and preparing a way for us.

Psalm 40 is a powerful and heartfelt psalm that expresses trust in God's faithfulness, deliverance, and salvation. It speaks of waiting patiently for the Lord, praising Him for His rescue, and committing to do His will. The psalmist begins by declaring, "I waited patiently for the Lord; He turned to me and heard my cry." This verse reminds us of the importance of patience in our faith journey.

When we wait patiently for the Lord, He lifts us out of the slimy pit, out of the mud and mire, and sets our feet on solid ground. With a renewed sense of purpose and joy, He puts a new song in our mouths, a testimony of His goodness and faithfulness that can inspire others and bring glory to His name.

As you pray and meditate on God's goodness and mercy today, reflect on times when you have felt desperate and cried out to Him. A time when He rescued you from a complex or challenging situation, provided a way out or restored your hope. Then, offer a prayer of thanksgiving to God for His love and grace that has led you through every season.

God desires for us to have a heart of obedience that is inclined to do His will. This week, think about areas in your life that you need to surrender to God and where you can align your will with His. Remember that He sees your struggles, hears your prayers, and is working for your good. As you wait on Him, may your heart be filled with hope, your spirit be strengthened, and your faith be deepened. May He turn your sorrows into dancing and your mourning into joy, and may your life become a beautiful testimony of His faithfulness and love.

As the week draws to an end, you are invited to trust in God's faithfulness and to praise Him for His deliverance. I encourage you to wait patiently for His timing and to commit your life to doing His will in all that you do. May you experience the joy of His deliverance, the peace that surpasses all understanding, and the strength to walk in obedience and delight in His will.



Verse of the Week

I waited patiently for the Lord; And He inclined to me, And heard my cry. He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps. -

PSALM 40:1-2

Meditation & Prayer

Dear Lord,

I wait patiently for you, knowing that you will hear my cry. You have lifted me out of the slimy pit, out of the mud and mire, and set my feet on solid ground. I am grateful for your faithfulness and deliverance.

You have put a new song in my mouth, a hymn of praise to you, my God. Help me to continually proclaim your goodness and share your love with others. May my life be a testament to your faithfulness and grace.

Lord, I delight to do your will. Your law is written on my heart, and I desire to walk in obedience to your commands. Guide me in your truth and lead me on the path of righteousness. Thank you for your constant presence and your unfailing love.

In times of trouble and uncertainty, I take refuge in you. You are my rock and my fortress, my hope and my salvation. Please continue to strengthen and uphold me, Lord. Grant me your wisdom and discernment as I navigate life's challenges. Help me to trust in your perfect timing and to surrender my plans to your greater purpose.

In your mercy and grace, I place my trust. Thank you for your faithfulness, Lord.

In Jesus' name, I pray.

Amen.

WEEK #14



Psalm 8

The Glory of the Lord in Creation

Our journey brings us to Week #14 of encountering God's heart through the psalms. As you meditate on Psalm 8, be reminded of the magnificence of God's creation and the extraordinary value He places on each and every one of us. Despite our human frailty, we know that we are fearfully and wonderfully made, deeply loved, and called by God to be good stewards of the world around us.

God's heart is filled with creativity and power. Everything we see, from the vastness of the galaxies to the intricate details of nature, bears witness to the greatness of our Creator. As we delve deeper into this psalm, the psalmist marvels at the significance of humanity in God's eyes and asks, "What is mankind that you are mindful of them, human beings that you care for them?" This verse highlights the incredible love and attention that God bestows upon us. Despite our smallness in the grand scheme of creation, He values us deeply and desires a relationship with us. In times of doubt or uncertainty, remember that you are seen and loved by God, the Creator of the universe, and find comfort in knowing that your life has purpose and significance.

Know that we have been given authority over all creation by God. From the birds of the air to the fish in the sea, and everything in-between – we are in charge! The psalmist acknowledged this by saying, "You made them rulers over the works of your hands; you put everything under their feet." As stewards of God's creation, we are called upon to exercise our dominion with wisdom, compassion, and reverence for the world around us. Embrace this

calling by exercising your influence in a way that honors and reflects His character.

Take a moment today to pause and appreciate the magnificence of God's creation and His sovereignty over it all. Notice the intricate details and diversity of God's creation that surrounds you. Diversity is God's masterpiece. Everything He created is diverse, good and beautiful. From humans to animals to plants, He made them all different but equally important. Even the dust of the earth has different shades of color, from the white beach sand to the rich dark soil and to the beautiful brown clay, all reflect the majesty of God's creativity.

Psalm 8 invites us to marvel at the greatness of God's creation and to recognize our unique place within it. It encourages us to offer heartfelt praise and gratitude for His majesty and to embrace our role as stewards of His creation. May this psalm inspire you to find joy and wonder in the world around you, to humbly embrace your identity as a child of God, and to live in a way that brings glory to His name.



Verse of the Week

When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, What is man that You are mindful of him, And the son of man that You visit him? For You have made him a little lower than the angels, And You have crowned him with glory and honor. You have made him to have dominion over the works of Your hands; You have put all things under his feet. - Psalm 8:3-6

Meditation & Prayer

O Lord, my God,

How majestic is your name in all the earth! You have displayed your glory and greatness throughout creation. As I gaze at the heavens, the work of your fingers, I am in awe of your power and creativity. You have made me a little lower than the angels, crowning me with glory and honor. You have entrusted me with stewardship over your creation. Help me to fulfill this responsibility with humility and love.

Thank you for the privilege of bearing your image. You have blessed me with unique gifts and talents. Guide me to use them for your glory and to impact the world around me. In moments of doubt and insignificance, remind me of your love and purpose for my life. You have set eternity in my heart, and I long to live in alignment with your will.

Lord, as I reflect on your creation, I am filled with gratitude. You have surrounded me with beauty and wonder. Open my eyes to see your handiwork in the smallest details of life. May my thoughts, words, and actions bring you honor and praise.

Let my life be a testimony to your goodness and faithfulness. Thank you, Heavenly Father, for your love, grace, and provision.

In the name of Jesus I pray.

Amen.

WEEK #15



Psalm 34

The Happiness of Those Who Trust in God

Welcome to Week #15 of encountering God's Heart. As you immerse yourself in God's Word this week, may you experience His goodness, protection, and deliverance in your life. Psalm 34 is a heartfelt expression of praise and trust in God by King David during a challenging time in his life. David begins by proclaiming, "I will extol the Lord at all times; His praise will always be on my lips." This verse sets the tone for the entire psalm, reminding us of the importance of continually praising God, and to cultivate a heart of gratitude that acknowledges His goodness and faithfulness in every season of our life.

When you feel overwhelmed or brokenhearted, remember that God is always near and ready to save. David sought the Lord, and He answered him; and delivered him from all his fears. Like David, know that God is attentive to your cries and is eager to deliver you from all your fears and troubles. I encourage you to "Taste and see that the Lord is good; blessed is the one who takes refuge in Him." Today, commit to experiencing God's goodness in your life, even as you put your trust in Him.

In life, it is important to know that our actions and choices matter! David advises us to "Turn from evil and do good; seek peace and pursue it." By turning away from evil and pursuing righteousness, we align ourselves with God's will and experience the peace that comes from living in harmony with Him. When you seek after God and align your heart with His, He will provide for all your needs. Whether it be physical, emotional, or spiritual, God's heart is ready to supply and satisfy the deepest longings of your soul.

In the midst of challenges and difficulties, be assured that "The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all." These words remind us that no matter how many troubles we face, God is our ultimate deliverer and source of strength.

This week, take time to reflect on moments when you have experienced God's goodness and faithfulness in your life. Recall instances where He provided for you, protected you, or brought you through challenging situations, and offer a prayer of praise and thanksgiving for His unfailing love and care. We know that those who fear the Lord will never lack any good thing, for the Lord is attentive to their needs and they are protected by His angels.

May this psalm inspire you to continually praise and seek the Lord, to share your personal testimony of His goodness, and to trust in His deliverance. Taste and see that the Lord is good. Allow yourself to experience His presence and to embrace His love and provision. As the week draws to an end, may the message of Psalm 34 continue to inspire and uplift your spirit, reminding you of the immeasurable blessings that come from trusting in God alone.



Verse of the Week

Many are the afflictions of the righteous, But the Lord delivers him out of them all. - Psalm 34:19

Meditation & Prayer

Dear Lord,

I will bless you at all times; your praise shall continually be in my mouth. I will boast in you, for you are my refuge and strength. In times of trouble, you have delivered me and shown me your faithfulness. I sought you, and you heard my cry, rescuing me from all my fears. You are near to the brokenhearted, and you save those who are crushed in spirit. Thank you for your comforting presence in my life.

I have tasted and seen that you are good, and I am grateful for your provision and sustenance. You are the source of all my blessings, and I give thanks for your abundant grace. Lord, teach me to fear you and to walk in your ways. Guide my steps and lead me in righteousness. Help me to turn away from evil and to pursue peace, love, and kindness.

I trust in your unfailing love and know that you will never forsake me. When I am weary, renew my strength. When I stumble, lift me up and set my feet on solid ground. May my life reflect your goodness and bring glory to your name. Let your light shine through me, so that others may see your love and be drawn to you.

Thank you, Heavenly Father, for your faithfulness, protection, and provision.

In precious name of Jesus I pray.

Amen.

WEEK #16



Psalm 18

God the Sovereign Savior

In a world filled with make believe superheroes, we are reminded that God is our sovereign savior, the only superhero on which we can depend. Psalm 18 is a beautiful expression of trust and gratitude to God for His mighty acts of deliverance. It reminds us that when we call upon the Lord, He hears our cries and will rescue us from our enemies and troubles. As you immerse yourself in the words of this psalm, be reminded that God's ways are perfect, His promises are trustworthy, His word is flawless, and He is always present to shield and protect you.

Psalm 18 is a powerful and triumphant song of praise written by David. It recounts his experience of God's deliverance and protection during times of great adversity. The psalmist begins by declaring, "I love you, Lord, my strength." This simple yet profound statement sets the foundation for the entire psalm. It reminds us of the love we have for our Heavenly Father and acknowledges that He is our ultimate source of strength. It is through His power and grace that we are able to overcome any challenge or obstacle that comes our way.

When we lean on God and rely on His strength, nothing is impossible. He equips us with the courage and abilities we need to face any challenge or opposition that comes our way. This week, take time to reflect on your own love and gratitude for God. Consider moments when you have experienced His strength and protection in your life, and offer a prayer of thanksgiving for His constant presence. Like the psalmist, whenever you face challenges and

obstacles in life, remember that God is your rock, your fortress, and your deliverer.

When you put your trust in Him wholeheartedly, His strength becomes your strength, and His guidance becomes your path. In moments of distress and confusion, call upon the Lord, and He will hear your cry. His response will be swift and mighty, as He reaches down from heaven to rescue you from harm and fight your battles for you. For God is a shield to those who take refuge in Him, a light that banishes darkness, and a source of strength that enables you to leap over obstacles.

As we draw closer to the end of this week, know that God is the one who gives you victory and exalts you above your enemies. With God's help, you can advance against a troop and even scale a wall. When you lean on God and rely on His strength, nothing is impossible. He equips you with the courage and abilities you need to face any challenge or opposition that comes your way.

Psalm 18 invites us to testify to God's strength, salvation, and faithfulness in our lives. It encourages us to call upon Him in times of trouble and to trust that He will come to our aid. We are therefore encouraged to continually offer our gratitude and praise to God, not just in times of trouble but in all circumstances. When we choose to focus on His goodness and faithfulness, our hearts are filled with joy and our spirits are lifted.



Verse of the Week

*It is God who arms me with strength, And makes my way perfect. -
Psalm 18:32*

Meditation & Prayer

Dear Lord,

I praise you with all my heart, for you are my strength, my rock, and my deliverer. In times of trouble, I call upon you, and you hear my cry. You are my refuge, my shield, and my stronghold. You are the one who rescues me from the snares of the enemy and provides a safe haven for my soul. I am grateful for your constant protection and guidance. When I am overwhelmed, you are my source of comfort. Your love and grace surround me, uplifting my spirit and renewing my hope. Your faithfulness is my anchor in the storms of life.

You light up my path, illuminating the way before me. You give me the strength to overcome obstacles and the wisdom to make righteous decisions. I trust in your unfailing guidance. Lord, you are worthy of all praise and adoration. You are majestic and mighty, and your power knows no bounds. I am in awe of your majestic presence and the wonders you perform. Thank you for your salvation and for rescuing me from the darkness of sin. Your mercy knows no limits, and your forgiveness is abundant. I am forever grateful for your redeeming love. May my life be a testament to your goodness and your faithfulness. Help me to live in obedience to your commands and to bring glory to your name. Use me as an instrument of your grace and love.

I surrender my life to you, Lord, and I trust in your perfect plan for me. May your will be done in my life, and may I continually walk in your ways. Thank you, Heavenly Father, for your steadfast love and for being my rock and salvation.

In Jesus' name, I pray.

Amen.

WEEK #17



Psalm 32

The Joy of Forgiveness

The Lord's prayer assures us that we are only forgiven by God when we first forgive those who have wronged us. Psalm 32 is a beautiful psalm that speaks of the blessings of forgiveness and the joy of a restored relationship with God. As you meditate on this psalm, may you have a profound encounter with God's heart as a forgiving and compassionate Father, and experience the freedom and joy that comes from confessing your sins and receiving God's embrace.

Psalm 32 is a powerful reminder of the grace and mercy that God offers us when we confess our sins and seek His forgiveness. The psalm begins with David the psalmist declaring, "Blessed is the one whose transgressions are forgiven, whose sins are covered." When we acknowledge our wrongdoings and seek God's forgiveness, we are set free from the burden and guilt of sin. No matter how great your guilt or shame may be, God's heart is always open to receive you and offer forgiveness. His heart longs to restore your relationship with Him, reminding you of the immeasurable depth of His love.

This week, reflect on your own experience of receiving God's forgiveness, knowing that the path to healing and restoration begins with acknowledging your wrongdoing and humbly coming before God, in whom there is no condemnation. God delights in extending His mercy to you, wiping away the guilt and shame of your sins and giving you a fresh start. Consider moments in your life when you have felt the weight of guilt lifted off your shoulders, and the overwhelming sense of relief and freedom that

comes from confessing your sins to God, then offer a prayer of gratitude to God for His mercy and forgiveness, and ask for a deeper understanding of His grace.

David shares how he initially kept silent about his sins, and how the weight of his guilt and shame affected him physically and spiritually. He writes, "When I kept silent, my bones wasted away through my groaning all day long." When you try to hide or ignore your sins, it places a burden on your conscience and puts a strain on your relationship with God. However, confession and true repentance of sin always brings healing and restoration in our lives. The psalmist describes the importance of being open and honest with God about our transgressions, and humbly admitting our faults as we seek His forgiveness.

As you meditate on this psalm today, pray to God for the courage to always be honest with Him and the willingness to seek His forgiveness. Know that forgiveness is available to all who seek it, so do not delay in turning to God. He is always ready and willing to extend His grace and mercy to those who come before Him in sincerity.

May this message inspire you to seek God's forgiveness and experience the joy of a restored relationship with Him. Just as the psalmist found blessing and freedom in confessing his sins, may you too find comfort and peace in knowing that God is ready to forgive you.



Verse of the Week

*Blessed is he whose transgression is forgiven, Whose sin is covered.
Blessed is the man to whom the Lord does not impute iniquity, And
in whose spirit there is no deceit. - Psalm 32:1-2*

Meditation & Prayer

Dear Lord,

I come before you with a humble heart, acknowledging my sins and transgressions. I confess to you the burden of guilt that weighs upon my soul. Thank you for the assurance of your forgiveness and the cleansing power of your grace. You are my hiding place, my refuge, and my deliverer. In you, I find true freedom and joy. Your unfailing love surrounds me, and your mercy knows no bounds.

You have removed my sins as far as the east is from the west, and you remember them no more. I am overwhelmed by your incredible compassion. Guide me, O Lord, in the paths of righteousness. Teach me your ways and lead me in the right direction. Help me to discern your voice and follow your commands with a willing heart. Grant me the wisdom and discernment to make choices that honor and glorify you. May my life be a reflection of your righteousness and a testimony to your faithfulness. Thank you for the gift of your Holy Spirit, who convicts, comforts, and empowers me. Open my eyes to see the truths of your Word and enable me to live in obedience to your teachings.

I surrender my will to yours, Lord, and I invite you to search my heart and reveal any hidden sins or areas of unconfessed wrongdoing. Create in me a clean heart and renew a steadfast spirit within me. As I walk in your forgiveness and experience your grace, help me to extend the same compassion and forgiveness to others.

Thank you, Lord, for the joy and peace that come from walking in your ways. I trust in your unfailing love, and I praise you for the abundant blessings you pour into my life.

In Jesus' name, I pray.

Amen.

WEEK #18



Psalm 63

Joy in the Fellowship of God

Do you long to have a deeper relationship with God? If so, you are in for a treat. Psalm 63 is a powerful testament to the thirst and hunger for God that resides within the human heart. It teaches us about the joy and satisfaction that can be found in seeking and experiencing a close relationship with our Heavenly Father. As you delve into the words of this beautiful psalm, take time this week to seek God with all your heart and to trust in His unfailing love. Just as David longed for God and found satisfaction in His presence, may you too experience the joy and fulfillment that comes from seeking a close relationship with Him.

In this psalm, David begins by declaring, “O God, you are my God; earnestly I seek You; my soul thirsts for You; my flesh faints for You, as in a dry and weary land where there is no water.” These words beautifully capture the depth of his longing for God. They remind us that true fulfillment and satisfaction can only be found in our Creator. Make this psalm your personal prayer, as you reflect on your own yearning for God and your desire to experience His presence in your life. In the quiet moments of the night, when all is still, may you will find solace in the shadow of His wings, as His presence brings you peace and security, filling your heart with joy and contentment.

As you continue to meditate on this psalm, think on the countless times God has revealed His power and glory to you, witnessing His mighty works in your life. With gratitude in your heart, cling to His promises, knowing that He will uphold you with His righteous right hand. In the sanctuary of His presence, you will find refuge and joy, singing His praises

and lifting your hands in adoration. Even in the midst of trials and challenges, may you find strength in God’s unwavering faithfulness. His love is a constant source of comfort, guiding you through the darkest valleys.

David highlights his unwavering trust in God, even in the midst of challenging circumstances. He writes, “Because your steadfast love is better than life, my lips will praise you.” God’s love is unfailing and surpasses any earthly pleasure or comfort we may experience. It is the trust we have in His love that enables us to praise Him, regardless of our circumstances. When we seek God wholeheartedly, He satisfies the deepest longings of our souls and guides us through life’s challenges.

As the week comes to an end, Psalm 63 invites us to enter into a deep and passionate relationship with God, where our souls thirst for His presence and our hearts long to worship Him. It encourages us to seek Him earnestly, to recognize our dependence on Him, and to find satisfaction in His love and provision. So be inspired to continually pursue God, to worship Him with all your heart, and to trust in His unfailing love and protection, even as your soul finds its deepest satisfaction in Him, a testament to His glory and grace.



Verse of the Week

Because Your lovingkindness is better than life, My lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. - Psalm 63:3-4

Meditation & Prayer

Dear Lord,

My soul thirsts for you. I long to experience your presence and to dwell in the richness of your love. In the depths of my being, I yearn for a deeper intimacy with you. I have tasted of your goodness and witnessed your power. Your love is better than life itself, and my lips will continually praise you. My soul clings to you, knowing that only in your embrace will I find true satisfaction.

In a world that offers temporary pleasures and distractions, I choose to seek you above all else. My heart desires to feast on your truth and meditate on your promises day and night. In the darkness of the night and the brightness of the day, I seek you. In the quiet moments of solitude and the chaos of everyday life, I seek you. My soul finds refuge in you alone, for you are my strength and my salvation.

Lord, quench the thirst in my soul and fill me with your living water. May your presence satisfy the deepest longings of my heart. Help me to prioritize seeking you above all else and to trust in your unwavering faithfulness. As I walk through the trials and challenges of life, may your right hand uphold and guide me. Grant me a steadfast spirit and the courage to lean on you in every circumstance.

Thank you, Lord, for your unfailing love and the abundant grace you pour into my life. I surrender my desires, my plans, and my future to you, knowing that you are the One who holds it all in your hands. In

Jesus' name, I pray.

Amen.

WEEK#19



Psalm 42

Yearning for God in the Midst of Distresses

In Week #19, we embark on a journey of encountering God's heart amidst feelings of longing, thirst, and despair. May the psalmist's earnest cry for God's presence and a deep yearning for spiritual renewal resonate deeply within you, as you also yearn for a deeper connection with God and your desire to find hope and satisfaction in Him. As you meditate on God's word, may the message of this psalm remind you that even in the darkest moments, your hope and trust in God can shine brightly.

Psalm 42 beautifully captures the essence of a soul thirsting for God's presence. It reminds us that even in the midst of difficult circumstances, our faith can be a source of hope and strength. The psalmist begins by expressing his deep longing for God, comparing it to a deer panting for water. He says, "As the deer pants for streams of water, so my soul pants for you, my God." This imagery illustrates the intense desire and thirst that exists within our hearts for a close relationship with our Creator.

Like the psalmist, even in the midst of the despair, cling to hope and choose to put your trust in God. When you find yourself in a low place in your life, encourage yourself by saying "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." This verse reminds us that, even in the midst of difficulties or trouble, God remains faithful and can bring restoration and renewal to our soul. It encourages us to shift our perspective and anchor our faith in His promises.

The psalmist further expresses his longing to be in God's presence and worship Him. Do you yearn to be in God's house, reminiscing about times when you were able to worship and praise Him with joy and gladness, to engage in corporate worship and fellowship with other believers?

Well, if you claim to be a believer and a child of God, you know that God has commanded us in His word not to forsake the assembly of the brethren. For in His house, our souls are nourished and brought closer to Him. Today, I urge you to offer a prayer of gratitude, thanking God for the opportunity to gather with others in worship. We know that when we come together in His house, we encourage and uplift one another, reminding ourselves of God's goodness and faithfulness in our lives.

Take comfort in knowing that God hears your prayers, sees your struggles, and is always with you. Trust in His faithfulness, and allow His presence to bring peace and joy to your soul. As the week comes to an end, Psalm 42 invites you to honestly acknowledge your spiritual thirst for God, and to seek God's presence as the source of hope and renewal. May this psalm inspire you to seek God earnestly, to find hope in His unfailing love, and to trust in His provision and guidance.



Verse of the Week

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. - Psalm 42:5

Meditation & Prayer

Dear God,

My soul thirsts for you, just as a deer longs for streams of water. My heart cries out for your presence and your refreshing touch. In this dry and weary land, I yearn to experience the depths of your love. I remember the times when I felt close to you, when my soul was filled with joy and praise. But now, I find myself in a season of longing and struggle. My tears have become my food day and night, as I face challenges and uncertainties.

Yet, I choose to put my hope in you, Lord. I trust that you will meet me in my distress and that you will restore my soul. Even though I may feel downcast, I will seek you and remember your faithfulness. Deep calls to deep, as your waves of love and grace crash over me. Your steadfast love is my anchor, and I cling to your promises. In the midst of my sorrows, I will choose to worship you and find my strength in you.

Lord, quench the thirst in my soul and fill me with your living water. Lead me to the streams of your presence, where my heart can be satisfied. May the depths of your love wash over me and bring me peace. Help me to trust in your unfailing love, even when I feel overwhelmed by circumstances. Remind me that you are with me, guiding me through the valleys and lifting me up on wings like eagles.

Thank you, Lord, for your faithfulness, even in the midst of my struggles. I surrender my worries, doubts, and fears to you, knowing that you are the source of my hope and peace.

In Jesus' name, I pray.

Amen.

WEEK #20



Psalm 84

The Blessing of Dwelling in the House of God

True joy can only be found in the presence of God. As you immerse yourself in the words of Psalm 84, you will experience the deep longing and delight that comes from being in the presence of the God. Throughout this week, may the message of this psalm inspire you to cultivate a deep longing for God's presence in your life, and to find joy and strength in dwelling in His house; whether in times of worship or in the quiet moments of personal devotion. So seek God with all your heart, trust in His faithfulness, knowing that He will guide and bless you on your journey of faith.

Psalm 84 is a beautiful expression of longing for God's presence and a deep desire to dwell in His courts. The psalmist begins by expressing a longing for God's dwelling place, saying, "How lovely is your dwelling place, Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God." In His house, even the humblest places in His presence are better than the grandest dwelling place. Allow your soul to yearn for God's presence, knowing that He is always near, and will provide you with strength, blessings, and an everlasting love that sustains you on your journey of faith.

The psalmist describes the joy and blessing of those who dwell in God's house. He withholds no good thing from those who walk uprightly and trust in Him. Consider the ways in which you can offer your talents, time, and resources to serve Him and His kingdom. Then offer a prayer of dedication, surrendering yourself to be used by God and asking Him to guide you in fulfilling your purpose in His house.

The word of God tells us that, it is better to be in God's presence than anywhere else; nothing compares to it. In His presence, we find love, joy, hope, peace, comfort, guidance, protection and everything good. There is no greater joy or fulfillment than being close to Him. Today, commit yourself to seek God above all else and to find your ultimate satisfaction in Him alone. Be encouraged to walk in righteousness and obedience, knowing that God's blessings and favor are poured out upon those who seek Him.

As the week draws to an end, may this psalm inspire you to yearn for a deeper relationship with God, to seek His presence with all your heart, and to find your ultimate home in Him. May your soul find its true rest and satisfaction in His presence, and may your life be a testament to His love and grace.



Verse of the Week

*For a day in Your courts is better than a thousand.
I would rather be a doorkeeper in the house of my God Than dwell
in the tents of wickedness.*

Psalm 84:10

Meditation & Prayer

Dear Heavenly Father,

Today I come before you with a grateful heart, inspired by the words of Psalm 84. Just as the psalmist longed for your dwelling place, I too yearn to be in your presence.

Lord, I find great joy and strength in being in your sanctuary, for it is there that I feel your love and experience your grace. As the psalmist finds rest and strength in you, I pray that you would renew my spirit and fill me with your peace. Help me to trust in you, knowing that you are my shield and my provider. Allow me to find refreshment in your presence, just as a traveler finds shelter and peace at a wellspring.

Lord, you are the source of all blessings, and I am grateful for the blessings you have bestowed upon me. Help me to be thankful for the journey of life, even during challenging times. Guide me on the path of righteousness and grant me the wisdom to discern your will.

May your light shine upon me, illuminating my path and filling my heart with joy. In your presence, I find strength and courage to face each day. Help me to dwell in the beauty of your holiness and to always seek you with a sincere heart.

In Jesus' name, I pray.

Amen

WEEK #21



Psalm 90

The Eternity of God, and Man's Frailty

Welcome to Week #21 of encountering God's heart. Psalm 90 invites us to reflect on the everlasting nature of God and the fleeting nature of our lives. It reminds us to find wisdom in acknowledging the brevity of our time on Earth and to seek a deeper understanding of God's eternal presence. As you read this prayer of Moses, may you be reminded of the eternal nature of God and the brevity of human life. It is my hope that you will take time this week to contemplate on the fleeting nature of time, and the reality of your own mortality. May God's heart lead you to a place of humility, as you acknowledge your finite existence in contrast to His infinite being.

In Psalm 90, you will encounter God's heart as the everlasting Father, who is unaffected by the passing of time. He has been our dwelling place from generation to generation. The Lord our God has been with us in the past, is with us now, and will be with us in the future. As humans, we know that our time on this earth is limited, it is like the passing of a day or a fleeting shadow. With this realization, I encourage you to embrace each day with gratitude and purpose, using your time wisely to pursue God's will for your life.

There may come a time in your life when you feel time slipping away and the urgency to make the most of each day. When that happens, I want you take time to offer a prayer to God in humility, asking Him to help you make wise choices and to use your time purposefully for His glory. Follow the example of the psalmist as he prays for God's guidance and wisdom, saying, "Teach us to number our days, that we may gain a heart of wisdom." This prayer is a call to recognize the preciousness of time and to live intentionally,

seeking God's guidance in all that we do. It reminds us that a heart of wisdom is cultivated by acknowledging our limited time and aligning our priorities with God's eternal purposes.

The psalm concludes with a plea for God's favor and for the work of our hands to be established. Even as this week comes to an end, recognize your own desire to live a life that is pleasing to God; a life that bears fruit for His kingdom. Reflect on the ways in which you desire to make a meaningful impact in the world and offer a prayer of dedication, surrendering your plans and desires to God and asking Him to establish the work of your hands according to His will. As you seek God's presence and align your life with His purposes, He will bless your endeavors and establish the work of your hands.

Seek His guidance, wisdom, and favor in all that you do, trusting that He will establish the work of your hands. Make a commitment today to live each day with intention, embracing the beauty of every moment, even as you seek to bring glory to God in all that you do.



Verse of the Week

So teach us to number our days; That we may gain a heart of wisdom. - Psalm 90:12

Meditation & Prayer

Dear Lord,

As I meditate on the words of Psalm 90, I am reminded of the brevity and fragility of life. You have been our dwelling place throughout all generations, and I find solace in knowing that you are with me in every season. Lord, you are the eternal God, existing before the mountains were formed and the world was brought forth.

You hold time in your hands, and I humbly submit myself to your divine timing and plan. Teach me to number my days, that I may gain a heart of wisdom and live each moment with purpose.

In this journey of life, I acknowledge that I am but a passing shadow. Help me to use the time I have been given wisely, investing in things that truly matter. Fill my days with your love, joy, and compassion, that I may make a positive impact on those around me.

Lord, I ask for your mercy and grace to sustain me through life's trials and challenges. When I face hardships, remind me of your steadfast love and faithfulness. Grant me strength and resilience, knowing that you are my refuge and strength in times of trouble.

As I surrender my life to you, shape my heart and mold my character according to your will. May my actions and words reflect your love and grace to others. Let your favor rest upon me, and may the work of my hands bring glory to your name.

In Jesus' name, I pray.

Amen.

WEEK #22



Psalm 127

Laboring and Prospering with the Lord

All human efforts are in vain without the Lord's involvement. In Psalm 127, the psalmist offers a beautiful declaration of trust, saying, "In vain you rise early and stay up late, toiling for food to eat - for He grants sleep to those He loves." This verse tells us that, our striving and efforts are futile without God. When God is at the center of your life, all your efforts and endeavors will have lasting significance.

Psalm 127 is a beautiful psalm attributed to King Solomon, which speaks about the importance of placing our trust in God and recognizing His sovereignty in all aspects of our lives. The psalmist begins by acknowledging that, "Unless the Lord builds the house, the builders labor in vain." This verse serves as a powerful reminder that our accomplishments and endeavors are in God's hands, and therefore we must always seek His guidance and wisdom as we build our lives, families, careers, and relationships.

Have you ever found yourself in a season of striving and laboring; trying to do everything in your own power? Well, I have been there, and I am sure you also know the feeling of exhaustion and frustration that come from relying solely on your own efforts. Whenever you find yourself anxious about meeting a need or worrying about the cares of this world, offer a prayer of trust, surrendering your worries and fears to God and ask Him to provide for you according to His perfect plan.

God is our protector. It is He who watches over you and I, keeping us safe from all harm. The psalmist declared, "Unless the Lord watches over the

city, the guards stand watch in vain.” From this verse, you can see that our security and well-being depend on God’s watchful care. When you feel vulnerable or afraid, ask God to be your shield and defender, and to give you the wisdom and strength needed to face your fears head-on.

The psalmist tells us that, “Children are a heritage from the Lord, offspring a reward from Him.” This verse reminds us of the precious gift of family and the joy that comes from nurturing and raising children. It encourages us to cherish and invest in our relationships, recognizing that they are a reflection of God’s love and grace. Consider the blessings and responsibilities that come with parenthood or the influence you have on younger generations. To nurture and shape the lives of those entrusted to your care, ask God to give you wisdom and to guide you on ways in which you can invest in the lives of others and leave a lasting legacy.

May you find peace in surrendering your plans and desires to His loving care, knowing that He is the source of true success and fulfillment. May you cherish and invest in your relationships, recognizing the precious gift of family. And may you find rest in knowing that God grants sleep to those He loves, releasing your worries and finding contentment in His presence.



Verse of the Week

*Unless the Lord builds the house, They labor in vain who build it;
Unless the Lord guards the city, The watchman stays awake in
vain. - Psalm 127:1*

Meditation & Prayer

Dear Lord,

As I reflect on the words of Psalm 127, I am reminded that apart from you, my efforts are in vain. You are the builder of homes and families, and I come before you with a humble heart, seeking your guidance and blessing. Lord, I acknowledge that unless you watch over and protect my endeavors, they are in vain. Help me to surrender my plans and ambitions to you, trusting that you have a greater purpose and plan for my life. Grant me wisdom to align my will with yours, and to seek your direction in all that I do.

In my work and labor, I recognize that my strength comes from you. Empower me to be diligent and faithful, but also to rest in the assurance that it is you who provides for my needs. Teach me to find balance in my pursuits, placing my trust in you rather than solely relying on my own efforts. Lord, I lift up my family to you.

May our home be a place of peace, love, and unity. Help me to be a source of encouragement and support to my loved ones, and guide us in building a strong foundation rooted in your truth and grace. I surrender my anxieties and worries to you, knowing that you are the one who gives sleep to your beloved. Grant me restful nights and renewed strength each day, knowing that you are watching over me and my loved ones.

Thank you, Lord, for your faithfulness and provision. May my life be a testimony of your goodness and may everything I do bring honor and glory to your name.

In Jesus' name, I pray.

Amen.

WEEK #23



Psalm 16

The Hope of the Faithful, and the Messiah's Victory

In Week #23, we will embark on a profound journey of encountering God's heart in the context of finding refuge and security in Him. Attributed to King David, we are invited to place our trust in God and find our ultimate joy and security in His presence. Psalm 16 is a powerful reminder that when we align our hearts with God's will, we can experience true fulfillment and peace. As you delve into this psalm, may you experience abundant joy as you declare your faith and dependence on God in every aspect of your life.

Psalm 16 is a beautiful expression of trust and confidence in God's presence and guidance. The psalm begins with David acknowledging God as his refuge and source of security by declaring, "Keep me safe, my God, for in you I take refuge." God is the one who protects us when we feel vulnerable or uncertain, guiding us through every challenge we face. So this week, be encouraged to seek refuge in God's loving arms, knowing that He is our ever-present help in times of trouble.

David further expresses his delight in the Lord, saying, "You are my Lord; apart from you I have no good thing." Just like David, acknowledge your own need for God's goodness and provision in your life. Reflect on the times when you have sought fulfillment and satisfaction in worldly pursuits or material possessions, only to feel empty or unsatisfied. As you meditate on the words of this psalm, take time this week to offer a prayer of surrender to

God, acknowledging that true joy and contentment can only be found in Him.

David acknowledging God's guidance and counsel, saying, "I keep my eyes always on the Lord. With Him at my right hand, I will not be shaken." When we fix our gaze on God, seeking His wisdom and direction in every aspect of our lives, we can walk confidently knowing that He will lead us along the right path and keep us steady through life's challenges.

So as you grow in your faith walk, prioritize spending time in His presence through prayer, worship, and studying His Word. Have confidence in His faithfulness, His plan for your life and assurance of His guidance. And whenever you are faced with uncertainty, do not make hasty decisions without seeking God's wisdom. Trust that He will guide you and give you the wisdom you need for every decision you make concerning your life.

Psalm 16 invites us to find our refuge, fulfillment, and joy in God alone. It reminds us that true satisfaction and purpose can only be found in a deep relationship with Him. Even as you surrender your fears and desires to God, allow the words of this psalm to shape your outlook on life. Trust in God's goodness, His protection and provision and delight in His presence to find guidance for your life. Now, may the message of this psalm remind you to live with faith and surrender, knowing that in God's presence, you will find true and lasting joy.



Verse of the Week

I have set the Lord always before me; Because He is at my right hand I shall not be moved. - Psalm 16:8

Meditation & Prayer

Dear Lord,

As I meditate on the words of Psalm 16, I am reminded of the security and joy that comes from seeking refuge in you. You are my source of true happiness and contentment, and I come before you with a grateful heart. Lord, I acknowledge that apart from you, I have no good thing. Help me to surrender my desires and ambitions to you, knowing that you are the giver of every good and perfect gift.

Teach me to find my satisfaction in you alone, and to trust in your provision and guidance. You are my portion and my cup, O Lord. I confess that at times I may look for fulfillment and satisfaction in the things of this world, but I recognize that true joy can only be found in your presence. Fill me with your Holy Spirit, that I may experience your abundant love and overflowing joy in every aspect of my life. Lord, I praise you for the wisdom and counsel you provide.

Guide me in making decisions that align with your will, and give me discernment to recognize the path you have set before me. I take refuge in you, O Lord. Protect me from the snares and temptations of the enemy. Shield me with your love and surround me with your favor. You are my fortress and my refuge, and I find safety and peace in your presence.

Thank you, Lord, for your constant faithfulness and unfailing love. May my life be a reflection of your goodness and may I continually seek your face.

In Jesus' name, I pray.

Amen.

WEEK #24



Psalm 24

The King of Glory and His Kingdom

Welcome to Week #24 of encountering God's heart in a powerful and transformative way. Psalm 24 reminds us of the majesty and authority of God. It invites us to approach Him with reverence and purity, recognizing His ownership over all creation and His desire for an intimate relationship with us. It is my prayer that this revelation will fill you with awe and reverence for His majesty and authority over all. Psalm 24 is a beautiful, powerful and inspiring piece of scripture that is often attributed to King David, declaring God's sovereignty and His desire for us to seek Him with a pure heart.

The psalmist begins by reminding us that everything in this world belongs to God. The earth and all its fullness, the world and all who dwell in it, are His. God is the Creator of all things and the rightful owner of everything in existence, from the highest mountains to the deepest seas – they all belong to Him. We also belong to God. He created us and has given us dominion and power over all His creation. So let us be good stewards of the resources God has bestowed on us, especially His creation.

As you delve deeper into this psalm, think about your own life. When you come before God, what do you bring with you? The psalmist poses the question, "Who may ascend into the hill of the Lord? Or who may stand in His holy place?" This question prompts us to reflect on our own hearts and motives, realizing that to enter into the presence of the Lord, we must approach Him with humility and a desire for purity. It calls us to examine our lives and seek a genuine relationship with God, knowing that He longs for us

to draw near to Him. Do you consider yourself worthy to stand in God’s holy place?

According to the Word of God, only “Those who have clean hands and a pure heart, who do not put their trust in idols or swear by false gods” are worthy to stand in God’s holy place. This verse challenges us to examine our actions, thoughts, and desires. To pursue righteousness, to let go of anything that hinders our devotion to God, and to place our trust solely in Him. It reminds us that a pure heart and genuine faith are the keys to experiencing the fullness of God’s presence and blessings.

As you continue to meditate on the words of Psalm 24, the psalmist further declares, “Lift up your heads, you gates; be lifted up, you ancient doors, that the King of glory may come in.” This verse paints a powerful image of the King of glory, Jesus Christ, entering into our lives and hearts. It invites us to open the doors of our hearts to Him, to welcome Him with joy and reverence. For in Christ, we have access to the fullness of God’s presence and the abundant life He offers.

Remember that God is the ultimate ruler of this world, and yet He invites us to approach Him with a humble and sincere heart. Seek to live a righteous life, and you will find His blessings and favor poured out upon you. As you go about your day, always remember that you are a cherished creation of our loving God. Just like the mountains, the seas, and the vast skies, you are a part of His magnificent creation.



Verse of the Week

The earth is the Lord’s, and all its fullness, The world and those who dwell therein. - Psalm 24:1

Meditation & Prayer

Dear Lord,

As I reflect on the words of Psalm 24, I am reminded of your majesty and your ownership over all creation. You are the King of glory, and I come before you with reverence and awe.

Lord, I acknowledge that the earth and everything in it belongs to you. Help me to have a heart that recognizes your sovereignty and surrenders to your authority. Guide me in living a life that reflects your righteousness and holiness. Open the gates of my heart, O Lord, that you may come in and dwell within me. Cleanse me from any impurity or sin, and create in me a clean heart. I desire to be a vessel that is worthy of your presence.

As I seek your face, Lord, I pray for your guidance and direction. Lead me on the path of righteousness, and strengthen me to walk in obedience to your Word. Help me to seek you above all else and to trust in your plans and purposes for my life. I long to see your glory and experience your presence in my daily life. Fill me with a hunger and thirst for you, and draw me closer to you each day. May my life be a testimony of your goodness and grace.

Thank you, Lord, for your unfailing love and faithfulness. I surrender my life to you and invite you to rule and reign in every area of my life.

In Jesus' name, I pray.

Amen.

WEEK #25



Psalm 62

A Calm Resolve to Wait for the Salvation of God

Welcome to Week #25. I am so excited to explore Psalm 62 with you. As you delve into this psalm, may you experience God's unwavering strength, His steadfast love, and His unshakable peace in your life. Psalm 62 is a beautiful psalm attributed to King David. It reminds us of the unwavering faith and trust we can place in God amidst the challenges and uncertainties of life. It teaches us to find our true hope and security in Him alone.

The psalmist begins by declaring, "Truly my soul finds rest in God; my salvation comes from Him." These words remind us that our souls can find true peace and rest in God. In a world filled with chaos and turmoil, God is our refuge and source of salvation. He is the Rock on which we can firmly stand, unshaken by the storms that may come our way. Throughout this week, reflect on the times when you have sought rest and refuge in things of this world, such as achievements, positions, relationships, or even material possessions, and how ultimately they turned out to be fleeting and unreliable.

The psalmist further emphasizes the futility of placing our trust in earthly things, saying, "Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them." These words caution us against relying on temporary and material possessions for our security. Our true worth and security lie in our relationship with God. It is in Him that we find everlasting hope and eternal blessings.

Today, God is inviting you to find rest in Him, to let go of your anxieties and worries, and to trust in His sovereignty. In moments of chaos and uncertainty, you will find solace in His loving presence, as He calms your soul and gives you a peace that surpasses all understanding. When you put your trust in God, He is always there to help you stand firm in the face of adversity and to see you through every challenge in life. Know that all power and steadfast love belongs to God alone. His love for you is unwavering. So do not ever doubt God's power or question His love for you, but rather, seek to deepen your understanding of His power and love, allowing them to anchor your trust in Him.

It challenges us to examine where we have placed our confidence and directs us towards the unwavering security and peace found in Him. May this psalm inspire you to surrender your worries and fears to God, finding rest in His presence. May your faith in Him sustain you through every season of life, and may His steadfast love be your anchor in the midst of life's storms. May you redirect your trust from temporary things to the eternal faithfulness of God. May you find comfort in His power and steadfast love, knowing that He is always with you wherever life takes you. Embrace His heart for you today!



Verse of the Week

My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. - Psalm 62:5-6

Meditation & Prayer

Dear Lord,

As I meditate on the words of Psalm 62, I find solace and strength in you alone. You are my rock, my salvation, and my fortress. In you, I find rest and security. Lord, in a world filled with chaos and uncertainty, I choose to trust in you wholeheartedly. You are my refuge, and I find peace in your presence. Help me to cast my anxieties and worries upon you, knowing that you care for me.

Quiet my soul, O Lord, and help me to wait patiently for you. Teach me to seek refuge in you alone, rather than placing my trust in worldly possessions or achievements. Remind me that true security is found in you, and you alone. I acknowledge that all power and strength belong to you, O Lord. You are my rock, unshakable and unwavering. Strengthen me to stand firm in my faith, even when faced with trials and challenges.

Lord, I surrender my desires and plans to you. Help me to align my will with yours and to trust in your perfect timing. Guide me on the path of righteousness and lead me in the way everlasting.

Thank you, Lord, for your unfailing love and faithfulness. In you, I find hope and assurance. May my life be a testament to your goodness and may I bring glory to your name.

In Jesus' name, I pray.

Amen.

WEEK #26



Psalm 73

The Tragedy of the Wicked, and the Blessing of Trusting in God

Wow, we are half way through the year! Welcome to Week #26 as we embark on our journey of encountering God's heart even in the midst of confusion and doubt. Sometimes in life, we find ourselves wrestling with the questions of why the wicked seem to prosper while the righteous suffer. This psalm teaches us to trust in God's sovereignty, knowing that even in times of doubt and confusion, our faith can be restored when we refocus our gaze on Him.

Psalm 73 is a powerful and introspective psalm written by Asaph. It talks about the struggle of comparing oneself to the prosperity of the wicked and finding trust and understanding in God's ways. Asaph begins by acknowledging his initial envy of the wicked and their apparent lack of hardships by saying, "But as for me, my feet had almost slipped; I had nearly lost my foothold." He then shared how he wrestled with this issue, feeling discouraged and questioning the value of living a righteous life. Like Asaph, do you have your own doubts and questions about the unfairness of life's circumstances, and wondered why the wicked seem to prosper while you face difficulties?

This week, take some time to reflect on times when you have looked at others and felt envious of their success, wealth, or seemingly carefree lives. Instead of comparing yourself, let your perspective shift from focusing on the prosperity of the wicked to recognizing the eternal destiny that awaits you.

Then offer a prayer of vulnerability to God, expressing your doubts and frustrations to Him, asking Him for wisdom and understanding whenever you feel that life is not fair!

Asaph's perspective changed when he entered the sanctuary of God. He realized the ultimate fate of the wicked, and declared, "Surely You place them on slippery ground; You cast them down to ruin." He understands that their riches and success are fleeting and temporary, while true satisfaction and fulfillment are found in God alone. Know that God is our source of unwavering justice. He will ultimately bring justice to the wicked and reward the righteous. In moments of injustice and inequality, may you find solace in His loving presence, as He assures you that He sees and will act according to His righteous judgment. So trust in God's sovereignty and goodness, even when His plans and purposes do not align with your immediate desires or understanding.

Today, I challenge you to confront the temptation of comparing yourself to others. Instead of comparing, seek God's perspective and find comfort in His presence. May your heart be filled with peace and contentment as you abide in Him, and may His love and grace guide you every step of the way. Trust in God's sovereignty and find strength in Him, knowing that He is the source of true worth and fulfillment.



Verse of the Week

For indeed, those who are far from You shall perish; You have destroyed all those who desert You for harlotry. But it is good for me to draw near to God; I have put my trust in the Lord God, That I may declare all Your works.

Psalm 73:27-28.

Meditation & Prayer

Dear Lord,

As I contemplate the words of Psalm 73, I am reminded of the struggles and doubts that can arise in my heart. Sometimes, I find myself questioning the fairness of life and the prosperity of the wicked. But Lord, I confess that my perspective has been clouded. I have been envious of others and have doubted your goodness. Forgive me for losing sight of your faithfulness and for allowing comparison to steal my joy.

As I enter your sanctuary, O Lord, open my eyes to the truth. Help me to understand the destiny of the wicked and the eternal blessings that await the righteous. Remind me that true wealth and satisfaction are found in knowing you. Lord, when my heart is filled with bitterness and confusion, draw me near to you. Give me the understanding and wisdom to discern the temporary nature of worldly success. Teach me to value what truly matters in your eyes.

I surrender my doubts and frustrations to you, O Lord. Strengthen my faith and renew my trust in your plans. Help me to focus on your goodness and to find contentment in your presence. Thank you, Lord, for your faithfulness and constant guidance.

As I walk through this journey of life, may I continually seek you and find my refuge in you alone.

In Jesus' name, I pray.

Amen.

WEEK #27



Psalm 33

The Sovereignty of the Lord in Creation and History

Welcome to Week #27 of encountering God's heart. As you delve into Psalm 33, may you discover the immense power and unwavering faithfulness of God in your life. This week, be encouraged to rejoice, sing, and make music to God with all our heart. Trust in His unfailing love and depend on His guidance in every aspect of your life.

Begin this journey by reflecting on God's character and the ways He has shown His faithfulness in your life. Think about specific instances where God has answered your prayers, provided for your needs, or brought you through difficult circumstances. Then lift up your voice in joyful appreciation, for the Lord is worthy of all honor and glory. The psalmist exclaims, "Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise Him." As a believer, live your life to celebrate and praise God for who He is and for what He has done. For praise is not just an expression of gratitude, but a powerful act of faith that aligns our hearts with God's divine purpose.

As you continue to read the psalm, notice the emphasis on the power of God's word, and how He spoke the universe into existence. "By the word of the Lord, the heavens were made, their starry host by the breath of His mouth." We are reminded that the same God who spoke the universe into existence is the One who holds our lives in His hands. His power is limitless, His wisdom is unmatched, and His love for us is everlasting. Today, reflect

on how God’s word has impacted your life, especially when His promises have given you hope, guidance, or comfort.

God’s ways are perfect, and His love for us never fails. In a world that often seems unjust, we can find comfort in knowing that our God is righteous and just. We can trust Him to bring about justice and to fulfill His promises in His perfect timing. So be encouraged to place your hope and trust in the Lord, rather than in earthly things or human strength. According to His word, “No king is saved by the size of his army; no warrior escapes by his great strength.” This verse reminds us that our ultimate security and victory come from God alone. When we put our trust in Him, He becomes our shield and our help in times of trouble.

As the week comes to an end, examine your own level of trust in God. Are there areas of your life where you may be tempted to rely on your own strength or understanding? If so, surrender and ask God to increase your faith and help you fully trust in His love and provision. Psalm 33 invites us to celebrate and trust in the greatness of God. May this message inspire you to praise God with all your heart, knowing that He is the Creator of the heavens and the earth. Trust in His unfailing love and rest in His righteous character. Place your hope and confidence in Him, for He is your help and your shield in times of trouble.



Verse of the Week

*For the word of the Lord is right, And all His work is done in truth.
He loves righteousness and justice; The earth is full of the goodness
of the Lord. Psalm 33:4-5*

Meditation & Prayer

Dear Heavenly Father,

As I meditate on the words of Psalm 33, I am reminded of your greatness and sovereignty over all creation. You are the Creator of the heavens and the earth, and all that is in them. I am in awe of your perfect love and faithfulness. Your words are true, and your promises are sure. Help me to trust in your unfailing love and rely on your guidance in every aspect of my life.

Lord, I rejoice in your righteousness and justice. Your ways are perfect, and your judgments are true. May I always seek to align my thoughts and actions with your will, knowing that you are the ultimate source of wisdom and understanding. In times of uncertainty and fear, I find peace in knowing that you are my refuge and strength. You are my shield and my deliverer. I will not fear, for you are always with me.

Father, I am grateful for your constant watchfulness over me. Your eyes are upon those who fear you and hope in your unfailing love. You provide, protect, and sustain me each day. I place my hope and trust in you alone. As I face challenges and trials, help me to remember that my strength comes from you. In times of weakness, may your Spirit empower me to persevere and overcome. Thank you for being my rock and my fortress.

I praise you, Lord, for your faithfulness and for the countless blessings you have bestowed upon me. May my life be a testament to your goodness and grace.

In Jesus' name, I pray.

Amen.

WEEK #28



Psalm 30

The Blessing of Answered Prayer

Welcome to Week #28 of encountering God's heart. As you journey through this psalm, may you experience the Lord's deliverance, restoration, and His ability to turn your mourning into dancing. Even in our darkest moments, God is there to bring us out into the light. This psalm teaches us that no matter how difficult our circumstances may be, God has the power to turn it around for our good.

Psalm 30 is a psalm of thanksgiving and praise, written by David. Begin this week by reflecting on a time when you experienced a difficult situation or season of struggle. Think about the emotions you felt, the challenges you faced, all the prayers you lifted up to God during that time, and how He turned your mourning into gladness. If God has been good to you, if He has brought healing, restoration, or redemption to your life, then offer a prayer of praise, thanking Him for His transforming power and for the joy that comes from knowing Him.

The psalmist begins by praising God, saying, "I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me." These words remind us that God is the lifter of our soul, our rescuer, and our protector. He is the One who can bring us out of the depths of despair and shield us from the schemes of our enemies. He can take our pain, sorrow, and mourning, and replace it with joy, dancing, and praise. He has the ability to restore and renew us, bringing beauty from ashes.

In the midst of our trials, it is easy to feel overwhelmed and alone. However, the psalmist reminds us that God is near, saying, “Weeping may stay for the night, but joy comes in the morning.” This verse assures us that our suffering is temporary, and God’s joy will come in the morning, just as His mercies are new every morning. So be encouraged to hold on to hope, knowing that God’s timing is perfect, and He will bring about a season of rejoicing, if you do not give up!

Sometimes in life, we may experience God's loving discipline or correction, with the purpose of ultimately shaping and molding us for the better. If there are any areas in your life where you may have strayed from His ways, ask God for His forgiveness and guidance. Cultivate an attitude of gratitude and praise, even in the midst of your struggles and being on the Potters wheel.

May this message inspire you to trust in the Lord's deliverance and restoration. Allow Him to turn your mourning into dancing and fill your heart with joy. Praise Him for His faithfulness, knowing that He is working all things together for your good. It is my prayer that even as the week comes to an end, you will experience the joy that comes from knowing and relying on Him.



Verse of the Week

Sing praise to the Lord, you saints of His, And give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning. – Psalm 30:4-5

Meditation & Prayer

Heavenly Father,

I come before you with a heart filled with gratitude and praise. Your Word in Psalm 30 reminds me that you are a God who rescues and restores. You have turned my mourning into dancing and clothed me with joy. You have lifted me up from the depths of despair and brought healing to my brokenness. I thank you for your faithfulness and for being my source of strength and comfort.

In times of trouble, you have heard my cry and answered me. You have turned my sorrow into gladness and filled my heart with songs of thanksgiving. I am grateful for your presence in my life, leading me through the darkest valleys and lighting my way. Lord, I am reminded that my life is in your hands. You have brought me out of the pit and set my feet upon solid ground.

Help me to trust in your plans and purposes, even when I don't understand them. I surrender my worries and anxieties to you, knowing that you are my refuge and stronghold. Your love and grace are my shield, and I find comfort in your unfailing love.

Thank you, Lord, for your mercy and compassion. You have turned my mourning into dancing, and for that, I will forever praise your name. I give you all the glory and honor.

In Jesus' name, I pray.

Amen.

WEEK #29



Psalm 3

The Lord Helps His Troubled People

When you find yourself in trouble, who do you call? Is God your last resort after all efforts have fail or is He the One you turn to first for hope and strength in times of trouble? Psalm 3 is a reminder of the unwavering faith and trust we can have in God, even when we find ourselves in challenging circumstances. This week, it is my hope and prayer that you will experience His unwavering protection, His faithful presence, and His victorious deliverance in the midst of adversity.

Psalm 3 was written by King David during a time when he was fleeing from his son Absalom, who had rebelled against him and sought to overthrow him as king. In the face of danger and uncertainty, David turned to God as his source of hope and strength. The psalm begins with David acknowledging the multitude of enemies surrounding him, saying, “Lord, how many are my foes! How many rise up against me!”

Despite the overwhelming odds, David’s faith remained steadfast, as he declared, “But you, Lord, are a shield around me, my glory, the One who lifts my head.” Like the David, let these words remind you that even when you feel outnumbered and overwhelmed, God is your protector and your source of strength. It is He who shields us from harm and lifts our spirits, enabling us to face any challenge with courage and confidence, knowing that He is our source of strength and refuge.

In the midst of his troubles, David confidently expressed his trust in God’s faithfulness, saying, “I lie down and sleep; I wake again because the

Lord sustains me.” These words demonstrate David’s unwavering belief that God is in control, even in the darkest of times. It is a powerful reminder that we can find peace and rest in the midst of adversity, knowing that God sustains us and watches over us while we sleep. Turn to the Lord in your time of need, cry out to Him for help and find relief in His presence. Only then will you come to understand that God is not distant or indifferent to your struggles, but rather, He is intimately involved and ready to come to your aid whenever you call upon Him. He is our deliverer, and He has the power to rescue us from any situation, no matter how dire it may seem.

With the week coming to an end, reflect on a specific situation or challenge you are currently facing. Think about the emotions you are experiencing, the fears or anxieties that may be weighing you down, and the prayers you have lifted up to God for help and guidance. Be encouraged that no matter how dire your circumstances may seem, God is able to turn them around for your good.

As you meditate on the timeless wisdom of Psalm 3, may your faith be strengthened, and may you experience the peace that comes from trusting in God’s unfailing love. Embrace the confidence that comes from knowing that God is fighting for you. Remember that with God on your side, you are never alone. Keep your eyes fixed on Him, and He will guide you through any storm. Trust in His promises, and let His love be your anchor in the midst of life’s uncertainties. May you experience His presence and His victory in every area of your life.



Verse of the Week

But You, O Lord, are a shield for me, My glory and the One who lifts up my head. - Psalm 3:3

Meditation & Prayer

Dear Lord,

In this moment of prayer, I come before you with a humble heart. Psalm 3 reminds me of the challenges and trials that we may face in life. It is a reminder that even in the midst of adversity, you are our protector and source of strength. You are the shield around us, O Lord, guarding us from harm and danger. When doubts and fears arise, you are there to lift us up and give us courage. Your presence brings comfort and peace to our troubled hearts.

As I face the battles of life, I find solace in knowing that you are always with me. You are my refuge and my deliverer, the one who lifts my head high. Your love and grace surround me, giving me hope and assurance. Lord, I ask for your guidance and wisdom as I navigate through the challenges ahead. Help me to trust in your unfailing love and to lean on your understanding.

May your light shine upon my path, illuminating the way forward. In times of despair, I will not be shaken, for my faith rests in you, O Lord. I know that you are my strength and my salvation. With you by my side, I can face any trial that comes my way.

Thank you, Lord, for your faithfulness and love. May your presence be with me always, guiding me in every step I take.

In Jesus' name, I pray.

Amen.

WEEK #30



Psalm 20

The Assurance of God's Saving Work

Wow, we are in Week #30 of our journey through the psalms. As you meditate on Psalm 20, you will embark on a profound encounter with the heart of God in the context of seeking His help and protection. Psalm 20 is a powerful reminder of the faith and trust we can place in God, especially in times of fear and uncertainty. It is a psalm of David, in which he offers prayers and blessings for the king and the people of Israel before they go into battle. Within this psalm, we find timeless truths that can inspire and encourage us on our faith journey today.

The psalm begins with an invocation, as David expresses his deep desire for God's gracious response to the people's prayers. He says, "May the Lord answer you when you are in distress; may the name of the God of Jacob protect you." These words remind us that God is always attentive to our needs and is ready to come to our aid when we call upon Him. He is our protector and our refuge in times of trouble. David further acknowledges that true strength and victory come from God. He says, "Some trust in chariots and some in horses, but we trust in the name of the Lord our God." This verse encourages us to place our trust in God alone, rather than relying on our own strength or the things of this world.

It is a reminder that when we put our faith in God, He will provide us with the strength and guidance we need to overcome any obstacle or challenge. For we know that our ultimate source of joy and celebration is not in our own achievements, but in the victories and blessings that God brings into our lives. When we acknowledge Him as the source of our success, our

hearts overflow with gratitude and joy. The psalmist continues with prayers for God's favor and blessings upon the king and the people. David says, "May He give you the desire of your heart and make all your plans succeed." God is a loving and gracious Father who delights in granting our requests when they align with His perfect will. He is faithful to answer our prayers in His perfect timing and according to His divine wisdom.

Make this psalm a personal prayer for yourself or someone you care about who is facing a challenging situation. Reflect on the specific circumstances and the emotions involved, and think about the hopes and fears, the prayers and desires you have for yourself or the person for whom you are praying. Like the psalmist's plea to the Lord for assistance in times of trouble and distress, may you also discover the heart of God as a faithful and loving ally, ready to come to your aid in battle. Trust in His power, seek His will, and let His name be your refuge and strength.

My question to you is, do you trust God and His ability to answer your prayers? Do trust that He loves you and wants only the best for you? If so, take time this week to consider how He has helped you in the past, and how He continues to be a source of strength and guidance to you today. It is my prayer that this psalm will inspire you to pray for yourself and others, to trust in God's power and faithfulness, and to embrace the assurance that comes from placing your trust in Him, and experience the abundant blessings He has in store for you.



Verse of the Week

Some trust in chariots and some in horses, but we trust in the name of the Lord our God. - Psalm 20:7

Meditation & Prayer

Dear Heavenly Father,

As I come before you in prayer, I am reminded of the beautiful words of Psalm 20. It is a prayer of trust and confidence in your mighty power and unfailing love. Today, I lift my voice to you, knowing that you hear and answer. Lord, I thank you for your unwavering love and faithfulness. You are the source of all blessings and strength. In times of distress and uncertainty, I find comfort in knowing that you are my refuge and my stronghold.

I pray for your guidance and favor, as I embark on the journey set before me. May your hand be upon me, leading and directing my steps. Give me wisdom and discernment to make choices that align with your will. Fill my heart with courage and confidence, knowing that you are fighting for me. May your grace and mercy surround me, granting me victory over every obstacle and challenge I may face.

Lord, I also pray for the desires of my heart. You know my needs and the burdens I carry. I lay them before you, trusting that you will provide according to your perfect plan. Help me to surrender my worries and anxieties, knowing that you are in control.

I give you thanks and praise, for you are my strength and my shield. In you, I find hope and assurance. May your name be glorified in every aspect of my life.

In Jesus' name, I pray.

Amen.

WEEK #31



Psalm 57

Prayer for Safety from Enemies

Week #31 takes us on a powerful journey of encountering God's heart in the midst of danger and distress. As you dive into Psalm 57, you will experience God's faithfulness in His love for us, His protective shelter, and unwavering deliverance. In the mist of turmoil and fear, cry to God for mercy and protection, trusting that His heart is a place of refuge, where you can find safety and shelter from the storms of life.

Psalm 57 is a heartfelt and uplifting psalm written by King David during a time of distress and danger. In this psalm, David finds himself in a difficult situation, feeling surrounded by enemies who seek to harm him. He cried out to God for mercy and protection, saying, "Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed." Despite the challenges he faced, David trusted in God's unfailing love. Like David, you too can turn to God for help and find solace in His unfailing love when you cry out to Him in your own words, expressing your need for His mercy and deliverance.

David acknowledges that God's faithfulness and steadfast love reaches to the heavens. He says, "I cry out to God Most High, to God, who vindicates me. He sends from heaven and saves me, rebuking those who hotly pursue me." These verses assure us that God is not only aware of our struggles but is also actively involved in our lives. He is our defender and our deliverer. When we call upon Him, He hears our cries and rescues us from our adversaries. Even in the midst of difficulty, we can choose to focus on His great love and faithfulness, knowing that He is worthy of all praise.

David further expresses his confidence in God's faithfulness and promises, saying, "I am in the midst of lions; I am forced to dwell among ravenous beasts - men whose teeth are spears and arrows, whose tongues are sharp swords. Be exalted, O God, above the heavens; let your glory be over all the earth." Be reminded that no matter how daunting your circumstances may seem, God is greater. He is exalted above all, and His glory will prevail over every situation. Trust in His power to deliver you from even the fiercest trials, and take a moment this week to reflect on God's faithfulness in your own life.

As the week comes to an end, it is my prayer that this psalm will encourage you to trust in God's unwavering love and faithfulness, regardless of the challenges you may be facing. Just as David found refuge in God's presence and experienced His deliverance, may you also find comfort and peace in knowing that God is with you. Even in the darkest of times, God's light shines brightly. His love never fails, His faithfulness endures forever, and His mercies are new every morning. May you rest in the knowledge that God is with you, fighting for you, and leading you into a future filled with hope and joy.



Verse of the Week

Be merciful to me, O God, be merciful to me! For my soul trusts in You; And in the shadow of Your wings I will make my refuge, Until these calamities have passed by. - Psalm 57:1

Meditation & Prayer

Dear Heavenly Father,

As I come before you in prayer, I am reminded of the powerful words of Psalm 57. It is a prayer of seeking refuge in you, even in the midst of trials and challenges. Today, I lift my voice to you, knowing that you are my safe haven. Lord, I thank you for your steadfast love and faithfulness.

You are my rock and my fortress, my hiding place in times of trouble. In the midst of life's storms, I find comfort in knowing that you are always near, ready to shelter me under your wings. I pray for your mercy and grace to surround me. As I face uncertainties and difficulties, may your unfailing presence give me courage and strength. Help me to trust in your perfect timing and purposes, knowing that you are working all things together for my good.

Lord, I surrender my fears and worries to you. You are the one who lifts me up and brings me through every trial. I ask for your guidance and wisdom to navigate through life's challenges, knowing that you are my light and my salvation.

May my heart be filled with praise and thanksgiving, even in the midst of difficulties. Help me to focus on your goodness and faithfulness, knowing that you are worthy of all honor and glory.

In Jesus' name, I pray.

Amen.

WEEK #32



Psalm 4

The Safety of the Faithful

Week #32 takes us on a transformative journey of encountering God's heart in the midst of distress and anxiety, even as we seek to find peace and joy in His presence. As you meditate on Psalm 4, allow yourself to fully embrace God's heart for you. Bring your worries and burdens before Him, knowing that He is willing to listen and to comfort you. Throughout this week, be encouraged to trust in God's goodness, to seek His face, and to experience His joy in your life.

In Psalm 4, King David pours out his heart to God, seeking solace and guidance during a difficult time. He expresses his trust in God's ability to answer his prayers, even when he felt distressed. David begins by addressing God, saying, "Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer." These words remind us that God is always ready to listen to our cries for help. He is our righteous God who cares deeply for us. No matter what challenges we may face, God is our ultimate source of security and rest. When we trust in Him, we can find peace even in the midst of uncertainty. We can lay down our worries and fears, knowing that He is watching over us and providing a place of safety.

May this psalm inspire you to seek God's face, to trust in His goodness, and to find peace and joy in His presence. Just as David found solace and rest in God, may you also find comfort in knowing that He is with you every step of the way. He is your loving Father, your provider, and your protector. In

Him, you can find strength, hope, and the assurance that He will guide you through every challenge.

As you journey through this psalm, you will find great emphasizes put on the importance of being still before God and reflecting on our actions. We are encouraged to examine our hearts and turn away from any sinful ways. Today, ask yourself if there are any areas in your life that need repentance or improvement. Remember, God's grace and forgiveness are always available to us. Like David, let God fill your heart with greater joy than worldly possessions ever could, knowing that true happiness and contentment only comes from a close relationship with God, not from material things.

As you reflect on the timeless wisdom of Psalm 4, may your faith be deepened, and may you experience the peace that surpasses all understanding. Trust in God's promises, seek His presence, and let His joy fill your heart. May you rest in the knowledge that God is always near, ready to answer your prayers and bring you the peace and contentment that can only be found in Him. Remember, that through faith and trust in God, you can face each day with confidence, knowing that He is working all things together for your good. May your life be a testament to His love and faithfulness as you walk in His peace and experience the fullness of His joy.



Verse of the Week

Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah. Offer the sacrifices of righteousness, And put your trust in the Lord. - Psalm 4:4-5

Meditation & Prayer

Dear Heavenly Father,

In this moment of stillness, I come before You with a humble heart. As I reflect on Psalm 4, I am reminded of Your faithfulness and love. Lord, when worries and anxieties consume my thoughts, help me find solace in You. Grant me the peace that surpasses all understanding, knowing that You are always near, ready to listen and guide me.

In times of distress, remind me to seek You, O God, and to trust in Your unfailing goodness. You alone lift my spirit and bring joy to my soul. Fill me with Your grace and mercy, that my heart may overflow with gratitude and praise. May my words and actions reflect Your love, as I navigate through the challenges of life.

Help me to hold on to Your promises tightly, trusting that You will make a way even in the darkest of nights. Thank You, dear Father, for Your constant presence and unfailing love. I choose to rest in Your embrace, knowing that You are my refuge and strength.

In Jesus' name, I pray.

Amen.

WEEK #33



Psalm 133

Blessed Unity of the People of God

There is power in numbers! When God's people are united and come together for a common purpose, miracles happen. Hell's greatest tool is divisiveness; which leads to isolation, and then destruction. Psalm 133 is a short yet powerful psalm that speaks to the beauty and power of unity among God's people. This psalm encourages us to embrace and pursue unity, as it brings forth blessings and the presence of God.

Psalm 133 begins with the declaration, "How good and pleasant it is when God's people dwell together in unity!" When believers come together in harmony, it not only brings joy and delight to our hearts but also pleases God. Unity among God's people is a reflection of His love and grace. It is truly a beautiful thing. Take a moment to consider your own relationships, both within your family and with others around you, and reflect on the moments of unity and harmony that you have experienced. Then take a moment to appreciate the goodness and pleasantness that arise when people come together as one; setting aside their differences and embracing a spirit of love and understanding.

God is the promoter of unity among His people. The psalmist paints a vivid illustration, comparing the unity among God's people to precious oil that is poured on Aaron's head, running down his beard and onto his garments. This imagery symbolizes an overflowing abundance and blessing that comes from unity. Just as the anointing oil signifies God's favor and blessing, unity among believers brings forth divine favor and blessings in abundance. It is in unity that God's anointing and presence dwell. In your own life, strive to cultivate unity and harmony with those around you.

Remember, unity is not about uniformity or conformity, but about embracing our differences and coming together as one body in Christ. Let us lift each other up, encourage one another, and bear each other's burdens in love. And as we do so, may the world witness the transformative power of unity and be drawn closer to the love of our Heavenly Father.

As you think about your own role in promoting unity, ask yourself how you can be a peacemaker and a unifier. Pray for God's guidance and wisdom in your interactions with others as you experience the power of God to change hearts and bring about reconciliation. Know that God's heart is a place of healing and restoration, where broken relationships can be fixed, and unity can be restored. In a world that often emphasizes division and discord, let us be the shining examples of unity and love. May your pursuit of unity be a testimony of God's goodness and grace, even as His love shines through you.

So today, be inspired and encouraged to pursue unity within your communities, families, and relationships. Seek opportunities to reconcile, forgive, mend relationships, promote understanding and build bridges. Embrace the power of unity in the body of Christ to bring blessings not only to your own life but to others. For unity is not only pleasing to God, but it also creates an environment where His presence can dwell, and His blessings can flow abundantly in the lives of many.



Verse of the Week

Behold, how good and how pleasant it is for brethren to dwell together in unity! - Psalm 133:1

Meditation & Prayer

Dear Heavenly Father,

As I meditate on Psalm 133, I am reminded of the beauty and power of unity. Thank You for the gift of community and the blessings that come when we dwell together in harmony. Lord, help me to embrace the importance of unity in my relationships, whether it be with family, friends, or within the larger community.

Teach me to love and respect others, even when our perspectives may differ. Grant me the wisdom to seek common ground and to build bridges of understanding. Guide me to be a peacemaker, spreading kindness, compassion, and encouragement to those around me. May my words and actions promote unity, healing, and reconciliation.

Show me how to extend grace and forgiveness, just as You have done for me. Help me to be a source of light and hope in a world that often feels divided. Lord, I pray that You will pour out Your blessing over every relationship in my life. May Your love bind us together in a way that surpasses any differences or conflicts. Fill our hearts with humility and a genuine desire to support and uplift one another.

Thank You, dear Father, for the precious gift of unity. May it bring us closer to You and reflect Your love to the world.

In Jesus' name, I pray.

Amen.

WEEK #34



Psalm 25

A Plea for Deliverance and Forgiveness

Week #34 takes us on a profound journey of encountering God's heart through the lens of trust and dependence on Him. As you meditate on Psalm 25, may you experience the depth of God's compassion and faithfulness towards you, His beloved child. Even in the midst of challenges and uncertainties, know that our hope and strength come from the Lord, so we can confidently place our lives in His hands.

Psalm 25 is a heartfelt prayer of David. It begins with David declaring, "To you, O Lord, I lift up my soul." This simple yet profound statement shows an act of surrender and a recognition of God's sovereignty. When we lift up our souls to the Lord, we acknowledge that He is the source of our strength and the one who holds our lives in His hands. Through this act of surrender, we are inviting God to guide and lead us in His wisdom and truth.

This week, consider the challenges and uncertainties you may be facing in your own life. Reflect on the times when you have felt overwhelmed or unsure of the right path to take in life. Then take a moment to surrender those concerns to God and trust in His wisdom and guidance, for He desires to lead you in His truth and to teach you His ways. In times of distress and trouble, the psalmist turns to God, confident that He is a refuge and a stronghold. He acknowledges that God is faithful and trustworthy, and that He will deliver those who put their hope in Him. This is a powerful reminder for us to seek refuge in God during times of trouble, knowing that He is our protector and provider.

As we continue our journey this we, we find David acknowledging his own shortcomings and sins, recognizing that he needs God's forgiveness and mercy. He pleads for God's goodness and steadfast love to remember him and to not remember the sins of his youth. May his humility and repentance remind us of the grace and forgiveness that God extends to us when we come to Him with a contrite heart.

When you fall short or sin, come to God in humility, seeking His forgiveness. For we know that no matter how flawed we may be, or how short we may have fallen, God's love and mercy are always available to us. Reflect on God's compassion and love in your life today. Remember the times when He has shown you grace and forgiveness and allow this awareness to fill you with gratitude and motivate you to extend the same compassion and forgiveness to others.

As the week draws to an end, continue to meditate by placing your hope and trust in God. Remember that God is always there for you, ready to guide and lead you in His perfect plan to protect and deliver you. Trust in Him, seek His ways, and lean on His understanding. May you find peace and assurance in Him, knowing that He will never leave you nor forsake you; for He is faithful, and His love endures forever.



Verse of the Week

*Do not remember the sins of my youth, nor my transgressions;
According to Your mercy remember me, For Your goodness' sake, O
Lord. - Psalm 25:7*

Meditation & Prayer

Dear Lord,

As I come before You today, I lift up Psalm 25 as a prayer from the depths of my heart. Help me to trust in You, knowing that You are my refuge and my guide. Lord, I acknowledge that I am in need of Your guidance and wisdom. Teach me Your ways and lead me in Your truth. Help me to humbly seek Your will and follow Your path.

Please forgive me for my past mistakes and shortcomings. I ask for Your mercy and grace to cleanse my heart and renew my spirit. Let Your unfailing love surround me, and show me the way to walk in obedience and righteousness. In times of uncertainty and confusion, I place my hope in You.

Strengthen my faith and grant me discernment, that I may make wise decisions and choose what is pleasing to You. Lord, I surrender my worries, anxieties, and fears to You. I trust that You are in control of my life and that Your plans for me are good.

Help me to patiently wait for Your timing and to rest in Your perfect peace. I pray for protection against the schemes of the enemy. Guard my mind and heart from any influences that may lead me astray. Shield me with Your truth and empower me to resist temptation.

Thank You, Lord, for Your faithfulness and unfailing love. May I continually seek You, knowing that those who trust in You will never be put to shame. I surrender my life into Your hands and ask for Your guidance and provision in all that I do.

In Jesus' name, I pray.

Amen.

WEEK #35



Psalm 7

Prayer and Praise for Deliverance from Enemies

Welcome to Week #35 of encountering God's heart. As you meditate on Psalm 7, allow yourself to fully embrace God's heart as the God of justice, deliverance, and love. Trust in His righteous judgment and take refuge in His presence during times of adversity and with the assurance that He will protect and vindicate us. May this meeting with the divine lead you to a deeper intimacy with Him and a greater reliance on His protection and guidance. May you experience His love and faithfulness in abundance, as you walk in trust and surrender before Him.

Psalm 7 is a prayer of David, seeking God's justice and protection against his enemies. It is a psalm of lament and trust in God's righteousness. The psalm begins with David seeking refuge in God, acknowledging Him as his stronghold. He recognizes that only in God can he find protection and deliverance. Like David, have faith and believe that God is the righteous judge. He is committed to justice and hates evil. As you face trials and accusations, find solace in the fact that God sees and knows all things. He has the ability to vindicate you and bring judgment upon your enemies. Trust in God's fairness and have confidence that He will bring about justice in due time.

This week, take time to think about the challenges or conflicts you may be facing in your own life, and consider the ways in which you may feel attacked or wronged. Have faith that God sees your circumstances, knows your heart, and will bring about justice and vindication. Then take a moment to bring these concerns to God, seeking His refuge and protection. In the

midst of his plea for justice, David declares his trust in God's righteousness and his unwavering faith in His protection. He affirms his belief that God examines the hearts and minds of people, and that He is a righteous judge.

David pleads for God's justice, asking Him to rise up and judge the wicked. He acknowledges the consequences of wickedness and evil. He recognizes that those who sow trouble and harm will eventually reap what they have sown. This serves as a reminder for us to trust in God's perfect timing and justice. Though it may seem that the wicked prosper for a time, God is ultimately in control and will bring about justice according to His plan.

David asserts his own innocence and asks for God to examine his heart and motives. David trusts that if there is any wrongdoing within him, God will reveal and correct it. Like the psalmist, ask God to examine your heart and motives, revealing any areas where you may need correction or growth, for He is not only a righteous judge, but also a loving and compassionate Father.

As the week comes to an end, trust that God knows the full picture. He is a just judge who knows your heart and the hearts of others. In your own way, praise God for His righteousness, faithfulness and protection, even as you walk in trust and surrender before Him.



Verse of the Week

*God is a just judge, And God is angry with the wicked every day. -
Psalm 7:11*

Meditation & Prayer

Dear Lord Jesus,

I come before You today, seeking Your refuge and protection. Just as David cried out to You in Psalm 7, I bring my concerns and fears to You. Lord, I ask for Your deliverance and justice in the face of any accusations or attacks against me. You are my shield and my defender. Help me to trust in Your righteousness and to find solace in Your presence.

I confess my sins and shortcomings before You. Please forgive me and cleanse me from all unrighteousness. Create in me a pure heart and renew a steadfast spirit within me. Like David, I seek Your guidance and discernment. Grant me wisdom to navigate through difficult situations and to make choices that honor You. Lead me in Your truth and help me to walk in righteousness.

Lord, I surrender my worries and anxieties to You. You are my refuge and my fortress. Protect me from the enemy's schemes and guard my heart and mind with Your peace. In times of distress, I place my trust in You. Strengthen me, Lord, and fill me with courage. Help me to lean on Your unfailing love and to find comfort in Your presence.

I thank You, Lord, for Your faithfulness and for being my righteous judge. May Your justice prevail, and may Your name be glorified in all things.

In Jesus' name, I pray.

Amen.

WEEK #36



Psalm 2

The Messiah's Triumph and Kingdom

Week #36 takes us on a journey to discover God as the sovereign ruler and the ultimate authority. It encourages us to have faith in His plans and to find inspiration in His promises. In the midst of life's challenges and uncertainties, it can be easy to lose sight of God's authority and control. But Psalm 2 reminds us that even when the world seems chaotic, God is still seated on His throne. He is the ultimate ruler, and nothing can thwart His purposes.

As you delve into this psalm, you will witness God's power, His sovereignty, and His desire for all nations to submit to Him. It is my prayer and hope that you will develop a deeper reverence for God, and a greater understanding of His heart. He is not only a sovereign ruler, but also a loving and compassionate Father. His plans and purposes for you are perfect. May you experience the joy and peace that comes from aligning your life with His will.

Psalm 2 is a Messianic psalm that speaks about the reign of God's anointed King and the rebellion of the nations against Him. It is a psalm that emphasizes God's sovereignty and the importance of submitting to His rule. The psalm begins with the nations and their rulers plotting against the Lord and His anointed King (the Lord Jesus Christ). Despite their rebellion, God responds with laughter and derision, expressing His ultimate authority and power over them.

This psalm highlights the futility of opposing God's will. When you plan or plot against the Lord, you plot in vain. No matter how powerful or

influential someone may seem, or a country may be, they are no match for the Almighty. God's plans will always prevail.

This week, consider areas in your own life where you may have rebelled against God's authority or His plans for you. Reflect on any instances where you have tried to go your own way instead of surrendering to His will, and take a moment to confess these rebellious attitudes or actions to God and ask for His forgiveness. His desire is for all people to find refuge in Him and to experience His salvation.

God is extending an invitation to us to repent and turn to Him; for His heart is full of mercy and grace, where we can find forgiveness and redemption. In your own life today, do you acknowledge Jesus Christ as the anointed King who reigns over your heart and life? If not, make today the day you submit to His lordship, recognizing His authority over every aspect of your being, and trust in His ability to guide you with His wisdom and love.

Psalm 2 reminds us that, even when the world seems to be in turmoil, we must trust in God. He is in control, and His purposes will come to pass. So, let us hold on to our faith, knowing that God's ways are higher than our ways and His thoughts higher than our thoughts, and because of that, we can find peace and confidence in His leadership.



Verse of the Week

*Ask of Me, and I will give You The nations for Your inheritance,
And the ends of the earth for Your possession.*

Psalm 2:8

Meditation & Prayer

Dear Heavenly Father,

I come before You humbly, acknowledging Your sovereignty and authority over all the earth. Just as the psalmist marvels at Your power in Psalm 2, I stand in awe of Your majesty and greatness. Lord, I confess that at times I may rebel against Your plans and purposes. Please forgive me for any moments of disobedience or resistance. Help me to submit to Your will and surrender my desires to Your perfect plan.

I thank You for the gift of Your Son, Jesus Christ, who is the ultimate King and rightful ruler. I surrender my life to Him and ask that He reign in my heart. May His love and grace guide my thoughts, words, and actions. Father, I pray for the nations and leaders around the world. Bring wisdom and understanding to those in authority, that they may govern with justice and righteousness. Help them to seek Your counsel and follow Your ways.

In times of uncertainty and chaos, I find my refuge in You. You are my shelter and my fortress. Grant me peace and security, knowing that You are in control and that nothing can separate me from Your love. I long for the day when Your kingdom will come in its fullness. Lord, hasten the day when every knee shall bow, and every tongue confess that Jesus Christ is Lord. Use me as an instrument of Your peace and love in this world, that many may come to know You.

Thank You, Father, for hearing my prayer and for Your faithfulness. May Your name be praised and glorified forever.

In Jesus' name, I pray.

Amen.

WEEK #37



Psalm 5

A Prayer for Guidance

There is no feeling to compare with knowing that you are walking in the purpose and plan that God had for you when He created you. Psalm 5 is a beautiful prayer of trust and seeking God's guidance and protection in all aspects of life. It serves as a source of faith and inspiration, reminding us of the importance of starting our day with God and seeking His wisdom in all we do. As you immerse yourself in this psalm, you will witness God's heart as a righteous and faithful protector, who desires intimate communion with His people, who hates wickedness and deceit, but has unfailing love for those who seek and trust in Him.

Throughout this week, may you develop a deeper intimacy with God and a greater understanding of His heart. Psalm 5 is a prayer of David expressing his trust in God's righteousness and seeking His guidance and protection. David implores God to hear his voice and pay attention to his prayers. David teaches us that, when we come to God with a humble and sincere heart, He will listen and guide us. This week, consider the areas in your own life where you need God's guidance, protection, or intervention. Think about the challenges, worries, or burdens that you are carrying, and take a moment to bring them before God in prayer.

This psalm also reminds us of the significance of starting our day in God's presence. David declares his intent to seek God in the morning, acknowledging that God's steadfast love and faithfulness are his refuge. Like David, make spending time with God your #1 priority. Seek His guidance and protection as you navigate the challenges of each day.

Furthermore, we are reminded that God cannot tolerate evil or wrongdoing, and that no arrogant or deceitful person can stand in His presence. His heart is grieved by the actions of the wicked, and yet, in His justice, He promises to lead the righteous and bless them with His favor. He is the God of fairness, who brings justice and vindication for His people. Because God is righteous, it is important for us to also live a righteous and honest life, seeking to align ourselves with God's character and values. So this week, ask God to reveal any areas where you may be walking in arrogance, deceit, or wickedness. Humbly confess these attitudes or actions to God, asking for His forgiveness and seeking His help in living a righteous and honest life.

So, be inspired by Psalm 5 to approach each day with faith and trust in God. Let us remember to seek Him in prayer, to start our day in His presence, and to live with integrity before Him. May this psalm encourage you to trust in God's guidance, to seek His wisdom and direction in your daily decisions, and to find strength in His unfailing love. Invite Him to be an active participant in your life, guiding and leading you on the path of righteousness.



Verse of the Week

Give ear to my words, O Lord, Consider my meditation. Give heed to the voice of my cry, My King and my God, For to You I will pray. - Psalm 5:1-2

Meditation & Prayer

Dear Heavenly Father,

I come before You with a humble heart, seeking Your guidance and protection. Just as the psalmist cries out to You in Psalm 5, I bring my concerns and anxieties to Your throne.

Lord, I thank You for Your unfailing love and faithfulness. In a world filled with chaos and uncertainty, I find solace in Your presence. Your grace sustains me and gives me strength to face each day. I ask for Your wisdom and discernment as I make decisions and navigate through life's challenges. Open my eyes to see the path You have laid out for me, and give me the courage to follow it faithfully.

Father, I pray for protection against the schemes and attacks of the enemy. Guard my heart and mind from evil influences, and help me to stand firm in my faith. Surround me with Your angels and shield me from harm. Teach me to trust in Your timing and to surrender my desires to Your perfect will. Help me to seek Your face each morning, to find my refuge in You. Fill my heart with Your peace that surpasses all understanding. Lord, I lift up those who are in need of Your healing touch. Comfort the brokenhearted, restore the weary, and bring hope to those who are despairing. Let Your love and compassion flow through me as I reach out to those around me.

Thank You, Father, for hearing my prayers and for being a God who listens. I trust that You will answer according to Your perfect plan. May Your name be glorified in my life.

In Jesus' name, I pray.

Amen.

WEEK #38



Psalm 22

The Suffering, Praise, and Posterity of the Messiah

In Week #38, you will encounter the heart of God as a compassionate and ever-present companion in times of suffering and despair. As you delve into Psalm 22, you will witness God's understanding of your pain, His willingness to listen to your cries, and His deliverance and victory. It is a psalm that speaks to the depths of human suffering, yet points to the hope and trust we can find in God. Through this encounter, may you develop a deeper trust in God's sovereignty and a greater understanding of His heart, realizing that He is not distant from your pain but walks with you through every trial.

Psalm 22 is a deeply personal prayer of David in distress, feeling abandoned, mocked, and scorned by those around him. Yet, amidst his anguish, David clings to his faith and trust in God, acknowledging His sovereignty and deliverance. The psalm begins with the famous words, "My God, my God, why have you forsaken me?" These prophetic words foreshadow the suffering and crucifixion of Jesus, who experienced abandonment and mockery on the cross. Yet, through His sacrifice, Jesus conquered sin, death and the grave, bringing redemption and restoration to all who believe in Him. Psalm 22 points to the ultimate fulfillment of our hope in Jesus Christ.

It is important to know that God understands your deepest anguish. Just as the psalmist expresses his feelings of abandonment and distress, know that that God empathizes with your pain as well. He knows the depths of your

sorrow and is not distant from your suffering. His heart is a place of understanding, where you can bring your raw emotions and find comfort in His presence. This week, consider a time in your life when you have felt abandoned, mocked, overwhelmed, or distant from God. Reflect on the emotions you experienced during that time, whether it was pain, confusion, or a sense of being forsaken. Then take a moment to bring those feelings before God, expressing your honest emotions and seeking His presence and comfort.

As the psalm progresses, David paints a vivid picture of his enemies surrounding him, mocking him, and piercing his hands and feet. These descriptions are often seen as prophetic in relation to Jesus' crucifixion. Think about any pain or suffering you are currently going through or have experienced in the past. Share those struggles with God, knowing that He understands your pain and is present with you in it. Ask for His comfort and strength to endure.

Despite his anguish, David does not lose hope. He affirms God's faithfulness and remembers His past acts of deliverance. Make a commitment today to tell future generations of God's faithfulness. Know that our suffering is not in vain, and that God is working all things together for our good. Through Christ, we have victory over every hardship and can find hope in the midst of despair.



Verse of the Week

*All the ends of the world Shall remember and turn to the Lord,
And all the families of the nations Shall worship before You. For
the kingdom is the Lord's, And He rules over the nations.*

Psalm 22:27-28

Meditation & Prayer

Dear Heavenly Father,

As I come before You, I find comfort in knowing that You understand the depths of my pain and suffering, just as the psalmist expressed in Psalm 22. Lord, I feel abandoned and overwhelmed, but I trust in Your unfailing love and faithfulness. Help me to remember that You are near, even in the midst of my darkest moments. Give me the strength to persevere and the courage to cry out to You.

Father, I surrender my feelings of loneliness and despair into Your hands. You are the source of my hope and salvation. Pour out Your grace and mercy upon me, and lift my spirit from the depths of anguish. I ask for Your guidance and wisdom in navigating through this season of difficulty. Help me to trust in Your plans, even when I cannot see the way forward. Give me the assurance that You are working all things together for my good.

Lord, I pray for deliverance from my troubles. Heal my brokenness and restore my joy. May Your light shine upon me, dispelling the darkness that surrounds me. Help me to fix my eyes on You and find strength in Your presence. Father, I thank You for the victory that is found in Jesus Christ. Through His sacrifice on the cross, He has overcome every trial and tribulation. I cling to His promises and declare His power over my life.

Thank You, Lord, for hearing my cry and for being a God who is always near. May my faith be strengthened as I trust in You, even in the midst of hardship. May Your name be glorified in my life.

In Jesus' name, I pray.

Amen.

WEEK #39



Psalm 104

Praise to the Sovereign Lord for His Creation and Providence

Welcome to Week #39 of encountering God's heart. In Psalm 104, you will encounter God's heart as the creator and sustainer of all things, the master architect of the universe. As you delve into this psalm, may you witness God's power and wisdom displayed in the wonders of creation. Just as the psalmist described the intricate details of creation, I hope you find yourself in awe of God's wisdom and creativity. From the majestic mountains to the vast oceans, every element of the natural world reflects His divine craftsmanship. His heart is a place of boundless creativity, where you can find inspiration and wonder in His handiwork.

Psalm 104 is a beautiful hymn of praise that celebrates God as the creator and sustainer of everything in the world. In this psalm, we see the harmony and balance that exists in nature, all orchestrated by the hand of God. The psalmist describes how God provides for every living creature, from the birds of the air to the beasts of the field. Each one is cared for, and their needs are met by the generous hand of our loving Creator. Trust in His provision for you, knowing that just as He takes care of every creature, He will take care of you too.

As we journey through this psalm, we can appreciate the psalmist's declaration of praise to God, acknowledging His greatness and splendor. The psalm describes how God clothes Himself with light as with a garment, stretching out the heavens like a tent. This imagery emphasizes God's power

and majesty throughout the universe. With praise for God on your lips this week, reflect on an aspect of creation that fills you with wonder. Consider the beauty of a starry night sky, a breathtaking landscape, or the intricate details of a flower, and offer your own words of praise to God for His incredible creativity and power in crafting such a marvelous world.

The psalmist also emphasizes the cyclical nature of creation, describing the rising and setting of the sun, the changing seasons, and the rhythms of day and night. This highlights God's wisdom in establishing order and balance in the natural world. Reflect on the seasons of life you have experienced – times of growth and abundance, as well as seasons of change and transition. Acknowledge God's wisdom in orchestrating these seasons and trust that He is working all things together for your good, even in times of uncertainty or difficulty.

As the psalmist extols the greatness and majesty of God, you are invited to join in the chorus of praise. Today, like the psalmist, I hope you will sing to the Lord as long as you live, and commit to continually worship and honor God with your life. Allow the beauty and wonder of creation to inspire and uplift your spirit. And pray for justice and righteousness to prevail in the world, asking God to use you as an instrument of His peace and love.



Verse of the Week

I will sing to the Lord as long as I live; I will sing praise to my God while I have my being. May my meditation be sweet to Him; I will be glad in the Lord.

Psalm 104:4

Meditation & Prayer

Dear Heavenly Father,

As I reflect on the words of Psalm 104, I am in awe of Your magnificent creation and Your mighty works. You are the Creator of all things, and You sustain the entire universe by Your power. Lord, I am humbled by Your greatness and overwhelmed by Your love and care for every detail of creation. From the soaring mountains to the gentle flow of streams, from the vastness of the oceans to the intricate life forms, everything in this world bears witness to Your glory.

Thank You, Lord, for the gift of life and for the beauty that surrounds me. Help me to appreciate and steward Your creation with wisdom and responsibility. Teach me to tread lightly on this earth and to be a good steward of the resources You have entrusted to me. Father, just as You provide for the needs of every living creature, I trust that You will also provide for me. Help me to rely on Your provision and to be content with what You have given me. Open my eyes to the blessings that are often overlooked, and fill my heart with gratitude.

Lord, I pray that You will continue to reveal Your presence to me through the wonders of Your creation. Help me to see Your fingerprints in the colors of a sunset, the songs of the birds, and the gentle breeze that touches my face. May these reminders of Your love and power bring me closer to You each day. Thank You, Lord, for Your faithfulness and for the beauty that surrounds me. May I never take Your creation for granted, but always praise You for Your marvelous works. May I bring You glory in all that I do.

In Jesus' name, I pray.

Amen.

WEEK #40



Psalm 145

A Song of God's Majesty and Love

God is worthy of our praise! He is a loving and compassionate Father, faithful to keep His promises to His children. As you meditate on His word this week, may your heart overflow with gratitude as you focus on His greatness and experience His unfailing love in your life.

Psalm 145 is a beautiful psalm of praise and adoration that magnifies the goodness and greatness of God. It is a powerful reminder of His faithfulness, compassion, and unfailing love. As you dive into this psalm, you will be captivated by the awe-inspiring nature of God's character. You will discover that God is a gracious and compassionate Father, slow to anger and abounding in love. His love knows no bounds, extending to all generations. In every situation, whether in times of joy or sorrow, God remains steadfast and near, ready to comfort and guide us through life's journey.

This week, as we embark on our journey of understanding Psalm 145, I encourage you to take a moment to reflect on the words in the psalm that speak to your heart. Think about the times in your life when you have experienced God's faithfulness and His unfailing love. Remember those moments when you felt His presence guiding and comforting you, and give thanks for His mighty works in your life. Let the words of this psalm remind you that God is near to all who call upon Him. He is attentive to your needs, and the source of true satisfaction in your life.

Extol and bless the name of God forever, for He is worthy of all honor and praise. Every generation should speak of His mighty acts and proclaim

His greatness to all. Know that the God you serve is trustworthy and dependable. You can put your hope and trust in Him, for He is our refuge and strength. It is He who satisfies the desires of those who fear Him and hears their cries for help. So as you reflect on this psalm, be inspired to live a life of praise and thanksgiving. Let us never cease to acknowledge the greatness of our God and to share His goodness with others. Be encouraged to trust in His faithfulness, knowing that He is always near and ready to extend His love and grace.

As the week draws to an end, find encouragement to share your experiences with others. Let your life be a testimony to God's goodness and faithfulness. Reflect His love and kindness in all that you do, and you will inspire others to seek Him and experience His grace as well. Remember that you are never alone. Find comfort and assurance in knowing that we serve a God who is always near, always ready to extend His love and grace to us.



Verse of the Week

The Lord is near to all who call upon Him, To all who call upon Him in truth. - Psalm 145:18

Meditation & Prayer

Dear Heavenly Father,

Today I come before You with a heart full of gratitude and praise. You are truly worthy to be praised, for Your greatness knows no bounds. I will speak of Your mighty acts and proclaim Your greatness to all who will listen. You are gracious and compassionate, slow to anger and abounding in love.

Your love extends to all generations, and Your faithfulness remains steadfast throughout time. In every situation, You are near to those who call upon You, and Your strength upholds us.

I lift up my voice to honor Your glorious kingdom, declaring Your power and mighty deeds. Your kingdom is everlasting, and Your dominion endures through all generations.

Today, I thank You for Your loving care and provision in my life. I trust in Your goodness and mercy, knowing that You are always near, guiding and protecting me. Help me to walk in Your ways and to reflect Your love and grace to others.

In Jesus' name, I pray.

Amen.

WEEK #41



Psalm 100

A Song of Praise for the Lord's Faithfulness to His People

Welcome to Week #41 of encountering God's heart through the psalms. As you read Psalm 100, you will be reminded of the incredible love and compassion that God has for you, and how connected you are to Him, the blessings He provides, and the joy that comes from worshipping Him. May this psalm serve as a reminder to embrace a lifestyle of worship and gratitude, and to continually acknowledge the goodness and faithfulness of our God. In doing so, we will find strength, hope, and inspiration to navigate life's ups and downs with unwavering faith and joy.

Psalm 100 is a beautiful and uplifting passage that holds a special place in the hearts of many. It is known as the "Psalm of Thanksgiving," and it encourages us to approach life with gratitude and joy. The psalmist invites us to enter into His presence with thanksgiving and to worship Him with gladness, acknowledging that it is He who has made us, and we belong to Him. Just imagine waking up to a beautiful sunrise, feeling the warmth of the morning sun on your face. As you take a moment to appreciate the beauty around you, you realize how blessed you are to be alive.

In Psalm 100, we are called to make a joyful noise to the Lord, to serve Him with gladness, and to come into His presence with singing. It reminds us that worship is not just about singing songs or attending church services, but it is a lifestyle of honoring and exalting God in everything we do. It is an opportunity to express our gratitude for His love, faithfulness, and provision.

Take a moment to think about what brings you joy. It could be the love of your family, the beauty of nature, or even the simple pleasures of everyday life. Whatever it may be, take time to think about the ways you can express your gratitude and joy to the Lord. It could be through singing, dancing, or even creating something beautiful. Let your heart overflow with gladness and let your actions reflect your gratitude.

The psalmist acknowledges God's sovereignty by declaring, "Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture." This verse reminds us of our deep connection to our Creator. Take comfort in knowing that you are never alone and that you are cherished by the most high God. When we choose to be grateful, we cultivate a spirit of contentment and joy, even in the midst of challenges.

Gratitude is a powerful attitude that shifts our focus from our problems to the goodness of God. We know that no matter what challenges or difficulties we face, God's love and faithfulness will always be with us. Let this psalm inspire you to live a life of worship and gratitude, as you continually offer your praise to God, not just in words but also in your actions. As you approach Him with joy and gratitude, may you experience His presence and be filled with His peace and love.



Verse of the Week

Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. -

Psalm 100:3

Meditation & Prayer

Gracious and loving Father,

Today, my heart overflows with joy and gratitude as I come into Your presence. I enter Your gates with thanksgiving, and Your courts with praise. I am filled with awe and reverence, for You are the Almighty God, the Creator of heaven and earth. Lord, I acknowledge that You are good, and Your steadfast love endures forever.

Your faithfulness reaches to the heavens, and Your mercies are new every morning. I am grateful for Your faithfulness in my life, for Your provision, guidance, and protection. I offer my wholehearted praise to You, for You are worthy of all honor and glory. I lift up my voice and sing songs of joy, knowing that You are with me in every season of life. Help me to serve You with gladness, to approach each day with a heart full of gratitude and a desire to honor You in all that I do.

Thank You, Lord, for the privilege of belonging to You, for being a part of Your flock. I trust in Your unfailing love and seek to follow Your ways. Guide me, O Shepherd, and lead me on paths of righteousness for Your name's sake.

In Jesus' name, I pray with thanksgiving.

Amen.

WEEK #42



Psalm 68

The Glory of God in His Goodness to Israel

We serve a God who fights for us, loves us, and champions justice. Let this truth fuel your faith and inspire you today to live boldly and victoriously, knowing that God is always with you every step of the way. Psalm 68 is a beautiful and powerful psalm that has brought comfort and inspiration to many throughout the ages. As we enter Week #42, may you experience God's heart as a mighty warrior, a defender of the oppressed, and a provider for the needy.

The psalm begins with these powerful and uplifting words, “Let God arise, let His enemies be scattered; let those who hate Him flee before Him.” This verse reminds us of the strength and authority of God, and how He goes before us in our battles and triumphs over our adversaries. It’s a wonderful reminder that we don’t have to face our battles alone, for we have a mighty and victorious God on our side.

As we continue reading, Psalm 68 highlights God’s heart for the vulnerable and oppressed. It speaks of Him as the Father to the fatherless and the defender of the widow. This psalm reminds us that God is compassionate and just, and He stands with those who are marginalized or in need. It inspires us to join Him in His mission to bring justice and mercy to the world around us.

Moreover, Psalm 68 encourages us to sing praises to God, for He is worthy of our worship. It reminds us that our God is not distant or uninvolved, but rather, He is near and actively involved in our lives. It invites

us to come into His presence with thanksgiving and to declare His goodness and faithfulness to all. We know that in times of uncertainty or struggle, we can trust in God's faithfulness and provision.

As you continue to reflect on this psalm, I pray that you will be filled with faith and inspiration. May you trust in God's strength and His ability to bring victory in your life. Seek to emulate His heart for the vulnerable and oppressed, extending love and compassion to those in need. And above all, may your heart overflow with gratitude as you worship and praise our mighty and loving God.

So this week, take a moment to reflect on your own life and current circumstances. How can you relate to the themes and messages in Psalm 68? Are there any specific challenges or burdens you are facing that you would like to bring before God? Think about how God's strength, care, and provision can bring comfort and encouragement to your unique situation, as you pray and seek His help.

Remember, you are not alone in this journey. God is with you every step of the way, ready to guide, protect, and provide for you. Take comfort in His love and let the words of Psalm 68 reassure and uplift your spirit.



Verse of the Week

Let God arise, Let His enemies be scattered; Let those also who hate Him flee before Him. - Psalm 68:1

Meditation & Prayer

O Lord, my God,

Rise up and scatter my enemies! Let those who oppose me flee before Your presence. As smoke is driven away, may You drive away all my troubles and adversaries. I rejoice in Your name, O Lord, for it is a strong tower and a place of refuge. You are the Father to the fatherless, the defender of the defenseless. Your love and compassion know no bounds.

Thank You for being a God who is present in the lives of the lonely, the broken, and the oppressed. You lift up the downtrodden and provide for the needy. You set the lonely in families and bring healing to the wounded. Lord, I pray that You will continue to pour out Your blessings upon me. May Your goodness and abundance overflow in my life.

Help me to trust in Your provision and to walk in obedience to Your commands. I exalt You, O God, for Your power and might. You are the One who rides upon the clouds, the One who spoke the world into existence. In awe and reverence, I bow before You.

Thank You for the victory You have won for me through Jesus Christ. May I always find strength and refuge in You, knowing that You are my ever-present help in times of trouble.

In Your mighty name, I pray.

Amen.

WEEK #43



Psalm 71

God the Rock of Salvation

There is a great feeling of relief that comes, when we put our trust in the Lord Jesus Christ. He is our constant source of strength and salvation! In Him, we find unwavering peace and comfort. Psalm 71 inspires us to place our hope in God and to seek Him as our refuge in times of difficulty and old age. As you immerse yourself in this psalm, may you witness the psalmist's deep reliance on God and their unwavering trust in His faithfulness. It is my prayer that your faith will be strengthened this week, as you trust in God's faithfulness and experience His steadfast love in your life.

Psalm 71 is a beautiful and comforting passage that is filled with wisdom and reassurance. The psalmists declare their trust in God from their youth, recognizing His faithfulness throughout their life. They acknowledge that God has been their rock and refuge, a constant source of strength and protection. His faithfulness is not limited to a specific season of life but extends throughout all stages. Just as the psalmist did, you can also turn to God during moments of fear or uncertainty. Pour out your heart to Him, knowing that He listens to your prayers and is eager to offer comfort and support. God is our ever-present help in times of trouble.

As we experience His faithfulness in our lives, we are encouraged to testify and give thanks for His mercy and grace. We know that that God is able to bring beauty out of ashes and restore what has been broken. So this week, be filled with a renewed sense of trust, knowing that God can turn any situation around for your good. Make a commitment today to choose to worship and praise Him, knowing that your circumstances do not define your

relationship with Him. The psalm further emphasizes the importance of praise and worship even in the midst of trials.

The psalmist expresses their commitment to continually praise and magnify God, regardless of their circumstances. This teaches us that worship is not dependent on our feelings or external situations, but rather, it is a choice to honor and glorify God in all circumstances.

As the week comes to an end, remember that God's love for you is unchanging and everlasting. He is constantly present, even when things seem difficult or confusing. Take solace in the promises of Psalm 71, knowing that God is with you every step of the way. So stay strong, be courageous, and continue to seek His guidance. Know that you are never alone in this journey of life.



Verse of the Week

O God, You have taught me from my youth; And to this day I declare Your wondrous works. Now also when I am old and gray-headed, O God, do not forsake me, Until I declare Your strength to this generation, Your power to everyone who is to come.

Psalm 71:17-18

Meditation & Prayer

Loving and gracious God,

As I turn to Psalm 71, I find comfort and solace in your unfailing presence. I come before you humbly, seeking your guidance and strength. In the depths of my heart, I embrace the words of this Psalm and make them my own. You are my refuge, O Lord, my rock and my fortress. In you, I find unwavering protection and unwavering love. When my heart is heavy and my spirit is weary, I find peace in your embrace.

You have been my hope, O God, since my youth. Through the highs and lows of life, you have held me close and guided me with your wisdom. When doubts arise and fears threaten to overwhelm, I find courage in your promises. In your hands, my life finds purpose and meaning. You have been my strong support, sustaining me through every trial. Your faithfulness has been my constant companion, even in the darkest of times.

Lord, I pray for your continued presence and strength as I journey through this life. Help me to trust in your plans and to find joy in your unfailing love. May my words and actions reflect your grace and compassion, shining your light in this world. In your boundless mercy, hear my prayer, O Lord.

Thank you for your unwavering love, for you are my refuge and my hope, now and forevermore.

In Your precious name I pray.

Amen.

WEEK #44



Psalm 69

An Urgent Plea for Help in Trouble

In times of trouble, it can be easy to feel overwhelmed and alone. However, Psalm 69 reminds us that we can turn to God for strength and refuge. It teaches us that even when we feel like we are sinking in the depths of despair, God is there to lift us up and rescue us. The psalmist's words also remind us that it is okay to pour out our hearts to God. We can be honest about our struggles, our pain, and our doubts. This week, you are invited by God to bring all of your burdens to Him, knowing that He will listen and provide comfort and support.

Psalm 69 is a powerful and emotional prayer that expresses feelings of distress, persecution, and the longing for God's deliverance. It is written by King David and is known as a psalm of lament, expressing both his personal struggles and his trust in God's faithfulness. It is a psalm that we can all relate to during difficult times when we feel overwhelmed by our circumstances. So be encouraged to hold on to hope. God sees us in our distress and hears our cries for help. No matter how difficult our circumstances may be, we can trust that God is working on our behalf.

As you continue to meditate on this psalm, you see King David pouring out his heart to God, sharing his feelings of distress and persecution. He describes his enemies and how they falsely accuse him, causing him great sorrow and shame. But despite his anguish, David maintains his unwavering faith in God, seeking His help and deliverance only from Him. Imagine a time when you have felt overwhelmed, burdened, or even falsely accused. It could be a challenging situation at work, in a relationship, or any other aspect of life

where you've experienced distress. As you recall this moment, ask God to give you peace and guidance, knowing that even in the midst of your trials, His heart is full of compassion, love, and faithfulness towards His children.

Can you relate to the psalmist's feelings of being overwhelmed by troubles, feeling like he is sinking in deep waters, and being surrounded by enemies? I am sure you may have experienced similar emotions in your own life, where you felt misunderstood, mistreated by those around you, rejected, or even persecuted for your faith. But take heart, for God sees your suffering and knows the truth of your heart. He knows your thoughts, hears your cry for help and understands your pain

So, if you find yourself in a place of hardship or despair, remember that you are not alone in your struggles. Trust that God is always by your side, even in the darkest moments. Through His grace and mercy, He can turn your hardships into opportunities for growth and transformation. Keep your faith steadfast, knowing that God is working behind the scenes, orchestrating everything for your good. Hold onto hope and the promises in Psalm 69, knowing that God will never abandon you, but will bring you through every trial you face.



Verse of the Week

Hear me, O Lord, for Your lovingkindness is good; Turn to me according to the multitude of Your tender mercies. And do not hide Your face from Your servant, For I am in trouble; Hear me speedily. - Psalm 69:16-17

Meditation & Prayer

O Lord, my God,

I cry out to You in my distress, for my soul is weary and my heart is heavy. The waters of affliction threaten to overwhelm me, and I feel as though I am sinking in the deep. But I know, O Lord, that You are a God who hears the cries of Your children. In Your great compassion, come to my aid and rescue me from the depths of despair.

I am surrounded by enemies who seek to harm me, Lord. Their words and actions pierce my soul, and I feel alone and abandoned. But I take comfort in knowing that You are my defender and my refuge. Pour out Your mercy upon me, O Lord.

In Your abundant love, turn Your face toward me and grant me Your grace and deliverance. Let Your steadfast love and faithfulness be my anchor in the storm. Restore my soul, O God, and fill me with Your peace. Help me to trust in Your unfailing promises, even when my circumstances seem hopeless. Strengthen my faith and give me the courage to endure.

Lord, I offer my praise and thanksgiving to You. I will magnify Your name and proclaim Your goodness, for You are a God who saves. May my life reflect Your glory and draw others to Your redeeming love.

In Your mighty name, I pray.

Amen.

WEEK #45



Psalm 61

Assurance of God's Eternal Protection

In life, there are moments when we may feel overwhelmed, weary, or uncertain. During those times, Psalm 61 invites us to turn to God as our rock and fortress. He is our safe haven, our source of comfort and stability. We can find strength and peace in His presence, knowing that He is always with us, ready to listen to our prayers and offer guidance.

Welcome to Week #45. What a great day it is to pour out our souls before the Lord, seeking solace and strength in His presence. Psalm 61 is another beautiful passage attributed to King David. It is prayer of David seeking refuge and protection in God. As you meditate on the words of this psalm, you can relate to the psalmist's feelings of being overwhelmed and in need of a secure dwelling place. Just like David, you may have experienced moments in your life where you felt like you were at the end of your rope, searching for a safe haven in the midst of life's challenges and uncertainties. But be reminded that God is your secure dwelling place, a rock of strength, and a source of peace.

David begins by crying out to God, asking Him to hear his plea and to lead him to a rock that is higher than him. He expressed being overwhelmed and asked for God's guidance and shelter, and to find solace in the unfailing love and faithfulness of God. Today, you too, can find comfort in knowing that God is a constant source of strength and protection in your life. His love is steadfast and enduring. It is a love that never fails, even when we feel unworthy or undeserving. God's love is not based on our performance or perfection; rather, it is freely given, pouring out from His heart to ours.

When we anchor our faith in this unwavering love, we can find hope and encouragement to face any challenge that comes our way. As you continue to read through the psalm, the psalmist expresses his deep desire to dwell in God's tent forever, and to find shelter under His wings. He understands that being in God's presence is where he can find true peace and security.

With the week coming to an end, be reminded of the invitation to draw near to God, to seek His presence and experience His peace that surpasses all understanding. Recognize that, it is through your trust in God's name that you receive blessings and protection from the Lord. David declares his commitment to praise God and fulfill his vows to Him. In this, we are reminded of the importance of trust and obedience in our relationship with God.

So, when you are feeling weary or uncertain, remember the words of Psalm 61. Seek refuge in God, find strength in His presence, and trust in His unfailing love. Pour out your heart before Him, knowing that He is listening and ready to provide comfort and guidance. Let your faith be inspired by the unshakable truth that God is with you, and He will never leave you nor forsake you.



Verse of the Week

*Hear my cry, O God; Attend to my prayer.
From the end of the earth I will cry to You, When my heart is
overwhelmed; Lead me to the rock that is higher than I.*

Psalm 61:1-2

Meditation & Prayer

Our Father in Heaven,

Hear my cry, for I am in desperate need of Your strength and refuge. My heart is overwhelmed, and I long for Your peace to settle upon me. You are my rock, O Lord, my safe and secure fortress. In the midst of life's trials and uncertainties, I find solace in knowing that I can find shelter under Your wings.

Extend Your loving hand towards me, O God, and lead me to the solid ground. Guide me through the storms of life, for I trust in Your unwavering faithfulness. When I feel weak and weary, remind me of Your promises.

Help me to cling to Your Word, knowing that Your truth will sustain me and bring me hope. Grant me the strength to face the challenges before me, O Lord. Fill me with Your Holy Spirit, that I may be empowered to overcome every obstacle that stands in my way.

I place my trust in You, O God, for You alone are my rock and salvation. As I seek Your face, may Your presence surround me and fill me with peace that surpasses all understanding.

In Your mighty name, I pray.

Amen.

WEEK #46



Psalm 95

A Call to Worship and Obedience

In our daily lives, it can be easy to get caught up in the busyness and challenges that surround us. We may become overwhelmed or lose sight of the blessings and miracles that God has bestowed upon us. Psalm 95 encourages us to pause, reflect, and enter into a posture of worship and gratitude. We are invited to approach God with a heart full of joy and thanksgiving. For God is the great King above all gods, the creator of the heavens and the earth. We are called to bow down and kneel before Him, acknowledging His power, majesty, and authority.

Welcome to Week #46, where we are invited by the King David to join him in a joyful and reverent worship of the Lord, recognizing His greatness and acknowledging His sovereignty over all creation. Worship is not just an obligation, but a privilege and an opportunity to connect with the heart of God. As you encounter God's heart in Psalm 95, I encourage you to let go of any distractions or reservations, to enter into His presence with thanksgiving and praise, and to allow His heart to transform your own. By worshipping God with all that you are, you will find yourself drawing closer to His heart, experiencing His love, grace, and guidance in a profound and life-changing way.

This week, take some time to think about the ways in which you have witnessed God's faithfulness and provision in your life. Consider the moments when you felt overwhelmed with gratitude and awe for His blessings, especially times when He has guided you through difficult situations, provided for your needs, or brought joy and peace into your life.

And in your own way, express your heartfelt gratitude and praise to God, letting this become a testimony of your own journey with God, a declaration of His goodness and faithfulness in your life.

As you continue to meditate on words in Psalm 95, the psalmist further highlights the importance of obedience and reverence in our worship. He recounts the Israelites' rebellion and disobedience in the wilderness, reminding us of the consequences they faced due to their lack of faith and trust in God. This serves as a cautionary tale, urging us not to harden our hearts but to seek God's guidance and follow His ways. In our own lives, we can learn from the Israelites' mistakes and choose to cultivate a heart of faith and trust in the Lord, by submitting to His authority.

With the week drawing to an end, be reminded of the profound truth that worship is not just about singing songs, but about aligning our hearts with God's heart, surrendering ourselves to His will, and experiencing His presence in a tangible way.



Verse of the Week

Oh come, let us worship and bow down; Let us kneel before the Lord our Maker. For He is our God, And we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice: "Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness, When your fathers tested Me; They tried Me, though they saw My work.

Psalm 95:6-9

Meditation & Prayer

Dear Lord,

I come before You with a heart filled with gratitude and praise. You are the great God, the King above all kings, and I bow before You in awe and reverence. You are the Creator of all things, and I marvel at the beauty and wonder of Your creation. I am grateful for the blessings You have showered upon me, both seen and unseen.

Lord, help me to approach You with a heart of worship and thanksgiving. Let my lips overflow with songs of praise, for You are worthy of all honor and glory. Forgive me for the times I have hardened my heart and failed to listen to Your voice.

Open my ears, Lord, that I may hear Your gentle whispers and guidance. Help me to remember Your faithfulness and love, even in the midst of challenges and trials.

May Your presence bring me peace and assurance, knowing that You are with me always. I surrender my worries and anxieties to You, Lord. Fill me with Your joy and peace, and help me to trust in Your perfect plan for my life. Thank You, Lord, for Your steadfast love and grace. I rejoice in Your salvation and the assurance of eternal life through Jesus Christ.

In Your holy name, I pray.

Amen.

WEEK #47



Psalm 150

Let Everything that has Breath Praise the Lord

I must confess that Psalm 150 is one of my favorite psalms in the Bible. It is a beautiful and uplifting psalm that calls upon us to praise and worship God with every fiber of our being. It reminds us that praise is not just an obligation, but a joyful response to the goodness and greatness of our Creator. The psalmist declares, “Let everything that has breath praise the Lord.” Wow, what a sight that would be, to see every living thing praise the Lord our God. Just imagine it!

The psalmist begins by proclaiming, “Praise the Lord!” This simple yet powerful phrase sets the tone for the entire psalm, inviting us to join in the chorus of praise and adoration of our God. It encourages us to lift our voices and instruments in joyful worship, expressing our gratitude and awe for God’s mighty deeds and abundant blessings. It is my prayer and hope that this psalm will transform your perspective on worship, as it becomes a dynamic, energetic, and wholehearted expression of your love for the Lord.

Psalm 150 is a triumphant conclusion to the book of Psalms, which emphasizes that every living thing should praise the Lord, as praise is not limited to human lips alone. From the heavens above to the depths of the earth, every creature is called to join in the chorus of praise, acknowledging the Creator’s magnificent works.

God is the God of diversity. He invites us to find our own unique and diverse ways to express our gratitude for His blessings in our lives. The psalm

mentions various musical instruments such as trumpets, harps, lyres, tambourines, strings, flutes, and cymbals, and reminds us that our worship can take many form that glorifies God. Know that it does not matter where we come from, what language we speak, or what our circumstances are - we are all called to worship God.

Our worship can unite us, transcending barriers and differences, as we join together in awe and reverence for our Creator. Imagine a moment when you felt truly joyful and grateful. It could be a breathtaking sunset, a moment of accomplishment, a moment when you received a great news or even the love and support of friends and family. In that moment, your heart overflows with happiness and you can't help but sing, shout for joy, dance, pray or express your joy in any way you like to show your joy. That is exactly what Psalm 150 is about – finding joyous ways to praise God.

Just as no two instruments sound the same, each of us has our own unique talents, passions, and ways of connecting with God. So, think about what brings you the most joy and how you can use that to praise God. Maybe it is through singing hymns, playing a musical instrument, writing poetry, painting, or even through acts of kindness and love towards others. The possibilities are endless! Remember, God loves you unconditionally and appreciates your heartfelt expressions of gratitude. So, let your creativity soar and find your own personal way to sing praises to the One who has blessed you abundantly.



Verse of the Week

Let everything that has breath praise the Lord.

Praise the Lord! - Psalm 150:6

Meditation & Prayer

Dear Lord Jesus,

I lift my voice in praise and adoration to You. You are the Almighty God, and I am in awe of Your greatness and majesty. I praise You, Lord, for Your marvelous works and the wonders You have displayed throughout creation.

Your power and wisdom are beyond measure, and I am humbled to be a part of Your masterpiece. I offer my whole being as an instrument of praise to You. May my every thought, word, and action resonate with worship and glorify Your holy name.

Thank You for the gift of music and the ability to express my love for You through melodies and harmonies. Let the songs that flow from my heart be pleasing to Your ears and bring delight to Your soul. Lord, I rejoice in Your presence and the joy that overflows in my heart when I worship You.

Help me to always remember that true joy is found in You alone. With every breath, I will praise You. With every beat of my heart, I will exalt Your name. You are my strength, my refuge, and my salvation. May my life be a living testimony of Your goodness and faithfulness. Use me, Lord, to bring glory to Your name and to point others towards Your unfailing love.

I join the chorus of all creation, praising You with everything I have. You are worthy of all honor, glory, and praise, both now and forevermore.

In Your mighty name, I pray.

Amen.

WEEK #48



Psalm 86

Prayer for Mercy, with Meditation on the Excellencies of the Lord

Week #48 takes us on a new journey of pouring out our heart to the Lord, seeking His mercy, guidance, and presence in our life. As you read Psalm 86, you will find yourself echoing the psalmist's deep longing for God's attention and help. In moments of distress and uncertainty, be reminded that you can always approach God with your vulnerabilities, knowing that He will receive you with love and understanding. Throughout this week, may you discover the power of surrendering your burdens to Him and allowing His grace and mercy to transform your life.

Psalm 86 is a beautiful and heartfelt prayer of David, expressing his deep trust and dependence on God. David acknowledges God as his Lord and professes his devotion to Him. He pleads with God to hear his prayer, to be gracious and answer him. He knows that God is a compassionate and gracious Father, slow to anger and abounding in steadfast love and faithfulness. In the midst of his plea for help, David expresses his confidence in God's ability to deliver him. He acknowledges that there is no one like God, and that His works are amazing. This declaration of God's greatness reminds us that we serve a God who is greater than any challenge or difficulty we may face. He is able to do far more than we can ask or imagine, and He is always with us, guiding and protecting us.

Imagine a time in your own life when you felt overwhelmed, unsure of what to do or where to turn. In those moments, you might have felt a deep

longing for guidance and support, a desire to have someone to lean on. It is in these vulnerable moments that we can truly connect with the essence of Psalm 86. David who was also faced with trials and tribulations knew the power of seeking God's help. He acknowledges his own limitations and places his trust in the Lord's unwavering love and faithfulness. Similarly, you too can find solace in turning to God in difficult times in your life, knowing that He is always listening and ready to extend His grace.

When we align ourselves with God's will and seek His guidance, we can experience His peace and walk in His paths of righteousness. Let gratitude be an integral part of your faith journey. No matter what circumstances we find ourselves in, there is always something to be thankful for. When we cultivate a heart of gratitude, it not only pleases God, but it also transforms our perspective and allows us to see His blessings even in the midst of challenges.

So today, or whenever you find yourself in situations where you need guidance, protection, or mercy, take a moment to reflect on Psalm 86. Remember, God already knows your heart, your struggles, and your desires. He is always ready to extend His love and guidance to you. Trust in His faithfulness, just as David did, and you will find the strength to overcome any obstacle that comes your way.



Verse of the Week

Give ear, O Lord, to my prayer; And attend to the voice of my supplications. In the day of my trouble I will call upon You, For You will answer me. - Psalm 86:6-7

Meditation & Prayer

Heavenly Father,

I come before You with a humble heart, seeking Your guidance and wisdom. In Your infinite love and mercy, hear my prayer, O Lord. Grant me the strength to trust in You wholeheartedly, to seek Your face in times of trouble and uncertainty. You are a gracious and compassionate God, slow to anger and abounding in love. Teach me Your ways, O Lord, that I may walk in Your truth and live according to Your commands.

Fill me with Your Spirit, that I may discern Your will and follow the path You have set before me. In moments of distress, I find solace in Your presence, knowing that You are my refuge and my fortress. Uphold me with Your mighty hand, and let Your peace, which surpasses all understanding, guard my heart and mind. Help me to lean on You, for You are my ever-present help in times of need.

Lord, I thank You for Your faithfulness and for the countless blessings You have bestowed upon me. May my life be a testament to Your goodness and grace. As I go forth in this day, may Your light shine through me, illuminating the lives of those around me.

In Your holy name, I pray.

Amen.

WEEK #49



Psalm 118

Praise to God for His Everlasting Mercy

Welcome to Week #49 of encountering God's heart. As you meditate on Psalm 118, you will find yourself joining the psalmist in declaring, "Give thanks to the Lord, for He is good; His love endures forever." These words serve as a reminder that God's love and faithfulness are constant and enduring. They are not dependent on our circumstances but are rooted in His character. This psalm invites us to deepen our trust in God. It encourages us to look beyond our present circumstances and to focus on His unwavering love and faithfulness.

Psalm 118 is a joyful hymn of thanksgiving and praise to God for His steadfast love and faithfulness. The psalmist begins by proclaiming the goodness and enduring love of God, highlighting the importance of trusting in Him, and encourages us not to put our trust in human strength or earthly resources. In times of distress, the psalmist called out to God for help, and the Lord answered with deliverance and victory. When we place our trust in God, we can be confident that He will never let us down. He is our rock, our fortress, and our salvation.

Like the psalmist, think back to a time when you felt overwhelmed by a challenge or obstacle. It could be a personal struggle, a difficult situation, or a moment when you felt helpless. In those moments, you might have cried out to God for help and found His presence and guidance leading you through, bringing healing to your brokenness, and provided a way when you saw no way out. Throughout this week, it is my hope that you will experience a renewed sense of hope and a strengthened faith in the goodness of God.

As you continue reading, you encounter this powerful declaration from the psalmist, “The Lord is with me; I will not be afraid. What can mere mortals do to me?” May these words resonate deeply within your soul, reminding you that God’s presence is a constant source of strength and courage. Therefore, be encouraged to let go of fear and trust in God’s protection and provision, acknowledging that it is through His power and grace that you have overcome.

With the week coming to an end, make a decision today to align your heart with God’s heart, as you join the psalmist in proclaiming, “This is the day the Lord has made; let us rejoice and be glad in it.” Let this verse be a reminder to have a heart of gratitude and to find joy in every day, regardless of your circumstances. Know that each new day is a gift from God, filled with opportunities for growth, blessings, and His presence.

In times of difficulty or uncertainty, Psalm 118 reminds us to trust in God’s goodness and steadfast love. It encourages us to seek His help and rely on His strength. Just as the psalmist proclaims, “I shall not die, but I shall live, and recount the deeds of the Lord,” may you also declare your trust in God’s deliverance and proclaim His goodness in your own life every day you are alive!



Verse of the Week

This is the day the Lord has made; We will rejoice and be glad in it. - Psalm 118:24

Meditation & Prayer

Gracious God,

I come before You with a heart full of gratitude and praise. You are my strength and my song; in You, I find refuge and salvation. Thank You for Your steadfast love that endures forever. When I face challenges and obstacles, I will trust in You, O Lord, for You are always by my side. You have not given me a spirit of fear but of power, love, and a sound mind. Help me to walk in confidence, knowing that You are with me, guiding and protecting me.

Even in the midst of trials, I will rejoice and be glad, for You have shown me Your faithfulness time and time again. Your promises are my anchor, and Your words bring me comfort and hope. Help me to meditate on Your truth day and night, that I may find strength and courage in Your presence.

Lord, I thank You for Your unwavering love and for the gift of salvation through Your Son, Jesus Christ. May I always remember to give thanks and declare Your goodness to all who will listen.

Let Your light shine through me, that others may come to know You and experience Your love.

In Your precious name, I pray.

Amen.

WEEK #50



Psalm 144

A Song to the Lord Who Preserves and Prospers His People

Wow, we made it to Week #50, which takes us on a profound journey into God's heart. As we explore Psalm 144, be encouraged to put your trust in God, who is our strength, our protector, and our deliverer. This psalm reminds us that God is our true source of hope, and we can find refuge in Him in times of trouble. It is my prayer that this revelation will deepen your gratitude and reliance on God's unfailing love and faithfulness this week. So be filled with confidence, knowing that your God equips you for battle, listens to your pleas, and will deliver you from your enemies.

Psalm 144 is a prayer of David, acknowledging God as his strength and protector; the One who trains him for battle and makes his hands skillful. Like David, know that it is God who equips and empowers you with the skills and abilities you need to face the challenges of life. So in every battle you face, have confidence and assurance, knowing that God is your ultimate source of strength and victory.

This week, think about a situation in your life where you have felt overwhelmed or under attack. It could be a difficult relationship, a health issue, or a personal battle you are fighting. In those moments, I hope you know it is natural to seek God's intervention and guidance. When we cry out to God, He bends down to listen to our prayers and is swift to come to your aid. Have faith that with God by your side, you can face anything and find true peace and fulfillment in His presence.

We know that God is our refuge, our fortress, and our stronghold. In times of distress, we can find safety and security in His presence. He is our shield, protecting us from harm and danger. Because of that, we do not have to face the trials of life alone. For God is always with us, ready to provide comfort and guidance.

As our journey continues in this psalm, we find the psalmist expressing his desire for God's blessings and prosperity. He understands that true success and fulfillment come from walking in alignment with God's will and seeking His favor. He reminds us that when we prioritize our relationship with God and seek His kingdom first, He will bless us abundantly.

In times of struggle, Psalm 144 reminds us to turn to God as our source of strength and protection. It encourages us to seek His intervention and trust in His ability to deliver us from our enemies, whether they be physical or spiritual. Like David, may you find comfort in knowing that God is with you and will fight on your behalf even as you rest in His unchanging love and faithfulness.



Verse of the Week

Lord, what is man, that You take knowledge of him? Or the son of man, that You are mindful of him?

Psalm 144:3

Meditation & Prayer

O Lord my Rock and my Fortress,

I come before You with humble gratitude. You are my strength and my shield, my deliverer in times of trouble. I seek Your guidance and protection in every aspect of my life. You have trained my hands for battle and equipped me for the challenges that lie ahead. Help me to be steadfast in my faith, relying on Your wisdom and strength.

Lead me on the path of righteousness, that I may honor You with my actions and decisions. Lord, I thank You for Your unfailing love and compassion. You are mindful of me, a mere mortal, and Your thoughts toward me are precious.

In moments of doubt or uncertainty, remind me of Your faithfulness and the promises You have spoken over my life. I surrender my fears and anxieties to You, knowing that You are in control. Teach me to trust in Your perfect timing and to wait patiently for Your answers.

Grant me discernment to recognize Your voice and follow Your will in all things. In times of triumph or difficulty, I will sing a new song to You, my God. You are worthy of all praise and adoration.

May my life be a testament to Your goodness and grace, shining Your light in this world.

In Your mighty name, I pray.

Amen.

WEEK #51



Psalm 107

Thanksgiving to the Lord for His Great Works of Deliverance

Week #51 welcomes us on our journey to encounter God's heart in a profound and personal way. As you meditate on this psalm, you will be captivated by the psalmist's portrayal of God's unfailing love and faithfulness as He responds to the cries of His people in times of distress and need. In Psalm 107, we encounter God's heart as the rescuer, provider, healer, and restorer. We are encouraged to give thanks to the Lord for His goodness and to share our stories of His deliverance.

Psalm 107 is a powerful reminder of God's faithfulness, His redeeming love, and His ability to rescue us from any situation. The psalmist begins by proclaiming, "Give thanks to the Lord, for He is good; His love endures forever." This verse sets the tone for the entire psalm, emphasizing God's unwavering love and kindness towards us. It reminds us that no matter what we may be going through, His love will never fail us.

The psalmist goes on to describe different scenarios in which people find themselves in distress. Some were lost and wandering in the desert, hungry and thirsty. Others were imprisoned and bound in chains; their hearts burdened with sorrow. Still, others face storms at sea, with their lives in danger.

But in each situation, the psalmist highlights how God responds to their cries for help. He leads the lost to a city where they can find shelter and provision. He breaks the chains of the prisoners, setting them free from their bondage and He calms the stormy seas, bringing peace and safety. These stories of deliverance remind us that God is always near, ready to rescue us from any circumstance. His power and love have no limits. He can turn deserts into fruitful lands, heal broken hearts, and bring peace to the most turbulent storms of life.

As you meditate on God's response to their cries for help, think about a time in your life when you felt lost, bound, distressed, or trapped in a difficult situation. It could be a time when you felt spiritually empty, emotionally drained, or physically exhausted, and how God showed His faithfulness to you and provided a way out or brought you comfort and healing.

Like the psalmist, I urge you to give thanks to the Lord for His wonderful deeds and His miraculous interventions. Take time this week to offer sacrifices of praise, to declare His works with joy and gratitude. By doing so, you do not only honor God, but you also inspire others with your testimony of His faithfulness.

As the psalm comes to an end, you find out that God is the One who heals and restores, even in the face of death. It reminds us that no matter how dire our circumstances may seem, God is always with us, ready to lead us out of darkness into His marvelous light.



Verse of the Week

Let the redeemed of the Lord say so, Whom He has redeemed from the hand of the enemy. - Psalm 107:2

Meditation & Prayer

Heavenly Father,

I come before You with a grateful heart, for You are good and Your love endures forever. Thank You for Your faithfulness and for redeeming me from the bondage of sin. Lord, I confess that at times I have wandered away from Your path, seeking fulfillment in worldly things. But today, I acknowledge that only You can satisfy the deepest longings of my soul. I repent of my sins and turn to You for forgiveness and restoration.

Thank You for rescuing me from the darkness and bringing me into Your marvelous light. You have delivered me from the grip of the enemy and set me free. Help me to walk in the freedom and joy that comes from knowing You. Lord, in times of trouble, You are my refuge and strength. When I am lost, You guide me with Your unfailing love and tender mercies. You calm the storms of life and bring peace to my weary soul.

I praise You for Your healing power, both physical and spiritual. You bind up my wounds and bring forth healing and wholeness. Your grace is sufficient for me, and I trust in Your promises to sustain me through every trial. Thank You for providing for my needs and filling me with good things.

Help me to be a faithful steward of all that You have entrusted to me. Use me as an instrument of Your love and grace, that others may come to know You and experience Your goodness.

In Your precious name, I pray.

Amen.

WEEK #52



Psalm 119

Meditations on the Excellencies of the Word of God

Oh how excellent it is to meditate on the word of God! Wow, we have made it to Week #52, the last week of the year. As we reflect on Psalm 119, we are reminded of the importance of immersing ourselves in the Word of God. It is through reading, studying, and meditating on His Word that we gain a deeper understanding of His character and His plans for our lives.

It is through the Word of God that we find the answers to life's questions and the guidance we need to navigate the world and challenges we face. As you immerse yourself in Psalm 119, may you be captivated by the psalmist's deep love and devotion for God's Word, and gain a greater understanding of God's heart as a source of guidance, wisdom, and transformation.

Psalm 119 is longest chapter in the Bible, consisting of 176 verses, with each section highlighting the various attributes and benefits of God's Word. It is an acrostic poem, with each section beginning with a different letter of the Hebrew alphabet that celebrates the Word of God and its transformative power in our lives. The psalmist expresses his love for God's law, and his commitment to follow it wholeheartedly, recognizing that they are a lamp to their feet and a light to their path.

As you continue to meditate on the words of this psalm, consider your own relationship with God's Word. How do you view the Scriptures? Have you experienced the transformative power of God's Word in your life? Reflect on the times when you have turned to the Bible for guidance, comfort, or wisdom, and be reminded that, God is the One who imparts wisdom and understanding. It is through meditating on His Word that we gain insight and discernment. Let this truth resonate with you, as you realize that God's Word is not just a collection of words, but a wellspring of wisdom that holds the answers to life's questions.

The psalmist acknowledges that following God's commands may not always be easy, but affirms that obedience leads to true freedom and abundant life. God's laws are not meant to restrict us, but to guide us and protect us from harm. When we align our lives with His Word, we experience the blessings that flow from a life lived in harmony with His will. His Word has the power to sustain us, give us hope, encourage and strengthen us in times of difficulty and trial.

As the year comes to an end, may your encounter with God's heart throughout this year deepen your appreciation for God's Word as a reliable compass, a wellspring of wisdom, and a transformative force in your life. Be filled with a sense of purpose and assurance today, knowing that God's Word will lead you in the right direction in this journey we call LIFE.



Verse of the Week

*Your word I have hidden in my heart, That I might not sin
against You. - Psalm 119:11*

Meditation & Prayer

Dear Lord,

I come before You today, acknowledging Your word as a lamp to my feet and a light to my path. Your commandments are my delight, and I long to follow them with all my heart. Father, I confess that at times I have strayed from Your statutes and wandered into the ways of the world. Forgive me for my disobedience and help me to turn back to Your ways.

Renew my love for Your word and give me a hunger and thirst for righteousness. Thank You for the wisdom and understanding that Your precepts provide. Guide me in Your truth and teach me Your ways, so that I may walk in obedience and live a life that brings glory to Your name. Lord, I recognize that Your word is a source of comfort and strength in times of trouble. When my heart is troubled, Your promises bring me peace.

Help me to meditate on Your word day and night, that I may find refuge and hope in You. Father, I ask for Your grace to keep my lips from speaking deceit and my heart from straying towards wickedness. Let Your word be a guard over my thoughts and actions, that I may live a life that honors You. Thank You for the blessings that come from keeping Your commandments.

May Your word be a lamp that shines brightly in my life, leading me to walk in righteousness and to share Your love with others.

In Jesus' name, I pray.

Amen.

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”



**52 Selected Psalms for a
Year-Long Journey of Faith
and Inspiration**



Psalm 23

The Lord, the Shepherd of His People

A Psalm of David.

1 The Lord is my shepherd;
I shall not want.

2 He makes me to lie down in green pastures;
He leads me beside the still waters.

3 He restores my soul;
He leads me in the paths of righteousness For His name's sake.

4 Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.

6 Surely goodness and mercy shall follow me,
All the days of my life;
And I will dwell in the house of the Lord Forever.





Psalm 91

Safety of Abiding in the Presence of God

- 1 He who dwells in the secret place of the Most High
Shall abide under the shadow of the Almighty.
- 2 I will say of the Lord, "He is my refuge and my fortress;
My God, in Him I will trust."
- 3 Surely He shall deliver you from the snare of the fowler
And from the perilous pestilence.
- 4 He shall cover you with His feathers,
And under His wings you shall take refuge;
His truth shall be your shield and buckler.
- 5 You shall not be afraid of the terror by night,
Nor of the arrow that flies by day,
- 6 Nor of the pestilence that walks in darkness,
Nor of the destruction that lays waste at noonday.
- 7 A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not come near you.
- 8 Only with your eyes shall you look,
And see the reward of the wicked.
- 9 Because you have made the Lord, who is my refuge,
Even the Most High, your dwelling place,
- 10 No evil shall befall you,
Nor shall any plague come near your dwelling;
- 11 For He shall give His angels charge over you,
To keep you in all your ways.
- 12 In their hands they shall bear you up,
Lest you dash your foot against a stone.
- 13 You shall tread upon the lion and the cobra,
The young lion and the serpent you shall trample underfoot.

14 “Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name.

15 He shall call upon Me, and I will answer him;

I will be with him in trouble;

I will deliver him and honor him.

16 With long life I will satisfy him,

And show him My salvation.”





Psalm 121

God, the Help of those who seek Him.

A Song of Ascents.

- 1 I will lift up my eyes to the hills—
From whence comes my help?
2 My help comes from the Lord,
Who made heaven and earth.
3 He will not allow your foot to be moved;
He who keeps you will not slumber.
4 Behold, He who keeps Israel
Shall 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 shall preserve you from all evil;
He shall preserve your soul.
8 The Lord shall preserve your going out and your coming in
From this time forth, and even forevermore.





Psalm 27

An Exuberant Declaration of Faith

A Psalm of David.

- 1 The Lord is my light and my salvation;
Whom shall I fear?
The Lord is the strength of my life;
Of whom shall I be afraid?
- 2 When the wicked came against me
To eat up my flesh,
My enemies and foes,
They stumbled and fell.
- 3 Though an army may encamp against me,
My heart shall not fear;
Though war may rise against me,
In this I will be confident.
- 4 One thing I have desired of the Lord,
That will I seek:
That I may dwell in the house of the Lord
All the days of my life,
To behold the beauty of the Lord,
And to inquire in His temple.
- 5 For in the time of trouble
He shall hide me in His pavilion;
In the secret place of His tabernacle
He shall hide me;
He shall set me high upon a rock.
- 6 And now my head shall be lifted up above my enemies all around me;
Therefore I will offer sacrifices of joy in His tabernacle;
I will sing, yes, I will sing praises to the Lord.

7 Hear, O Lord, when I cry with my voice!
Have mercy also upon me, and answer me.
8 When You said, "Seek My face,"
My heart said to You, "Your face, Lord, I will seek."
9 Do not hide Your face from me;
Do not turn Your servant away in anger;
You have been my help;
Do not leave me nor forsake me,
O God of my salvation.
10 When my father and my mother forsake me,
Then the Lord will take care of me.
11 Teach me Your way, O Lord,
And lead me in a smooth path, because of my enemies.
12 Do not deliver me to the will of my adversaries;
For false witnesses have risen against me,
And such as breathe out violence.
13 I would have lost heart, unless I had believed
That I would see the goodness of the Lord
In the land of the living.
14 Wait on the Lord;
Be of good courage,
And He shall strengthen your heart;
Wait, I say, on the Lord!





Psalm 139

God's Perfect Knowledge of Man

A Psalm of David.

- 1 O Lord, You have searched me and known me.
2 You know my sitting down and my rising up;
 You understand my thought afar off.
3 You comprehend my path and my lying down,
 And are acquainted with all my ways.
4 For there is not a word on my tongue,
But behold, O Lord, You know it altogether.
5 You have hedged me behind and before,
 And laid Your hand upon me.
6 Such knowledge is too wonderful for me;
 It is high, I cannot attain it.
7 Where can I go from Your Spirit?
Or where can I flee from Your presence?
8 If I ascend into heaven, You are there;
If I make my bed in hell, behold, You are there.
9 If I take the wings of the morning,
And dwell in the uttermost parts of the sea,
10 Even there Your hand shall lead me,
 And Your right hand shall hold me.
11 If I say, "Surely the darkness shall fall on me,"
 Even the night shall be light about me;
12 Indeed, the darkness shall not hide from You,
 But the night shines as the day;
The darkness and the light are both alike to You.
13 For You formed my inward parts;
 You covered me in my mother's womb.

14 I will praise You, for I am fearfully and wonderfully made;
 Marvelous are Your works,
 And that my soul knows very well.
15 My frame was not hidden from You,
 When I was made in secret,
And skillfully wrought in the lowest parts of the earth.
16 Your eyes saw my substance, being yet unformed.
 And in Your book they all were written,
 The days fashioned for me,
 When as yet there were none of them.
17 How precious also are Your thoughts to me, O God!
 How great is the sum of them!
18 If I should count them, they would be more in number than the sand;
 When I awake, I am still with You.
19 Oh, that You would slay the wicked, O God!
Depart from me, therefore, you bloodthirsty men.
20 For they speak against You wickedly;
 Your enemies take Your name in vain.
21 Do I not hate them, O Lord, who hate You?
And do I not loathe those who rise up against You?
22 I hate them with perfect hatred;
 I count them my enemies.
23 Search me, O God, and know my heart;
 Try me, and know my anxieties;
24 And see if there is any wicked way in me,
 And lead me in the way everlasting.





Psalm 37

The Heritage of the Righteous and the Calamity of the Wicked

A Psalm of David.

1 Do not fret because of evildoers,
Nor be envious of the workers of iniquity.
2 For they shall soon be cut down like the grass,
And wither as the green herb.
3 Trust in the Lord, and do good;
Dwell in the land, and feed on His faithfulness.
4 Delight yourself also in the Lord,
And He shall give you the desires of your heart.
5 Commit your way to the Lord,
Trust also in Him,
And He shall bring it to pass.
6 He shall bring forth your righteousness as the light,
And your justice as the noonday.
7 Rest in the Lord, and wait patiently for Him;
Do not fret because of him who prospers in his way,
Because of the man who brings wicked schemes to pass.
8 Cease from anger, and forsake wrath;
Do not fret—it only causes harm.
9 For evildoers shall be cut off;
But those who wait on the Lord,
They shall inherit the earth.
10 For yet a little while and the wicked shall be no more;
Indeed, you will look carefully for his place,
But it shall be no more.
11 But the meek shall inherit the earth,
And shall delight themselves in the abundance of peace.

- 12 The wicked plots against the just,
And gnashes at him with his teeth.
- 13 The Lord laughs at him,
For He sees that his day is coming.
- 14 The wicked have drawn the sword
And have bent their bow,
To cast down the poor and needy,
To slay those who are of upright conduct.
- 15 Their sword shall enter their own heart,
And their bows shall be broken.
- 16 A little that a righteous man has
Is better than the riches of many wicked.
- 17 For the arms of the wicked shall be broken,
But the Lord upholds the righteous.
- 18 The Lord knows the days of the upright,
And their inheritance shall be forever.
- 19 They shall not be ashamed in the evil time,
And in the days of famine they shall be satisfied.
- 20 But the wicked shall perish;
And the enemies of the Lord,
Like the splendor of the meadows, shall vanish.
Into smoke they shall vanish away.
- 21 The wicked borrows and does not repay,
But the righteous shows mercy and gives.
- 22 For those blessed by Him shall inherit the earth,
But those cursed by Him shall be cut off.
- 23 The steps of a good man are ordered by the Lord,
And He delights in his way.
- 24 Though he fall, he shall not be utterly cast down;
For the Lord upholds him with His hand.
- 25 I have been young, and now am old;
Yet I have not seen the righteous forsaken,
Nor his descendants begging bread.
- 26 He is ever merciful, and lends;
And his descendants are blessed.

27 Depart from evil, and do good;
And dwell forevermore.
28 For the Lord loves justice,
And does not forsake His saints;
They are preserved forever,
But the descendants of the wicked shall be cut off.
29 The righteous shall inherit the land,
And dwell in it forever.
30 The mouth of the righteous speaks wisdom,
And his tongue talks of justice.
31 The law of his God is in his heart;
None of his steps shall slide.
32 The wicked watches the righteous,
And seeks to slay him.
33 The Lord will not leave him in his hand,
Nor condemn him when he is judged.
34 Wait on the Lord,
And keep His way,
And He shall exalt you to inherit the land;
When the wicked are cut off, you shall see it.
35 I have seen the wicked in great power,
And spreading himself like a native green tree.
36 Yet he passed away, and behold, he was no more;
Indeed I sought him, but he could not be found.
37 Mark the blameless man, and observe the upright;
For the future of that man is peace.
38 But the transgressors shall be destroyed together;
The future of the wicked shall be cut off.
39 But the salvation of the righteous is from the Lord;
He is their strength in the time of trouble.
40 And the Lord shall help them and deliver them;
He shall deliver them from the wicked,
And save them, Because they trust in Him.





Psalm 1

The Way of the Righteous and the Way of the Ungodly

1 Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
2 But his delight is in the law of the Lord,
And in His law he meditates day and night.
3 He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.
4 The ungodly are not so,
But are like the chaff which the wind drives away.
5 Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
6 For the Lord knows the way of the righteous,
But the way of the ungodly shall perish.





Psalm 51

A prayer of Repentance

To the Chief Musician. A Psalm of David when Nathan the prophet went to him, after he had gone in to Bathsheba.

1 Have mercy upon me, O God,
According to Your lovingkindness;
According to the multitude of Your tender mercies,
Blot out my transgressions.

2 Wash me thoroughly from my iniquity,
And cleanse me from my sin.

3 For I acknowledge my transgressions,
And my sin is always before me.

4 Against You, You only, have I sinned,
And done this evil in Your sight—
That You may be found just when You speak,
And blameless when You judge.

5 Behold, I was brought forth in iniquity,
And in sin my mother conceived me.

6 Behold, You desire truth in the inward parts,
And in the hidden part You will make me to know wisdom.

7 Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.

8 Make me hear joy and gladness,
That the bones You have broken may rejoice.

9 Hide Your face from my sins,
And blot out all my iniquities.

10 Create in me a clean heart, O God,
And renew a steadfast spirit within me.

- 11 Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
- 12 Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.
- 13 Then I will teach transgressors Your ways,
And sinners shall be converted to You.
- 14 Deliver me from the guilt of bloodshed, O God,
The God of my salvation,
And my tongue shall sing aloud of Your righteousness.
- 15 O Lord, open my lips,
And my mouth shall show forth Your praise.
- 16 For You do not desire sacrifice, or else I would give it;
You do not delight in burnt offering.
- 17 The sacrifices of God are a broken spirit,
A broken and a contrite heart—
These, O God, You will not despise.
- 18 Do good in Your good pleasure to Zion;
Build the walls of Jerusalem.
- 19 Then You shall be pleased with the sacrifices of righteousness,
With burnt offering and whole burnt offering;
Then they shall offer bulls on Your altar.





Psalm 35

The Lord, the Avenger of His People

A Psalm of David.

- 1 Plead my cause, O Lord, with those who strive with me;
Fight against those who fight against me.
- 2 Take hold of shield and buckler,
And stand up for my help.
- 3 Also draw out the spear,
And stop those who pursue me.
Say to my soul,
“I am your salvation.”
- 4 Let those be put to shame and brought to dishonor
Who seek after my life;
Let those be turned back and brought to confusion
Who plot my hurt.
- 5 Let them be like chaff before the wind,
And let the angel of the Lord chase them.
- 6 Let their way be dark and slippery,
And let the angel of the Lord pursue them.
- 7 For without cause they have hidden their net for me in a pit,
Which they have dug without cause for my life.
- 8 Let destruction come upon him unexpectedly,
And let his net that he has hidden catch himself;
Into that very destruction let him fall.
- 9 And my soul shall be joyful in the Lord;
It shall rejoice in His salvation.
- 10 All my bones shall say,
“Lord, who is like You,

Delivering the poor from him who is too strong for him,
Yes, the poor and the needy from him who plunders him?"

11 Fierce witnesses rise up;

They ask me things that I do not know.

12 They reward me evil for good,

To the sorrow of my soul.

13 But as for me, when they were sick,

My clothing was sackcloth;

I humbled myself with fasting;

And my prayer would return to my own heart.

14 I paced about as though he were my friend or brother;

I bowed down heavily, as one who mourns for his mother.

15 But in my adversity they rejoiced

And gathered together;

Attackers gathered against me,

And I did not know it;

They tore at me and did not cease;

16 With ungodly mockers at feasts

They gnashed at me with their teeth.

17 Lord, how long will You look on?

Rescue me from their destructions,

My precious life from the lions.

18 I will give You thanks in the great assembly;

I will praise You among many people.

19 Let them not rejoice over me who are wrongfully my enemies;

Nor let them wink with the eye who hate me without a cause.

20 For they do not speak peace,

But they devise deceitful matters

Against the quiet ones in the land.

21 They also opened their mouth wide against me,

And said, "Aha, aha!

Our eyes have seen it."

22 This You have seen, O Lord;

Do not keep silence.

O Lord, do not be far from me.

23 Stir up Yourself, and awake to my vindication,
To my cause, my God and my Lord.

24 Vindicate me, O Lord my God, according to Your righteousness;
And let them not rejoice over me.

25 Let them not say in their hearts, “Ah, so we would have it!”
Let them not say, “We have swallowed him up.”

26 Let them be ashamed and brought to mutual confusion
Who rejoice at my hurt;
Let them be clothed with shame and dishonor
Who exalt themselves against me.

27 Let them shout for joy and be glad,
Who favor my righteous cause;
And let them say continually,
“Let the Lord be magnified,
Who has pleasure in the prosperity of His servant.”

28 And my tongue shall speak of Your righteousness
And of Your praise all the day long.





Psalm 103

Praise for the Lord's Mercies

A Psalm of David.

- 1 Bless the Lord, O my soul;
And all that is within me, bless His holy name!
- 2 Bless the Lord, O my soul,
And forget not all His benefits:
- 3 Who forgives all your iniquities,
Who heals all your diseases,
- 4 Who redeems your life from destruction,
Who crowns you with lovingkindness and tender mercies,
- 5 Who satisfies your mouth with good things,
So that your youth is renewed like the eagle's.
- 6 The Lord executes righteousness
And justice for all who are oppressed.
- 7 He made known His ways to Moses,
His acts to the children of Israel.
- 8 The Lord is merciful and gracious,
Slow to anger, and abounding in mercy.
- 9 He will not always strive with us,
Nor will He keep His anger forever.
- 10 He has not dealt with us according to our sins,
Nor punished us according to our iniquities.
- 11 For as the heavens are high above the earth,
So great is His mercy toward those who fear Him;
- 12 As far as the east is from the west,
So far has He removed our transgressions from us.
- 13 As a father pities his children,
So the Lord pities those who fear Him.

14 For He knows our frame;
He remembers that we are dust.
15 As for man, his days are like grass;
As a flower of the field, so he flourishes.
16 For the wind passes over it, and it is gone,
And its place remembers it no more.
17 But the mercy of the Lord is from everlasting to everlasting
On those who fear Him,
And His righteousness to children's children,
18 To such as keep His covenant,
And to those who remember His commandments to do them.
19 The Lord has established His throne in heaven,
And His kingdom rules over all.
20 Bless the Lord, you His angels,
Who excel in strength, who do His word,
Heeding the voice of His word.
21 Bless the Lord, all you His hosts,
You ministers of His, who do His pleasure.
22 Bless the Lord, all His works,
In all places of His dominion.
Bless the Lord, O my soul!





Psalm 46

God the Refuge of His People and Conqueror of the Nations
**To the Chief Musician. A Psalm of the sons of Korah. A Song for
Alamoth.**

1 God is our refuge and strength,
A very present help in trouble.
2 Therefore we will not fear,
Even though the earth be removed,
And though the mountains be carried into the midst of the sea;
3 Though its waters roar and be troubled,
Though the mountains shake with its swelling. Selah
4 There is a river whose streams shall make glad the city of God,
The holy place of the tabernacle of the Most High.
5 God is in the midst of her, she shall not be moved;
God shall help her, just at the break of dawn.
6 The nations raged, the kingdoms were moved;
He uttered His voice, the earth melted.
7 The Lord of hosts is with us;
The God of Jacob is our refuge. Selah
8 Come, behold the works of the Lord,
Who has made desolations in the earth.
9 He makes wars cease to the end of the earth;
He breaks the bow and cuts the spear in two;
He burns the chariot in the fire.
10 Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth!
11 The Lord of hosts is with us;
The God of Jacob is our refuge. Selah.





Psalm 19

The Perfect Revelation of the Lord

To the Chief Musician. A Psalm of David.

1 The heavens declare the glory of God;
And the firmament shows His handiwork.

2 Day unto day utters speech,
And night unto night reveals knowledge.

3 There is no speech nor language
Where their voice is not heard.

4 Their line has gone out through all the earth,
And their words to the end of the world.

In them He has set a tabernacle for the sun,

5 Which is like a bridegroom coming out of his chamber,
And rejoices like a strong man to run its race.

6 Its rising is from one end of heaven,
And its circuit to the other end;

And there is nothing hidden from its heat.

7 The law of the Lord is perfect, converting the soul;
The testimony of the Lord is sure, making wise the simple;

8 The statutes of the Lord are right, rejoicing the heart;
The commandment of the Lord is pure, enlightening the eyes;

9 The fear of the Lord is clean, enduring forever;
The judgments of the Lord are true and righteous altogether.

10 More to be desired are they than gold,
Yea, than much fine gold;

Sweeter also than honey and the honeycomb.

11 Moreover by them Your servant is warned,
And in keeping them there is great reward.

12 Who can understand his errors?
Cleanse me from secret faults.

13 Keep back Your servant also from presumptuous sins;
Let them not have dominion over me.
Then I shall be blameless,
And I shall be innocent of great transgression.

14 Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O Lord, my strength and my Redeemer.





Psalm 40

Faith Persevering in Trail

To the Chief Musician. A Psalm of David.

1 I waited patiently for the Lord;
And He inclined to me,
And heard my cry.

2 He also brought me up out of a horrible pit,
Out of the miry clay,
And set my feet upon a rock,
And established my steps.

3 He has put a new song in my mouth—
Praise to our God;
Many will see it and fear,
And will trust in the Lord.

4 Blessed is that man who makes the Lord his trust,
And does not respect the proud, nor such as turn aside to lies.

5 Many, O Lord my God, are Your wonderful works
Which You have done;
And Your thoughts toward us
Cannot be recounted to You in order;
If I would declare and speak of them,
They are more than can be numbered.

6 Sacrifice and offering You did not desire;
My ears You have opened.

Burnt offering and sin offering You did not require.

7 Then I said, “Behold, I come;
In the scroll of the book it is written of me.

8 I delight to do Your will, O my God,
And Your law is within my heart.”

9 I have proclaimed the good news of righteousness
In the great assembly;

Indeed, I do not restrain my lips,

O Lord, You Yourself know.

10 I have not hidden Your righteousness within my heart;

I have declared Your faithfulness and Your salvation;

I have not concealed Your lovingkindness and Your truth

From the great assembly.

11 Do not withhold Your tender mercies from me, O Lord;

Let Your lovingkindness and Your truth continually preserve me.

12 For innumerable evils have surrounded me;

My iniquities have overtaken me, so that I am not able to look up;

They are more than the hairs of my head;

Therefore my heart fails me.

13 Be pleased, O Lord, to deliver me;

O Lord, make haste to help me!

14 Let them be ashamed and brought to mutual confusion

Who seek to destroy my life;

Let them be driven backward and brought to dishonor

Who wish me evil.

15 Let them be confounded because of their shame,

Who say to me, "Aha, aha!"

16 Let all those who seek You rejoice and be glad in You;

Let such as love Your salvation say continually,

"The Lord be magnified!"

17 But I am poor and needy;

Yet the Lord thinks upon me.

You are my help and my deliverer;

Do not delay, O my God.





PSALM 8

The Glory of the Lord in Creation

To the Chief Musician. On the instrument of Gath. A Psalm of David.

1 O Lord, our Lord,
How excellent is Your name in all the earth,
Who have set Your glory above the heavens!

2 Out of the mouth of babes and nursing infants
You have ordained strength,
Because of Your enemies,
That You may silence the enemy and the avenger.

3 When I consider Your heavens, the work of Your fingers,
The moon and the stars, which You have ordained,

4 What is man that You are mindful of him,
And the son of man that You visit him?

5 For You have made him a little lower than the angels,
And You have crowned him with glory and honor.

6 You have made him to have dominion over the works of Your hands;
You have put all things under his feet,
7 All sheep and oxen—
Even the beasts of the field,
8 The birds of the air,
And the fish of the sea
That pass through the paths of the seas.

9 O Lord, our Lord,
How excellent is Your name in all the earth!





Psalm 34

The Happiness of those who Trust in God

**A Psalm of David when he pretended madness before Abimelech,
who drove him away, and he departed.**

1 I will bless the Lord at all times;
His praise shall continually be in my mouth.

2 My soul shall make its boast in the Lord;
The humble shall hear of it and be glad.

3 Oh, magnify the Lord with me,
And let us exalt His name together.

4 I sought the Lord, and He heard me,
And delivered me from all my fears.

5 They looked to Him and were radiant,
And their faces were not ashamed.

6 This poor man cried out, and the Lord heard him,
And saved him out of all his troubles.

7 The angel of the Lord encamps all around those who fear Him,
And delivers them.

8 Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!

9 Oh, fear the Lord, you His saints!
There is no want to those who fear Him.

10 The young lions lack and suffer hunger;
But those who seek the Lord shall not lack any good thing.

11 Come, you children, listen to me;
I will teach you the fear of the Lord.

12 Who is the man who desires life,
And loves many days, that he may see good?

13 Keep your tongue from evil,

And your lips from speaking deceit.
14 Depart from evil and do good;
Seek peace and pursue it.
15 The eyes of the Lord are on the righteous,
And His ears are open to their cry.
16 The face of the Lord is against those who do evil,
To cut off the remembrance of them from the earth.
17 The righteous cry out, and the Lord hears,
And delivers them out of all their troubles.
18 The Lord is near to those who have a broken heart,
And saves such as have a contrite spirit.
19 Many are the afflictions of the righteous,
But the Lord delivers him out of them all.
20 He guards all his bones;
Not one of them is broken.
21 Evil shall slay the wicked,
And those who hate the righteous shall be condemned.
22 The Lord redeems the soul of His servants,
And none of those who trust in Him shall be condemned.





Psalm 18

God the Sovereign Savior

**To the Chief Musician. A Psalm of David the servant of the Lord,
who spoke to the Lord the words of this song on the day that
the Lord delivered him from the hand of all his enemies and from the
hand of Saul. And he said:**

- 1 I will love You, O Lord, my strength.
- 2 The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust;
My shield and the horn of my salvation, my stronghold.
- 3 I will call upon the Lord, who is worthy to be praised;
So shall I be saved from my enemies.
- 4 The pangs of death surrounded me,
And the floods of ungodliness made me afraid.
- 5 The sorrows of Sheol surrounded me;
The snares of death confronted me.
- 6 In my distress I called upon the Lord,
And cried out to my God;
He heard my voice from His temple,
And my cry came before Him, even to His ears.
- 7 Then the earth shook and trembled;
The foundations of the hills also quaked and were shaken,
Because He was angry.
- 8 Smoke went up from His nostrils,
And devouring fire from His mouth;
Coals were kindled by it.
- 9 He bowed the heavens also, and came down
With darkness under His feet.
- 10 And He rode upon a cherub, and flew;

He flew upon the wings of the wind.
11 He made darkness His secret place;
His canopy around Him was dark waters
And thick clouds of the skies.
12 From the brightness before Him,
His thick clouds passed with hailstones and coals of fire.
13 The Lord thundered from heaven,
And the Most High uttered His voice,
Hailstones and coals of fire.
14 He sent out His arrows and scattered the foe,
Lightnings in abundance, and He vanquished them.
15 Then the channels of the sea were seen,
The foundations of the world were uncovered
At Your rebuke, O Lord,
At the blast of the breath of Your nostrils.
16 He sent from above, He took me;
He drew me out of many waters.
17 He delivered me from my strong enemy,
From those who hated me,
For they were too strong for me.
18 They confronted me in the day of my calamity,
But the Lord was my support.
19 He also brought me out into a broad place;
He delivered me because He delighted in me.
20 The Lord rewarded me according to my righteousness;
According to the cleanness of my hands
He has recompensed me.
21 For I have kept the ways of the Lord,
And have not wickedly departed from my God.
22 For all His judgments were before me,
And I did not put away His statutes from me.
23 I was also blameless before Him,
And I kept myself from my iniquity.
24 Therefore the Lord has recompensed me according to my righteousness,
According to the cleanness of my hands in His sight.

25 With the merciful You will show Yourself merciful;
With a blameless man You will show Yourself blameless;
26 With the pure You will show Yourself pure;
And with the devious You will show Yourself shrewd.
27 For You will save the humble people,
But will bring down haughty looks.
28 For You will light my lamp;
The Lord my God will enlighten my darkness.
29 For by You I can run against a troop,
By my God I can leap over a wall.
30 As for God, His way is perfect;
The word of the Lord is proven;
He is a shield to all who trust in Him.
31 For who is God, except the Lord?
And who is a rock, except our God?
32 It is God who arms me with strength,
And makes my way perfect.
33 He makes my feet like the feet of deer,
And sets me on my high places.
34 He teaches my hands to make war,
So that my arms can bend a bow of bronze.
35 You have also given me the shield of Your salvation;
Your right hand has held me up,
Your gentleness has made me great.
36 You enlarged my path under me,
So my feet did not slip.
37 I have pursued my enemies and overtaken them;
Neither did I turn back again till they were destroyed.
38 I have wounded them,
So that they could not rise;
They have fallen under my feet.
39 For You have armed me with strength for the battle;
You have subdued under me those who rose up against me.
40 You have also given me the necks of my enemies,
So that I destroyed those who hated me.

41 They cried out, but there was none to save;
Even to the Lord, but He did not answer them.
42 Then I beat them as fine as the dust before the wind;
I cast them out like dirt in the streets.
43 You have delivered me from the strivings of the people;
You have made me the head of the nations;
A people I have not known shall serve me.
44 As soon as they hear of me they obey me;
The foreigners submit to me.
45 The foreigners fade away,
And come frightened from their hideouts.
46 The Lord lives!
Blessed be my Rock!
Let the God of my salvation be exalted.
47 It is God who avenges me,
And subdues the peoples under me;
48 He delivers me from my enemies.
You also lift me up above those who rise against me;
You have delivered me from the violent man.
49 Therefore I will give thanks to You, O Lord, among the Gentiles,
And sing praises to Your name.
50 Great deliverance He gives to His king,
And shows mercy to His anointed,
To David and his descendants forevermore.





Psalm 32

The Joy of Forgiveness

A Psalm of David. A Contemplation.

- 1 Blessed is he whose transgression is forgiven,
Whose sin is covered.
- 2 Blessed is the man to whom the Lord does not impute iniquity,
And in whose spirit there is no deceit.
- 3 When I kept silent, my bones grew old
Through my groaning all the day long.
- 4 For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer. Selah
- 5 I acknowledged my sin to You,
And my iniquity I have not hidden.
I said, "I will confess my transgressions to the Lord,"
And You forgave the iniquity of my sin. Selah
- 6 For this cause everyone who is godly shall pray to You
In a time when You may be found;
Surely in a flood of great waters
They shall not come near him.
- 7 You are my hiding place;
You shall preserve me from trouble;
You shall surround me with songs of deliverance. Selah
- 8 I will instruct you and teach you in the way you should go;
I will guide you with My eye.
- 9 Do not be like the horse or like the mule,
Which have no understanding,
Which must be harnessed with bit and bridle,
Else they will not come near you.

10 Many sorrows shall be to the wicked;
But he who trusts in the Lord, mercy shall surround him.
11 Be glad in the Lord and rejoice, you righteous;
And shout for joy, all you upright in heart!





PSALM 63

Joy in the Fellowship of God

A Psalm of David when he was in the wilderness of Judah.

- 1 O God, You are my God;
Early will I seek You;
My soul thirsts for You;
My flesh longs for You
In a dry and thirsty land
Where there is no water.
- 2 So I have looked for You in the sanctuary,
To see Your power and Your glory.
- 3 Because Your lovingkindness is better than life,
My lips shall praise You.
- 4 Thus I will bless You while I live;
I will lift up my hands in Your name.
- 5 My soul shall be satisfied as with marrow and fatness,
And my mouth shall praise You with joyful lips.
- 6 When I remember You on my bed,
I meditate on You in the night watches.
- 7 Because You have been my help,
Therefore in the shadow of Your wings I will rejoice.
- 8 My soul follows close behind You;
Your right hand upholds me.
- 9 But those who seek my life, to destroy it,
Shall go into the lower parts of the earth.
- 10 They shall fall by the sword;
They shall be a portion for jackals.

11 But the king shall rejoice in God;
Everyone who swears by Him shall glory;
But the mouth of those who speak lies shall be stopped.





Psalm 42

Yearning for God in the Midst of Distress

To the Chief Musician. A Contemplation of the sons of Korah.

- 1 As the deer pants for the water brooks,
So pants my soul for You, O God.
- 2 My soul thirsts for God, for the living God.
When shall I come and appear before God?
- 3 My tears have been my food day and night,
While they continually say to me,
“Where is your God?”
- 4 When I remember these things,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.
- 5 Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance.
- 6 O my God, my soul is cast down within me;
Therefore I will remember You from the land of the Jordan,
And from the heights of Hermon,
From the Hill Mizar.
- 7 Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.
- 8 The Lord will command His lovingkindness in the daytime,
And in the night His song shall be with me—
A prayer to the God of my life.

9 I will say to God my Rock,
“Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?”
10 As with a breaking of my bones,
My enemies reproach me,
While they say to me all day long,
“Where is your God?”
11 Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.





Psalm 84

The Blessing of Dwelling in the House of God

To the Chief Musician. On an instrument of Gath. A Psalm of the sons of Korah.

1 How lovely is Your tabernacle,
 O Lord of hosts!
2 My soul longs, yes, even faints
 For the courts of the Lord;
My heart and my flesh cry out for the living God.
3 Even the sparrow has found a home,
 And the swallow a nest for herself,
 Where she may lay her young—
 Even Your altars, O Lord of hosts,
 My King and my God.
4 Blessed are those who dwell in Your house;
 They will still be praising You. Selah
5 Blessed is the man whose strength is in You,
 Whose heart is set on pilgrimage.
6 As they pass through the Valley of Baca,
 They make it a spring;
 The rain also covers it with pools.
7 They go from strength to strength;
 Each one appears before God in Zion.
8 O Lord God of hosts, hear my prayer;
 Give ear, O God of Jacob! Selah
 9 O God, behold our shield,
 And look upon the face of Your anointed.
10 For a day in Your courts is better than a thousand.
I would rather be a doorkeeper in the house of my God

Than dwell in the tents of wickedness.
11 For the Lord God is a sun and shield;
The Lord will give grace and glory;
No good thing will He withhold
From those who walk uprightly.
12 O Lord of hosts,
Blessed is the man who trusts in You!





Psalm 90

The Eternity of God, and Man's Frailty

A Prayer of Moses the man of God.

1 Lord, You have been our dwelling place in all generations.

2 Before the mountains were brought forth,
Or ever You had formed the earth and the world,
Even from everlasting to everlasting, You are God.

3 You turn man to destruction,
And say, "Return, O children of men."

4 For a thousand years in Your sight
Are like yesterday when it is past,
And like a watch in the night.

5 You carry them away like a flood;
They are like a sleep.

In the morning they are like grass which grows up:

6 In the morning it flourishes and grows up;
In the evening it is cut down and withers.

7 For we have been consumed by Your anger,
And by Your wrath we are terrified.

8 You have set our iniquities before You,
Our secret sins in the light of Your countenance.

9 For all our days have passed away in Your wrath;
We finish our years like a sigh.

10 The days of our lives are seventy years;
And if by reason of strength they are eighty years,
Yet their boast is only labor and sorrow;
For it is soon cut off, and we fly away.

11 Who knows the power of Your anger?
For as the fear of You, so is Your wrath.

12 So teach us to number our days,
That we may gain a heart of wisdom.
13 Return, O Lord!
How long?
And have compassion on Your servants.
14 Oh, satisfy us early with Your mercy,
That we may rejoice and be glad all our days!
15 Make us glad according to the days in which You have afflicted us,
The years in which we have seen evil.
16 Let Your work appear to Your servants,
And Your glory to their children.
17 And let the beauty of the Lord our God be upon us,
And establish the work of our hands for us;
Yes, establish the work of our hands.





Psalm 127

Laboring and Prospering with the Lord

A Song of Ascents. Of Solomon.

1 Unless the Lord builds the house,
They labor in vain who build it;
Unless the Lord guards the city,
The watchman stays awake in vain.

2 It is vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep.

3 Behold, children are a heritage from the Lord,
The fruit of the womb is a reward.

4 Like arrows in the hand of a warrior,
So are the children of one's youth.

5 Happy is the man who has his quiver full of them;
They shall not be ashamed,
But shall speak with their enemies in the gate.





Psalm 16

The Hope of the Faithful, and the Messiah's Victory

A Michtam of David.

- 1 Preserve me, O God, for in You I put my trust.
2 O my soul, you have said to the Lord,
 “You are my Lord,
 My goodness is nothing apart from You.”
3 As for the saints who are on the earth,
 “They are the excellent ones, in whom is all my delight.”
4 Their sorrows shall be multiplied who hasten after another god;
 Their drink offerings of blood I will not offer,
 Nor take up their names on my lips.
5 O Lord, You are the portion of my inheritance and my cup;
 You maintain my lot.
6 The lines have fallen to me in pleasant places;
 Yes, I have a good inheritance.
7 I will bless the Lord who has given me counsel;
 My heart also instructs me in the night seasons.
8 I have set the Lord always before me;
Because He is at my right hand I shall not be moved.
9 Therefore my heart is glad, and my glory rejoices;
 My flesh also will rest in hope.
10 For You will not leave my soul in Sheol,
Nor will You allow Your Holy One to see corruption.
11 You will show me the path of life;
 In Your presence is fullness of joy;
At Your right hand are pleasures forevermore.





Psalm 24

The King of Glory and His Kingdom

A Psalm of David.

1 The earth is the Lord's, and all its fullness,
The world and those who dwell therein.

2 For He has founded it upon the seas,
And established it upon the waters.

3 Who may ascend into the hill of the Lord?
Or who may stand in His holy place?

4 He who has clean hands and a pure heart,
Who has not lifted up his soul to an idol,
Nor sworn deceitfully.

5 He shall receive blessing from the Lord,
And righteousness from the God of his salvation.

6 This is Jacob, the generation of those who seek Him,
Who seek Your face. Selah

7 Lift up your heads, O you gates!
And be lifted up, you 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 you gates!
Lift up, you 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





Psalm 62

A Calm Resolve to Wait for the Salvation of God

To the Chief Musician. To Jeduthun. A Psalm of David.

- 1 Truly my soul silently waits for God;
From Him comes my salvation.
- 2 He only is my rock and my salvation;
He is my defense;
I shall not be greatly moved.
- 3 How long will you attack a man?
You shall be slain, all of you,
Like a leaning wall and a tottering fence.
- 4 They only consult to cast him down from his high position;
They delight in lies;
They bless with their mouth,
But they curse inwardly. Selah
- 5 My soul, wait silently for God alone,
For my expectation is from Him.
- 6 He only is my rock and my salvation;
He is my defense;
I shall not be moved.
- 7 In God is my salvation and my glory;
The rock of my strength,
And my refuge, is in God.
- 8 Trust in Him at all times, you people;
Pour out your heart before Him;
God is a refuge for us. Selah
- 9 Surely men of low degree are a vapor,
Men of high degree are a lie;
If they are weighed on the scales,

They are altogether lighter than vapor.

10 Do not trust in oppression,

Nor vainly hope in robbery;

If riches increase,

Do not set your heart on them.

11 God has spoken once,

Twice I have heard this:

That power belongs to God.

12 Also to You, O Lord, belongs mercy;

For You render to each one according to his work.





Psalm 73

The Tragedy of the Wicked, and the Blessing of Trusting in God

A Psalm of Asaph.

- 1 Truly God is good to Israel,
To such as are pure in heart.
- 2 But as for me, my feet had almost stumbled;
My steps had nearly slipped.
- 3 For I was envious of the boastful,
When I saw the prosperity of the wicked.
- 4 For there are no pangs in their death,
But their strength is firm.
- 5 They are not in trouble as other men,
Nor are they plagued like other men.
- 6 Therefore pride serves as their necklace;
Violence covers them like a garment.
- 7 Their eyes bulge with abundance;
They have more than heart could wish.
- 8 They scoff and speak wickedly concerning oppression;
They speak loftily.
- 9 They set their mouth against the heavens,
And their tongue walks through the earth.
- 10 Therefore his people return here,
And waters of a full cup are drained by them.
- 11 And they say, "How does God know?
And is there knowledge in the Most High?"
- 12 Behold, these are the ungodly,
Who are always at ease;
They increase in riches.
- 13 Surely I have cleansed my heart in vain,
And washed my hands in innocence.

14 For all day long I have been plagued,
And chastened every morning.
15 If I had said, "I will speak thus,"
Behold, I would have been untrue to the generation of Your children.
16 When I thought how to understand this,
It was too painful for me—
17 Until I went into the sanctuary of God;
Then I understood their end.
18 Surely You set them in slippery places;
You cast them down to destruction.
19 Oh, how they are brought to desolation, as in a moment!
They are utterly consumed with terrors.
20 As a dream when one awakes,
So, Lord, when You awake,
You shall despise their image.
21 Thus my heart was grieved,
And I was vexed in my mind.
22 I was so foolish and ignorant;
I was like a beast before You.
23 Nevertheless I am continually with You;
You hold me by my right hand.
24 You will guide me with Your counsel,
And afterward receive me to glory.
25 Whom have I in heaven but You?
And there is none upon earth that I desire besides You.
26 My flesh and my heart fail;
But God is the strength of my heart and my portion forever.
27 For indeed, those who are far from You shall perish;
You have destroyed all those who desert You for harlotry.
28 But it is good for me to draw near to God;
I have put my trust in the Lord God,
That I may declare all Your works.





Psalm 33

The Sovereignty of the Lord in Creation and History

A Psalm of David.

- 1 Rejoice in the Lord, O you righteous!
For praise from the upright is beautiful.
- 2 Praise the Lord with the harp;
Make melody to Him with an instrument of ten strings.
- 3 Sing to Him a new song;
Play skillfully with a shout of joy.
- 4 For the word of the Lord is right,
And all His work is done in truth.
- 5 He loves righteousness and justice;
The earth is full of the goodness of the Lord.
- 6 By the word of the Lord the heavens were made,
And all the host of them by the breath of His mouth.
- 7 He gathers the waters of the sea together as a heap;
He lays up the deep in storehouses.
- 8 Let all the earth fear the Lord;
Let all the inhabitants of the world stand in awe of Him.
- 9 For He spoke, and it was done;
He commanded, and it stood fast.
- 10 The Lord brings the counsel of the nations to nothing;
He makes the plans of the peoples of no effect.
- 11 The counsel of the Lord stands forever,
The plans of His heart to all generations.
- 12 Blessed is the nation whose God is the Lord,
The people He has chosen as His own inheritance.
- 13 The Lord looks from heaven;
He sees all the sons of men.

14 From the place of His dwelling He looks
On all the inhabitants of the earth;
15 He fashions their hearts individually;
He considers all their works.
16 No king is saved by the multitude of an army;
A mighty man is not delivered by great strength.
17 A horse is a vain hope for safety;
Neither shall it deliver any by its great strength.
18 Behold, the eye of the Lord is on those who fear Him,
On those who hope in His mercy,
19 To deliver their soul from death,
And to keep them alive in famine.
20 Our soul waits for the Lord;
He is our help and our shield.
21 For our heart shall rejoice in Him,
Because we have trusted in His holy name.
22 Let Your mercy, O Lord, be upon us,
Just as we hope in You.





Psalm 30

The Blessing of Answered Prayer

A Psalm. A Song at the dedication of the house of David.

1 I will extol You, O Lord, for You have lifted me up,
And have not let my foes rejoice over me.

2 O Lord my God, I cried out to You,
And You healed me.

3 O Lord, You brought my soul up from the grave;
You have kept me alive, that I should not go down to the pit.

4 Sing praise to the Lord, you saints of His,
And give thanks at the remembrance of His holy name.

5 For His anger is but for a moment,
His favor is for life;

Weeping may endure for a night,
But joy comes in the morning.

6 Now in my prosperity I said,
“I shall never be moved.”

7 Lord, by Your favor You have made my mountain stand strong;
You hid Your face, and I was troubled.

8 I cried out to You, O Lord;
And to the Lord I made supplication:

9 “What profit is there in my blood,
When I go down to the pit?

Will the dust praise You?

Will it declare Your truth?

10 Hear, O Lord, and have mercy on me;
Lord, be my helper!”

11 You have turned for me my mourning into dancing;
You have put off my sackcloth and clothed me with gladness,

12 To the end that my glory may sing praise to You and not be silent.
O Lord my God, I will give thanks to You forever.





Psalm 3

The Lord Helps His Troubled People

A Psalm of David when he fled from Absalom his son.

1 Lord, how they have increased who trouble me!

Many are they who rise up against me.

2 Many are they who say of me,

“There is no help for him in God.” Selah

3 But You, O Lord, are a shield for me,

My glory and the One who lifts up my head.

4 I cried to the Lord with my voice,

And He heard me from His holy hill. Selah

5 I lay down and slept;

I awoke, for the Lord sustained me.

6 I will not be afraid of ten thousands of people

Who have set themselves against me all around.

7 Arise, O Lord;

Save me, O my God!

For You have struck all my enemies on the cheekbone;

You have broken the teeth of the ungodly.

8 Salvation belongs to the Lord.

Your blessing is upon Your people. Selah





Psalm 20

The Assurance of God's Saving Work

To the Chief Musician. A Psalm of David.

1 May the Lord answer you in the day of trouble;
May the name of the God of Jacob defend you;

2 May He send you help from the sanctuary,
And strengthen you out of Zion;

3 May He remember all your offerings,
And accept your burnt sacrifice. Selah

4 May He grant you according to your heart's desire,
And fulfill all your purpose.

5 We will rejoice in your salvation,
And in the name of our God we will set up our banners!
May the Lord fulfill all your petitions.

6 Now I know that the Lord saves His anointed;
He will answer him from His holy heaven
With the saving strength of His right hand.

7 Some trust in chariots, and some in horses;
But we will remember the name of the Lord our God.

8 They have bowed down and fallen;
But we have risen and stand upright.

9 Save, Lord!

May the King answer us when we call.





Psalm 57

Prayer for Safety from Enemies

**To the Chief Musician. Set to “Do Not Destroy.”
A Michtam of David when he fled from Saul into the cave.**

1 Be merciful to me, O God, be merciful to me!

For my soul trusts in You;

And in the shadow of Your wings I will make my refuge,

Until these calamities have passed by.

2 I will cry out to God Most High,

To God who performs all things for me.

3 He shall send from heaven and save me;

He reproaches the one who would swallow me up. Selah

God shall send forth His mercy and His truth.

4 My soul is among lions;

I lie among the sons of men

Who are set on fire,

Whose teeth are spears and arrows,

And their tongue a sharp sword.

5 Be exalted, O God, above the heavens;

Let Your glory be above all the earth.

6 They have prepared a net for my steps;

My soul is bowed down;

They have dug a pit before me;

Into the midst of it they themselves have fallen. Selah

7 My heart is steadfast, O God, my heart is steadfast;

I will sing and give praise.

8 Awake, my glory!

Awake, lute and harp!

I will awaken the dawn.

9 I will praise You, O Lord, among the peoples;
I will sing to You among the nations.
10 For Your mercy reaches unto the heavens,
And Your truth unto the clouds.
11 Be exalted, O God, above the heavens;
Let Your glory be above all the earth.





PSALM 4

The Safety of the Faithful

To the Chief Musician. With stringed instruments. A Psalm of David.

1 Hear me when I call, O God of my righteousness!

You have relieved me in my distress;
Have mercy on me, and hear my prayer.

2 How long, O you sons of men,
Will you turn my glory to shame?
How long will you love worthlessness
And seek falsehood? Selah

3 But know that the Lord has set apart for Himself him who is godly;
The Lord will hear when I call to Him.

4 Be angry, and do not sin.
Meditate within your heart on your bed, and be still. Selah

5 Offer the sacrifices of righteousness,
And put your trust in the Lord.

6 There are many who say,
“Who will show us any good?”
Lord, lift up the light of Your countenance upon us.

7 You have put gladness in my heart,
More than in the season that their grain and wine increased.

8 I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety.





Psalm 133

Blessed Unity of the People of God
A Song of Ascents. Of David.

1 Behold, how good and how pleasant it is
For brethren to dwell together in unity!

2 It is like the precious oil upon the head,
Running down on the beard,
The beard of Aaron,

Running down on the edge of his garments.

3 It is like the dew of Hermon,
Descending upon the mountains of Zion;
For there the Lord commanded the blessing—
Life forevermore.





Psalm 25

A Plea for Deliverance and Forgiveness

A Psalm of David.

- 1 To You, O Lord, I lift up my soul.
2 O my God, I trust in You;
Let me not be ashamed;
Let not my enemies triumph over me.
- 3 Indeed, let no one who waits on You be ashamed;
Let those be ashamed who deal treacherously without cause.
- 4 Show me Your ways, O Lord;
Teach me Your paths.
- 5 Lead me in Your truth and teach me,
For You are the God of my salvation;
On You I wait all the day.
- 6 Remember, O Lord, Your tender mercies and Your lovingkindnesses,
For they are from of old.
- 7 Do not remember the sins of my youth, nor my transgressions;
According to Your mercy remember me,
For Your goodness' sake, O Lord.
- 8 Good and upright is the Lord;
Therefore He teaches sinners in the way.
- 9 The humble He guides in justice,
And the humble He teaches His way.
- 10 All the paths of the Lord are mercy and truth,
To such as keep His covenant and His testimonies.
- 11 For Your name's sake, O Lord,
Pardon my iniquity, for it is great.
- 12 Who is the man that fears the Lord?
Him shall He teach in the way He chooses.

- 13 He himself shall dwell in prosperity,
And his descendants shall inherit the earth.
- 14 The secret of the Lord is with those who fear Him,
And He will show them His covenant.
- 15 My eyes are ever toward the Lord,
For He shall pluck my feet out of the net.
- 16 Turn Yourself to me, and have mercy on me,
For I am desolate and afflicted.
- 17 The troubles of my heart have enlarged;
Bring me out of my distresses!
- 18 Look on my affliction and my pain,
And forgive all my sins.
- 19 Consider my enemies, for they are many;
And they hate me with cruel hatred.
- 20 Keep my soul, and deliver me;
Let me not be ashamed, for I put my trust in You.
- 21 Let integrity and uprightness preserve me,
For I wait for You.
- 22 Redeem Israel, O God,
Out of all their troubles!





Psalm 7

Prayer and Praise for Deliverance from Enemies

A Meditation of David, which he sang to the Lord concerning the words of Cush, a Benjamite.

1 O Lord my God, in You I put my trust;
Save me from all those who persecute me;
And deliver me,

2 Lest they tear me like a lion,
Rending me in pieces, while there is none to deliver.

3 O Lord my God, if I have done this:
If there is iniquity in my hands,

4 If I have repaid evil to him who was at peace with me,
Or have plundered my enemy without cause,

5 Let the enemy pursue me and overtake me;
Yes, let him trample my life to the earth,
And lay my honor in the dust. Selah

6 Arise, O Lord, in Your anger;
Lift Yourself up because of the rage of my enemies;
Rise up for me to the judgment You have commanded!
7 So the congregation of the peoples shall surround You;
For their sakes, therefore, return on high.

8 The Lord shall judge the peoples;
Judge me, O Lord, according to my righteousness,
And according to my integrity within me.

9 Oh, let the wickedness of the wicked come to an end,
But establish the just;
For the righteous God tests the hearts and minds.

10 My defense is of God,
Who saves the upright in heart.

11 God is a just judge,
And God is angry with the wicked every day.
12 If he does not turn back,
He will sharpen His sword;
He bends His bow and makes it ready.
13 He also prepares for Himself instruments of death;
He makes His arrows into fiery shafts.
14 Behold, the wicked brings forth iniquity;
Yes, he conceives trouble and brings forth falsehood.
15 He made a pit and dug it out,
And has fallen into the ditch which he made.
16 His trouble shall return upon his own head,
And his violent dealing shall come down on his own crown.
17 I will praise the Lord according to His righteousness,
And will sing praise to the name of the Lord Most High.





Psalm 2

The Messiah's Triumph and Kingdom

1 Why do the nations rage,
And the people plot a vain thing?
2 The kings of the earth set themselves,
And the rulers take counsel together,
Against the Lord and against His Anointed, saying,
3 "Let us break Their bonds in pieces
And cast away Their cords from us."
4 He who sits in the heavens shall laugh;
The Lord shall hold them in derision.
5 Then He shall speak to them in His wrath,
And distress them in His deep displeasure:
6 "Yet I have set My King
On My holy hill of Zion."
7 "I will declare the decree:
The Lord has said to Me,
'You are My Son,
Today I have begotten You.
8 Ask of Me, and I will give You
The nations for Your inheritance,
And the ends of the earth for Your possession.
9 You shall break them with a rod of iron;
You shall dash them to pieces like a potter's vessel.'"
10 Now therefore, be wise, O kings;
Be instructed, you judges of the earth.
11 Serve the Lord with fear,
And rejoice with trembling.
12 Kiss the Son, lest He be angry,
And you perish in the way,

When His wrath is kindled but a little.
Blessed are all those who put their trust in Him.





Psalm 5

A Prayer for Guidance

To the Chief Musician. With flutes. A Psalm of David.

- 1 Give ear to my words, O Lord,
Consider my meditation.
- 2 Give heed to the voice of my cry,
My King and my God,
For to You I will pray.
- 3 My voice You shall hear in the morning, O Lord;
In the morning I will direct it to You,
And I will look up.
- 4 For You are not a God who takes pleasure in wickedness,
Nor shall evil dwell with You.
- 5 The boastful shall not stand in Your sight;
You hate all workers of iniquity.
- 6 You shall destroy those who speak falsehood;
The Lord abhors the bloodthirsty and deceitful man.
- 7 But as for me, I will come into Your house in the multitude of Your
mercy;
In fear of You I will worship toward Your holy temple.
- 8 Lead me, O Lord, in Your righteousness because of my enemies;
Make Your way straight before my face.
- 9 For there is no faithfulness in their mouth;
Their inward part is destruction;
Their throat is an open tomb;
They flatter with their tongue.
- 10 Pronounce them guilty, O God!
Let them fall by their own counsels;

Cast them out in the multitude of their transgressions,
For they have rebelled against You.

11 But let all those rejoice who put their trust in You;
Let them ever shout for joy, because You defend them;

Let those also who love Your name
Be joyful in You.

12 For You, O Lord, will bless the righteous;
With favor You will surround him as with a shield.





Psalm 22

The Suffering, Praise, and Posterity of the Messiah

**To the Chief Musician. Set to “The Deer of the Dawn.”
A Psalm of David.**

1 My God, My God, why have You forsaken Me?
Why are You so far from helping Me,
And from the words of My groaning?

2 O My God, I cry in the daytime, but You do not hear;
And in the night season, and am not silent.

3 But You are holy,
Enthroned in the praises of Israel.

4 Our fathers trusted in You;
They trusted, and You delivered them.

5 They cried to You, and were delivered;
They trusted in You, and were not ashamed.

6 But I am a worm, and no man;
A reproach of men, and despised by the people.

7 All those who see Me ridicule Me;
They shoot out the lip, they shake the head, saying,

8 “He trusted in the Lord, let Him rescue Him;
Let Him deliver Him, since He delights in Him!”

9 But You are He who took Me out of the womb;
You made Me trust while on My mother’s breasts.

10 I was cast upon You from birth.

From My mother’s womb
You have been My God.

11 Be not far from Me,

For trouble is near;
For there is none to help.

12 Many bulls have surrounded Me;
 Strong bulls of Bashan have encircled Me.
 13 They gape at Me with their mouths,
 Like a raging and roaring lion.
 14 I am poured out like water,
 And all My bones are out of joint;
 My heart is like wax;
 It has melted within Me.
 15 My strength is dried up like a potsherd,
 And My tongue clings to My jaws;
 You have brought Me to the dust of death.
 16 For dogs have surrounded Me;
 The congregation of the wicked has enclosed Me.
 They pierced My hands and My feet;
 17 I can count all My bones.
 They look and stare at Me.
 18 They divide My garments among them,
 And for My clothing they cast lots.
 19 But You, O Lord, do not be far from Me;
 O My Strength, hasten to help Me!
 20 Deliver Me from the sword,
 My precious life from the power of the dog.
 21 Save Me from the lion's mouth
 And from the horns of the wild oxen!
 You have answered Me.
 22 I will declare Your name to My brethren;
 In the midst of the assembly I will praise You.
 23 You who fear the Lord, praise Him!
 All you descendants of Jacob, glorify Him,
 And fear Him, all you offspring of Israel!
 24 For He has not despised nor abhorred the affliction of the afflicted;
 Nor has He hidden His face from Him;
 But when He cried to Him, He heard.
 25 My praise shall be of You in the great assembly;
 I will pay My vows before those who fear Him.

26 The poor shall eat and be satisfied;
Those who seek Him will praise the Lord.

Let your heart live forever!

27 All the ends of the world
Shall remember and turn to the Lord,
And all the families of the nations
Shall worship before You.

28 For the kingdom is the Lord's,
And He rules over the nations.

29 All the prosperous of the earth
Shall eat and worship;
All those who go down to the dust
Shall bow before Him,
Even he who cannot keep himself alive.

30 A posterity shall serve Him.

It will be recounted of the Lord to the next generation,

31 They will come and declare His righteousness to a people who will be
born,
That He has done this.





Psalm 104

Praise to the Sovereign Lord for His Creation and Providence

A Psalm of David.

- 1 Bless the Lord, O my soul!
O Lord my God, You are very great:
You are clothed with honor and majesty,
- 2 Who cover Yourself with light as with a garment,
Who stretch out the heavens like a curtain.
- 3 He lays the beams of His upper chambers in the waters,
Who makes the clouds His chariot,
Who walks on the wings of the wind,
- 4 Who makes His angels spirits,
His ministers a flame of fire.
- 5 You who laid the foundations of the earth,
So that it should not be moved forever,
- 6 You covered it with the deep as with a garment;
The waters stood above the mountains.
- 7 At Your rebuke they fled;
At the voice of Your thunder they hastened away.
- 8 They went up over the mountains;
They went down into the valleys,
To the place which You founded for them.
- 9 You have set a boundary that they may not pass over,
That they may not return to cover the earth.
- 10 He sends the springs into the valleys;
They flow among the hills.
- 11 They give drink to every beast of the field;
The wild donkeys quench their thirst.
- 12 By them the birds of the heavens have their home;

They sing among the branches.
 13 He waters the hills from His upper chambers;
 The earth is satisfied with the fruit of Your works.
 14 He causes the grass to grow for the cattle,
 And vegetation for the service of man,
 That he may bring forth food from the earth,
 15 And wine that makes glad the heart of man,
 Oil to make his face shine,
 And bread which strengthens man's heart.
 16 The trees of the Lord are full of sap,
 The cedars of Lebanon which He planted,
 17 Where the birds make their nests;
 The stork has her home in the fir trees.
 18 The high hills are for the wild goats;
 The cliffs are a refuge for the rock badgers.
 19 He appointed the moon for seasons;
 The sun knows its going down.
 20 You make darkness, and it is night,
 In which all the beasts of the forest creep about.
 21 The young lions roar after their prey,
 And seek their food from God.
 22 When the sun rises, they gather together
 And lie down in their dens.
 23 Man goes out to his work
 And to his labor until the evening.
 24 O Lord, how manifold are Your works!
 In wisdom You have made them all.
 The earth is full of Your possessions—
 25 This great and wide sea,
 In which are innumerable teeming things,
 Living things both small and great.
 26 There the ships sail about;
 There is that Leviathan
 Which You have made to play there.
 27 These all wait for You,

That You may give them their food in due season.

28 What You give them they gather in;

You open Your hand, they are filled with good.

29 You hide Your face, they are troubled;

You take away their breath, they die and return to their dust.

30 You send forth Your Spirit, they are created;

And You renew the face of the earth.

31 May the glory of the Lord endure forever;

May the Lord rejoice in His works.

32 He looks on the earth, and it trembles;

He touches the hills, and they smoke.

33 I will sing to the Lord as long as I live;

I will sing praise to my God while I have my being.

34 May my meditation be sweet to Him;

I will be glad in the Lord.

35 May sinners be consumed from the earth,

And the wicked be no more.

Bless the Lord, O my soul!

Praise the Lord!





Psalm 145

A Song of God's Majesty and Love

A Psalm of David.

- 1 I will extol You, my God, O King;
And I will bless Your name forever and ever.
- 2 Every day I will bless You,
And I will praise Your name forever and ever.
- 3 Great is the Lord, and greatly to be praised;
And His greatness is unsearchable.
- 4 One generation shall praise Your works to another,
And shall declare Your mighty acts.
- 5 I will meditate on the glorious splendor of Your majesty,
And on Your wondrous works.
- 6 Men shall speak of the might of Your awesome acts,
And I will declare Your greatness.
- 7 They shall utter the memory of Your great goodness,
And shall sing of Your righteousness.
- 8 The Lord is gracious and full of compassion,
Slow to anger and great in mercy.
- 9 The Lord is good to all,
And His tender mercies are over all His works.
- 10 All Your works shall praise You, O Lord,
And Your saints shall bless You.
- 11 They shall speak of the glory of Your kingdom,
And talk of Your power,
- 12 To make known to the sons of men His mighty acts,
And the glorious majesty of His kingdom.

13 Your kingdom is an everlasting kingdom,
And Your dominion endures throughout all generations.

14 The Lord upholds all who fall,

And raises up all who are bowed down.

15 The eyes of all look expectantly to You,
And You give them their food in due season.

16 You open Your hand

And satisfy the desire of every living thing.

17 The Lord is righteous in all His ways,
Gracious in all His works.

18 The Lord is near to all who call upon Him,
To all who call upon Him in truth.

19 He will fulfill the desire of those who fear Him;
He also will hear their cry and save them.

20 The Lord preserves all who love Him,
But all the wicked He will destroy.

21 My mouth shall speak the praise of the Lord,
And all flesh shall bless His holy name
Forever and ever.





Psalm 100

A Song of Praise for the Lord's Faithfulness to His People

A Psalm of Thanksgiving.

1 Make a joyful shout to the Lord, all you lands!

2 Serve the Lord with gladness;

Come before His presence with singing.

3 Know that the Lord, He is God;

It is He who has made us, and not we ourselves;

We are His people and the sheep of His pasture.

4 Enter into His gates with thanksgiving,

And into His courts with praise.

Be thankful to Him, and bless His name.

5 For the Lord is good;

His mercy is everlasting,

And His truth endures to all generations.





Psalm 68

The Glory of God in His Goodness to Israel

To the Chief Musician. A Psalm of David. A Song.

1 Let God arise,
Let His enemies be scattered;
Let those also who hate Him flee before Him.
2 As smoke is driven away,
So drive them away;
As wax melts before the fire,
So let the wicked perish at the presence of God.
3 But let the righteous be glad;
Let them rejoice before God;
Yes, let them rejoice exceedingly.
4 Sing to God, sing praises to His name;
Extol Him who rides on the clouds,
By His name Yah,
And rejoice before Him.
5 A father of the fatherless, a defender of widows,
Is God in His holy habitation.
6 God sets the solitary in families;
He brings out those who are bound into prosperity;
But the rebellious dwell in a dry land.
7 O God, when You went out before Your people,
When You marched through the wilderness, Selah
8 The earth shook;
The heavens also dropped rain at the presence of God;
Sinai itself was moved at the presence of God, the God of Israel.
9 You, O God, sent a plentiful rain,
Whereby You confirmed Your inheritance,

When it was weary.
 10 Your congregation dwelt in it;
 You, O God, provided from Your goodness for the poor.
 11 The Lord gave the word;
 Great was the company of those who proclaimed it:
 12 “Kings of armies flee, they flee,
 And she who remains at home divides the spoil.
 13 Though you lie down among the sheepfolds,
 You will be like the wings of a dove covered with silver,
 And her feathers with yellow gold.”
 14 When the Almighty scattered kings in it,
 It was white as snow in Zalmon.
 15 A mountain of God is the mountain of Bashan;
 A mountain of many peaks is the mountain of Bashan.
 16 Why do you fume with envy, you mountains of many peaks?
 This is the mountain which God desires to dwell in;
 Yes, the Lord will dwell in it forever.
 17 The chariots of God are twenty thousand,
 Even thousands of thousands;
 The Lord is among them as in Sinai, in the Holy Place.
 18 You have ascended on high,
 You have led captivity captive;
 You have received gifts among men,
 Even from the rebellious,
 That the Lord God might dwell there.
 19 Blessed be the Lord,
 Who daily loads us with benefits,
 The God of our salvation! Selah
 20 Our God is the God of salvation;
 And to God the Lord belong escapes from death.
 21 But God will wound the head of His enemies,
 The hairy scalp of the one who still goes on in his trespasses.
 22 The Lord said, “I will bring back from Bashan,
 I will bring them back from the depths of the sea,

23 That your foot may crush them in blood,
And the tongues of your dogs may have their portion from your enemies.”

24 They have seen Your procession, O God,
The procession of my God, my King, into the sanctuary.

25 The singers went before, the players on instruments followed after;
Among them were the maidens playing timbrels.

26 Bless God in the congregations,
The Lord, from the fountain of Israel.

27 There is little Benjamin, their leader,
The princes of Judah and their company,
The princes of Zebulun and the princes of Naphtali.

28 Your God has commanded your strength;
Strengthen, O God, what You have done for us.

29 Because of Your temple at Jerusalem,
Kings will bring presents to You.

30 Rebuke the beasts of the reeds,
The herd of bulls with the calves of the peoples,
Till everyone submits himself with pieces of silver.
Scatter the peoples who delight in war.

31 Envoys will come out of Egypt;
Ethiopia will quickly stretch out her hands to God.

32 Sing to God, you kingdoms of the earth;
Oh, sing praises to the Lord, Selah

33 To Him who rides on the heaven of heavens, which were of old!
Indeed, He sends out His voice, a mighty voice.

34 Ascribe strength to God;
His excellence is over Israel,
And His strength is in the clouds.

35 O God, You are more awesome than Your holy places.
The God of Israel is He who gives strength and power to His people.

Blessed be God!





Psalm 71

God the Rock of Salvation

- 1 In You, O Lord, I put my trust;
Let me never be put to shame.
- 2 Deliver me in Your righteousness, and cause me to escape;
Incline Your ear to me, and save me.
- 3 Be my strong refuge,
To which I may resort continually;
You have given the commandment to save me,
For You are my rock and my fortress.
- 4 Deliver me, O my God, out of the hand of the wicked,
Out of the hand of the unrighteous and cruel man.
- 5 For You are my hope, O Lord God;
You are my trust from my youth.
- 6 By You I have been upheld from birth;
You are He who took me out of my mother's womb.
My praise shall be continually of You.
- 7 I have become as a wonder to many,
But You are my strong refuge.
- 8 Let my mouth be filled with Your praise
And with Your glory all the day.
- 9 Do not cast me off in the time of old age;
Do not forsake me when my strength fails.
- 10 For my enemies speak against me;
And those who lie in wait for my life take counsel together,
- 11 Saying, "God has forsaken him;
Pursue and take him, for there is none to deliver him."
- 12 O God, do not be far from me;
O my God, make haste to help me!
- 13 Let them be confounded and consumed

Who are adversaries of my life;
Let them be covered with reproach and dishonor
Who seek my hurt.
14 But I will hope continually,
And will praise You yet more and more.
15 My mouth shall tell of Your righteousness
And Your salvation all the day,
For I do not know their limits.
16 I will go in the strength of the Lord God;
I will make mention of Your righteousness, of Yours only.
17 O God, You have taught me from my youth;
And to this day I declare Your wondrous works.
18 Now also when I am old and gray-headed,
O God, do not forsake me,
Until I declare Your strength to this generation,
Your power to everyone who is to come.
19 Also Your righteousness, O God, is very high,
You who have done great things;
O God, who is like You?
20 You, who have shown me great and severe troubles,
Shall revive me again,
And bring me up again from the depths of the earth.
21 You shall increase my greatness,
And comfort me on every side.
22 Also with the lute I will praise You—
And Your faithfulness, O my God!
To You I will sing with the harp,
O Holy One of Israel.
23 My lips shall greatly rejoice when I sing to You,
And my soul, which You have redeemed.
24 My tongue also shall talk of Your righteousness all the day long;
For they are confounded,
For they are brought to shame
Who seek my hurt.





Psalm 69

An Urgent Plea for Help in Trouble

**To the Chief Musician. Set to “The Lilies.”
A Psalm of David.**

1 Save me, O God!
For the waters have come up to my neck.
2 I sink in deep mire,
Where there is no standing;
I have come into deep waters,
Where the floods overflow me.
3 I am weary with my crying;
My throat is dry;
My eyes fail while I wait for my God.
4 Those who hate me without a cause
Are more than the hairs of my head;
They are mighty who would destroy me,
Being my enemies wrongfully;
Though I have stolen nothing,
I still must restore it.
5 O God, You know my foolishness;
And my sins are not hidden from You.
6 Let not those who wait for You, O Lord God of hosts, be ashamed because
of me;
Let not those who seek You be confounded because of me, O God of Israel.
7 Because for Your sake I have borne reproach;
Shame has covered my face.
8 I have become a stranger to my brothers,
And an alien to my mother’s children;
9 Because zeal for Your house has eaten me up,

And the reproaches of those who reproach You have fallen on me.

10 When I wept and chastened my soul with fasting,
That became my reproach.

11 I also made sackcloth my garment;
I became a byword to them.

12 Those who sit in the gate speak against me,
And I am the song of the drunkards.

13 But as for me, my prayer is to You,
O Lord, in the acceptable time;
O God, in the multitude of Your mercy,
Hear me in the truth of Your salvation.

14 Deliver me out of the mire,
And let me not sink;
Let me be delivered from those who hate me,
And out of the deep waters.

15 Let not the floodwater overflow me,
Nor let the deep swallow me up;
And let not the pit shut its mouth on me.

16 Hear me, O Lord, for Your lovingkindness is good;
Turn to me according to the multitude of Your tender mercies.

17 And do not hide Your face from Your servant,
For I am in trouble;
Hear me speedily.

18 Draw near to my soul, and redeem it;
Deliver me because of my enemies.

19 You know my reproach, my shame, and my dishonor;
My adversaries are all before You.

20 Reproach has broken my heart,
And I am full of heaviness;

I looked for someone to take pity, but there was none;
And for comforters, but I found none.

21 They also gave me gall for my food,
And for my thirst they gave me vinegar to drink.

22 Let their table become a snare before them,
And their well-being a trap.

- 23 Let their eyes be darkened, so that they do not see;
And make their loins shake continually.
- 24 Pour out Your indignation upon them,
And let Your wrathful anger take hold of them.
- 25 Let their dwelling place be desolate;
Let no one live in their tents.
- 26 For they persecute the ones You have struck,
And talk of the grief of those You have wounded.
- 27 Add iniquity to their iniquity,
And let them not come into Your righteousness.
- 28 Let them be blotted out of the book of the living,
And not be written with the righteous.
- 29 But I am poor and sorrowful;
Let Your salvation, O God, set me up on high.
- 30 I will praise the name of God with a song,
And will magnify Him with thanksgiving.
- 31 This also shall please the Lord better than an ox or bull,
Which has horns and hooves.
- 32 The humble shall see this and be glad;
And you who seek God, your hearts shall live.
- 33 For the Lord hears the poor,
And does not despise His prisoners.
- 34 Let heaven and earth praise Him,
The seas and everything that moves in them.
- 35 For God will save Zion
And build the cities of Judah,
That they may dwell there and possess it.
- 36 Also, the descendants of His servants shall inherit it,
And those who love His name shall dwell in it.





Psalm 61

Assurance of God's Eternal Protection

To the Chief Musician. On a stringed instrument. A Psalm of David.

1 Hear my cry, O God;
Attend to my prayer.
2 From the end of the earth I will cry to You,
When my heart is overwhelmed;
Lead me to the rock that is higher than I.
3 For You have been a shelter for me,
A strong tower from the enemy.
4 I will abide in Your tabernacle forever;
I will trust in the shelter of Your wings. Selah
5 For You, O God, have heard my vows;
You have given me the heritage of those who fear Your name.
6 You will prolong the king's life,
His years as many generations.
7 He shall abide before God forever.
Oh, prepare mercy and truth, which may preserve him!
8 So I will sing praise to Your name forever,
That I may daily perform my vows.





Psalm 95

A Call to Worship and Obedience

- 1 Oh come, let us sing to the Lord!
Let us shout joyfully to the Rock of our salvation.
- 2 Let us come before His presence with thanksgiving;
Let us shout joyfully to Him with psalms.
- 3 For the Lord is the great God,
And the great King above all gods.
- 4 In His hand are the deep places of the earth;
The heights of the hills are His also.
- 5 The sea is His, for He made it;
And His hands formed the dry land.
- 6 Oh come, let us worship and bow down;
Let us kneel before the Lord our Maker.
- 7 For He is our God,
And we are the people of His pasture,
And the sheep of His hand.
Today, if you will hear His voice:
- 8 “Do not harden your hearts, as in the rebellion,
As in the day of trial in the wilderness,
9 When your fathers tested Me;
They tried Me, though they saw My work.
- 10 For forty years I was grieved with that generation,
And said, ‘It is a people who go astray in their hearts,
And they do not know My ways.’”
- 11 So I swore in My wrath,
‘They shall not enter My rest.’”





Psalm 150

Let Everything that has Breath Praise the Lord

1 Praise the Lord!

Praise God in His sanctuary;

Praise Him in His mighty firmament!

2 Praise Him for His mighty acts;

Praise Him according to His excellent greatness!

3 Praise Him with the sound of the trumpet;

Praise Him with the lute and harp!

4 Praise Him with the timbrel and dance;

Praise Him with stringed instruments and flutes!

5 Praise Him with loud cymbals;

Praise Him with clashing cymbals!

6 Let everything that has breath praise the Lord.

Praise the Lord!





Psalm 86

Prayer for Mercy, with Meditation on the Excellencies of the Lord

A Prayer of David.

- 1 Bow down Your ear, O Lord, hear me;
For I am poor and needy.
- 2 Preserve my life, for I am holy;
You are my God;
Save Your servant who trusts in You!
- 3 Be merciful to me, O Lord,
For I cry to You all day long.
- 4 Rejoice the soul of Your servant,
For to You, O Lord, I lift up my soul.
- 5 For You, Lord, are good, and ready to forgive,
And abundant in mercy to all those who call upon You.
- 6 Give ear, O Lord, to my prayer;
And attend to the voice of my supplications.
- 7 In the day of my trouble I will call upon You,
For You will answer me.
- 8 Among the gods there is none like You, O Lord;
Nor are there any works like Your works.
- 9 All nations whom You have made
Shall come and worship before You, O Lord,
And shall glorify Your name.
- 10 For You are great, and do wondrous things;
You alone are God.
- 11 Teach me Your way, O Lord;
I will walk in Your truth;
Unite my heart to fear Your name.
- 12 I will praise You, O Lord my God, with all my heart,

And I will glorify Your name forevermore.

13 For great is Your mercy toward me,
And You have delivered my soul from the depths of Sheol.

14 O God, the proud have risen against me,
And a mob of violent men have sought my life,
And have not set You before them.

15 But You, O Lord, are a God full of compassion, and gracious,
Longsuffering and abundant in mercy and truth.

16 Oh, turn to me, and have mercy on me!
Give Your strength to Your servant,
And save the son of Your maidservant.

17 Show me a sign for good,
That those who hate me may see it and be ashamed,
Because You, Lord, have helped me and comforted me.





Psalm 118

Praise to God for His Everlasting Mercy

1 Oh, give thanks to the Lord, for He is good!

For His mercy endures forever.

2 Let Israel now say,

“His mercy endures forever.”

3 Let the house of Aaron now say,

“His mercy endures forever.”

4 Let those who fear the Lord now say,

“His mercy endures forever.”

5 I called on the Lord in distress;

The Lord answered me and set me in a broad place.

6 The Lord is on my side;

I will not fear.

What can man do to me?

7 The Lord is for me among those who help me;

Therefore I shall see my desire on those who hate me.

8 It is better to trust in the Lord

Than to put confidence in man.

9 It is better to trust in the Lord

Than to put confidence in princes.

10 All nations surrounded me,

But in the name of the Lord I will destroy them.

11 They surrounded me,

Yes, they surrounded me;

But in the name of the Lord I will destroy them.

12 They surrounded me like bees;

They were quenched like a fire of thorns;

For in the name of the Lord I will destroy them.

13 You pushed me violently, that I might fall,

But the Lord helped me.

14 The Lord is my strength and song,
And He has become my salvation.
15 The voice of rejoicing and salvation
Is in the tents of the righteous;
The right hand of the Lord does valiantly.
16 The right hand of the Lord is exalted;
The right hand of the Lord does valiantly.
17 I shall not die, but live,
And declare the works of the Lord.
18 The Lord has chastened me severely,
But He has not given me over to death.
19 Open to me the gates of righteousness;
I will go through them,
And I will praise the Lord.
20 This is the gate of the Lord,
Through which the righteous shall enter.
21 I will praise You,
For You have answered me,
And have become my salvation.
22 The stone which the builders rejected
Has become the chief cornerstone.
23 This was the Lord's doing;
It is marvelous in our eyes.
24 This is the day the Lord has made;
We will rejoice and be glad in it.
25 Save now, I pray, O Lord;
O Lord, I pray, send now prosperity.
26 Blessed is he who comes in the name of the Lord!
We have blessed you from the house of the Lord.
27 God is the Lord,
And He has given us light;
Bind the sacrifice with cords to the horns of the altar.
28 You are my God, and I will praise You;
You are my God, I will exalt You.

29 Oh, give thanks to the Lord, for He is good!
For His mercy endures forever.





Psalm 144

A Song to the Lord who Preserves and Prospers His People

- 1 Blessed be the Lord my Rock,
Who trains my hands for war,
And my fingers for battle—
- 2 My lovingkindness and my fortress,
My high tower and my deliverer,
My shield and the One in whom I take refuge,
Who subdues my people under me.
- 3 Lord, what is man, that You take knowledge of him?
Or the son of man, that You are mindful of him?
- 4 Man is like a breath;
His days are like a passing shadow.
- 5 Bow down Your heavens, O Lord, and come down;
Touch the mountains, and they shall smoke.
- 6 Flash forth lightning and scatter them;
Shoot out Your arrows and destroy them.
- 7 Stretch out Your hand from above;
Rescue me and deliver me out of great waters,
From the hand of foreigners,
- 8 Whose mouth speaks lying words,
And whose right hand is a right hand of falsehood.
- 9 I will sing a new song to You, O God;
On a harp of ten strings I will sing praises to You,
- 10 The One who gives salvation to kings,
Who delivers David His servant
From the deadly sword.
- 11 Rescue me and deliver me from the hand of foreigners,
Whose mouth speaks lying words,
And whose right hand is a right hand of falsehood—
- 12 That our sons may be as plants grown up in their youth;

That our daughters may be as pillars,
Sculptured in palace style;
13 That our barns may be full,
Supplying all kinds of produce;
That our sheep may bring forth thousands
And ten thousands in our fields;
14 That our oxen may be well laden;
That there be no breaking in or going out;
That there be no outcry in our streets.
15 Happy are the people who are in such a state;
Happy are the people whose God is the Lord!





Psalm 107

Thanksgiving to the Lord for His Great Works of Deliverance

- 1 Oh, give thanks to the Lord, for He is good!
For His mercy endures forever.
- 2 Let the redeemed of the Lord say so,
Whom He has redeemed from the hand of the enemy,
- 3 And gathered out of the lands,
From the east and from the west,
From the north and from the south.
- 4 They wandered in the wilderness in a desolate way;
They found no city to dwell in.
- 5 Hungry and thirsty,
Their soul fainted in them.
- 6 Then they cried out to the Lord in their trouble,
And He delivered them out of their distresses.
- 7 And He led them forth by the right way,
That they might go to a city for a dwelling place.
- 8 Oh, that men would give thanks to the Lord for His goodness,
And for His wonderful works to the children of men!
- 9 For He satisfies the longing soul,
And fills the hungry soul with goodness.
- 10 Those who sat in darkness and in the shadow of death,
Bound in affliction and irons—
- 11 Because they rebelled against the words of God,
And despised the counsel of the Most High,
- 12 Therefore He brought down their heart with labor;
They fell down, and there was none to help.
- 13 Then they cried out to the Lord in their trouble,
And He saved them out of their distresses.
- 14 He brought them out of darkness and the shadow of death,

And broke their chains in pieces.
15 Oh, that men would give thanks to the Lord for His goodness,
And for His wonderful works to the children of men!
16 For He has broken the gates of bronze,
And cut the bars of iron in two.
17 Fools, because of their transgression,
And because of their iniquities, were afflicted.
18 Their soul abhorred all manner of food,
And they drew near to the gates of death.
19 Then they cried out to the Lord in their trouble,
And He saved them out of their distresses.
20 He sent His word and healed them,
And delivered them from their destructions.
21 Oh, that men would give thanks to the Lord for His goodness,
And for His wonderful works to the children of men!
22 Let them sacrifice the sacrifices of thanksgiving,
And declare His works with rejoicing.
23 Those who go down to the sea in ships,
Who do business on great waters,
24 They see the works of the Lord,
And His wonders in the deep.
25 For He commands and raises the stormy wind,
Which lifts up the waves of the sea.
26 They mount up to the heavens,
They go down again to the depths;
Their soul melts because of trouble.
27 They reel to and fro, and stagger like a drunken man,
And are at their wits' end.
28 Then they cry out to the Lord in their trouble,
And He brings them out of their distresses.
29 He calms the storm,
So that its waves are still.
30 Then they are glad because they are quiet;
So He guides them to their desired haven.
31 Oh, that men would give thanks to the Lord for His goodness,

And for His wonderful works to the children of men!
32 Let them exalt Him also in the assembly of the people,
And praise Him in the company of the elders.
33 He turns rivers into a wilderness,
And the watersprings into dry ground;
34 A fruitful land into barrenness,
For the wickedness of those who dwell in it.
35 He turns a wilderness into pools of water,
And dry land into watersprings.
36 There He makes the hungry dwell,
That they may establish a city for a dwelling place,
37 And sow fields and plant vineyards,
That they may yield a fruitful harvest.
38 He also blesses them, and they multiply greatly;
And He does not let their cattle decrease.
39 When they are diminished and brought low
Through oppression, affliction, and sorrow,
40 He pours contempt on princes, And causes them to wander in the
wilderness where there is no way;
41 Yet He sets the poor on high, far from affliction,
And makes their families like a flock.
42 The righteous see it and rejoice,
And all iniquity stops its mouth.
43 Whoever is wise will observe these things,
And they will understand the lovingkindness of the Lord.





Psalm 119

Meditations on the Excellencies of the Word of God

⌘ ALEPH

- 1 Blessed are the undefiled in the way,
Who walk in the law of the Lord!
- 2 Blessed are those who keep His testimonies,
Who seek Him with the whole heart!
- 3 They also do no iniquity;
They walk in His ways.
- 4 You have commanded us
To keep Your precepts diligently.
- 5 Oh, that my ways were directed
To keep Your statutes!
- 6 Then I would not be ashamed,
When I look into all Your commandments.
- 7 I will praise You with uprightness of heart,
When I learn Your righteous judgments.
- 8 I will keep Your statutes;
Oh, do not forsake me utterly!

⌘ BETH

- 9 How can a young man cleanse his way?
By taking heed according to Your word.
- 10 With my whole heart I have sought You;
Oh, let me not wander from Your commandments!
- 11 Your word I have hidden in my heart,
That I might not sin against You.
- 12 Blessed are You, O Lord!
Teach me Your statutes.
- 13 With my lips I have declared

All the judgments of Your mouth.
14 I have rejoiced in the way of Your testimonies,
As much as in all riches.
15 I will meditate on Your precepts,
And contemplate Your ways.
16 I will delight myself in Your statutes;
I will not forget Your word.

י GIMEL

17 Deal bountifully with Your servant,
That I may live and keep Your word.
18 Open my eyes, that I may see
Wondrous things from Your law.
19 I am a stranger in the earth;
Do not hide Your commandments from me.
20 My soul breaks with longing
For Your judgments at all times.
21 You rebuke the proud—the cursed,
Who stray from Your commandments.
22 Remove from me reproach and contempt,
For I have kept Your testimonies.
23 Princes also sit and speak against me,
But Your servant meditates on Your statutes.
24 Your testimonies also are my delight
And my counselors.

ד DALETH

25 My soul clings to the dust;
Revive me according to Your word.
26 I have declared my ways, and You answered me;
Teach me Your statutes.
27 Make me understand the way of Your precepts;
So shall I meditate on Your wonderful works.
28 My soul melts from heaviness;
Strengthen me according to Your word.

29 Remove from me the way of lying,
And grant me Your law graciously.
30 I have chosen the way of truth;
Your judgments I have laid before me.
31 I cling to Your testimonies;
O Lord, do not put me to shame!
32 I will run the course of Your commandments,
For You shall enlarge my heart.

7 HE

33 Teach me, O Lord, the way of Your statutes,
And I shall keep it to the end.
34 Give me understanding, and I shall keep Your law;
Indeed, I shall observe it with my whole heart.
35 Make me walk in the path of Your commandments,
For I delight in it.
36 Incline my heart to Your testimonies,
And not to covetousness.
37 Turn away my eyes from looking at worthless things,
And revive me in Your way.
38 Establish Your word to Your servant,
Who is devoted to fearing You.
39 Turn away my reproach which I dread,
For Your judgments are good.
40 Behold, I long for Your precepts;
Revive me in Your righteousness.

1 WAW

41 Let Your mercies come also to me, O Lord—
Your salvation according to Your word.
42 So shall I have an answer for him who reproaches me,
For I trust in Your word.
43 And take not the word of truth utterly out of my mouth,
For I have hoped in Your ordinances.
44 So shall I keep Your law continually,

Forever and ever.
45 And I will walk at liberty,
For I seek Your precepts.
46 I will speak of Your testimonies also before kings,
And will not be ashamed.
47 And I will delight myself in Your commandments,
Which I love.
48 My hands also I will lift up to Your commandments,
Which I love,
And I will meditate on Your statutes.

‡ ZAYIN

49 Remember the word to Your servant,
Upon which You have caused me to hope.
50 This is my comfort in my affliction,
For Your word has given me life.
51 The proud have me in great derision,
Yet I do not turn aside from Your law.
52 I remembered Your judgments of old, O Lord,
And have comforted myself.
53 Indignation has taken hold of me
Because of the wicked, who forsake Your law.
54 Your statutes have been my songs
In the house of my pilgrimage.
55 I remember Your name in the night, O Lord,
And I keep Your law.
56 This has become mine,
Because I kept Your precepts.

⌘ HETH

57 You are my portion, O Lord;
I have said that I would keep Your words.
58 I entreated Your favor with my whole heart;
Be merciful to me according to Your word.
59 I thought about my ways,

And turned my feet to Your testimonies.
60 I made haste, and did not delay
To keep Your commandments.
61 The cords of the wicked have bound me,
But I have not forgotten Your law.
62 At midnight I will rise to give thanks to You,
Because of Your righteous judgments.
63 I am a companion of all who fear You,
And of those who keep Your precepts.
64 The earth, O Lord, is full of Your mercy;
Teach me Your statutes.

‡ TETH

65 You have dealt well with Your servant,
O Lord, according to Your word.
66 Teach me good judgment and knowledge,
For I believe Your commandments.
67 Before I was afflicted I went astray,
But now I keep Your word.
68 You are good, and do good;
Teach me Your statutes.
69 The proud have forged a lie against me,
But I will keep Your precepts with my whole heart.
70 Their heart is as fat as grease,
But I delight in Your law.
71 It is good for me that I have been afflicted,
That I may learn Your statutes.
72 The law of Your mouth is better to me
Than thousands of coins of gold and silver.

• YOD

73 Your hands have made me and fashioned me;
Give me understanding, that I may learn Your commandments.
74 Those who fear You will be glad when they see me,
Because I have hoped in Your word.

75 I know, O Lord, that Your judgments are right,
And that in faithfulness You have afflicted me.
76 Let, I pray, Your merciful kindness be for my comfort,
According to Your word to Your servant.
77 Let Your tender mercies come to me, that I may live;
For Your law is my delight.
78 Let the proud be ashamed,
For they treated me wrongfully with falsehood;
But I will meditate on Your precepts.
79 Let those who fear You turn to me,
Those who know Your testimonies.
80 Let my heart be blameless regarding Your statutes,
That I may not be ashamed.

▮ **KAPH**

81 My soul faints for Your salvation,
But I hope in Your word.
82 My eyes fail from searching Your word,
Saying, "When will You comfort me?"
83 For I have become like a wineskin in smoke,
Yet I do not forget Your statutes.
84 How many are the days of Your servant?
When will You execute judgment on those who persecute me?
85 The proud have dug pits for me,
Which is not according to Your law.
86 All Your commandments are faithful;
They persecute me wrongfully;
Help me!
87 They almost made an end of me on earth,
But I did not forsake Your precepts.
88 Revive me according to Your lovingkindness,
So that I may keep the testimony of Your mouth.

↳ LAMED

- 89 Forever, O Lord,
Your word is settled in heaven.
- 90 Your faithfulness endures to all generations;
You established the earth, and it abides.
- 91 They continue this day according to Your ordinances,
For all are Your servants.
- 92 Unless Your law had been my delight,
I would then have perished in my affliction.
- 93 I will never forget Your precepts,
For by them You have given me life.
- 94 I am Yours, save me;
For I have sought Your precepts.
- 95 The wicked wait for me to destroy me,
But I will consider Your testimonies.
- 96 I have seen the consummation of all perfection,
But Your commandment is exceedingly broad.

↻ MEM

- 97 Oh, how I love Your law!
It is my meditation all the day.
- 98 You, through Your commandments, make me wiser than my enemies;
For they are ever with me.
- 99 I have more understanding than all my teachers,
For Your testimonies are my meditation.
- 100 I understand more than the ancients,
Because I keep Your precepts.
- 101 I have restrained my feet from every evil way,
That I may keep Your word.
- 102 I have not departed from Your judgments,
For You Yourself have taught me.
- 103 How sweet are Your words to my taste,
Sweeter than honey to my mouth!
- 104 Through Your precepts I get understanding;
Therefore I hate every false way.

י NUN

- 105 Your word is a lamp to my feet
And a light to my path.
- 106 I have sworn and confirmed
That I will keep Your righteous judgments.
- 107 I am afflicted very much;
Revive me, O Lord, according to Your word.
- 108 Accept, I pray, the freewill offerings of my mouth, O Lord,
And teach me Your judgments.
- 109 My life is continually in my hand,
Yet I do not forget Your law.
- 110 The wicked have laid a snare for me,
Yet I have not strayed from Your precepts.
- 111 Your testimonies I have taken as a heritage forever,
For they are the rejoicing of my heart.
- 112 I have inclined my heart to perform Your statutes
Forever, to the very end.

ו SAMEK

- 113 I hate the double-minded,
But I love Your law.
- 114 You are my hiding place and my shield;
I hope in Your word.
- 115 Depart from me, you evildoers,
For I will keep the commandments of my God!
- 116 Uphold me according to Your word, that I may live;
And do not let me be ashamed of my hope.
- 117 Hold me up, and I shall be safe,
And I shall observe Your statutes continually.
- 118 You reject all those who stray from Your statutes,
For their deceit is falsehood.
- 119 You put away all the wicked of the earth like dross;
Therefore I love Your testimonies.
- 120 My flesh trembles for fear of You,
And I am afraid of Your judgments.

▮ AYIN

- 121 I have done justice and righteousness;
Do not leave me to my oppressors.
- 122 Be surety for Your servant for good;
Do not let the proud oppress me.
- 123 My eyes fail from seeking Your salvation
And Your righteous word.
- 124 Deal with Your servant according to Your mercy,
And teach me Your statutes.
- 125 I am Your servant;
Give me understanding,
That I may know Your testimonies.
- 126 It is time for You to act, O Lord,
For they have regarded Your law as void.
- 127 Therefore I love Your commandments
More than gold, yes, than fine gold!
- 128 Therefore all Your precepts concerning all things
I consider to be right;
I hate every false way.

▮ PE

- 129 Your testimonies are wonderful;
Therefore my soul keeps them.
- 130 The entrance of Your words gives light;
It gives understanding to the simple.
- 131 I opened my mouth and panted,
For I longed for Your commandments.
- 132 Look upon me and be merciful to me,
As Your custom is toward those who love Your name.
- 133 Direct my steps by Your word,
And let no iniquity have dominion over me.
- 134 Redeem me from the oppression of man,
That I may keep Your precepts.
- 135 Make Your face shine upon Your servant,

And teach me Your statutes.
136 Rivers of water run down from my eyes,
Because men do not keep Your law.

⚡ TSADDE

137 Righteous are You, O Lord,
And upright are Your judgments.
138 Your testimonies, which You have commanded,
Are righteous and very faithful.
139 My zeal has consumed me,
Because my enemies have forgotten Your words.
140 Your word is very pure;
Therefore Your servant loves it.
141 I am small and despised,
Yet I do not forget Your precepts.
142 Your righteousness is an everlasting righteousness,
And Your law is truth.
143 Trouble and anguish have overtaken me,
Yet Your commandments are my delights.
144 The righteousness of Your testimonies is everlasting;
Give me understanding, and I shall live.

⚡ QOPH

145 I cry out with my whole heart;
Hear me, O Lord!
I will keep Your statutes.
146 I cry out to You;
Save me, and I will keep Your testimonies.
147 I rise before the dawning of the morning,
And cry for help;
I hope in Your word.
148 My eyes are awake through the night watches,
That I may meditate on Your word.
149 Hear my voice according to Your lovingkindness;
O Lord, revive me according to Your justice.

150 They draw near who follow after wickedness;
They are far from Your law.
151 You are near, O Lord,
And all Your commandments are truth.
152 Concerning Your testimonies,
I have known of old that You have founded them forever.

ר RESH

153 Consider my affliction and deliver me,
For I do not forget Your law.
154 Plead my cause and redeem me;
Revive me according to Your word.
155 Salvation is far from the wicked,
For they do not seek Your statutes.
156 Great are Your tender mercies, O Lord;
Revive me according to Your judgments.
157 Many are my persecutors and my enemies,
Yet I do not turn from Your testimonies.
158 I see the treacherous, and am disgusted,
Because they do not keep Your word.
159 Consider how I love Your precepts;
Revive me, O Lord, according to Your lovingkindness.
160 The entirety of Your word is truth,
And every one of Your righteous judgments endures forever.

ש SHIN

161 Princes persecute me without a cause,
But my heart stands in awe of Your word.
162 I rejoice at Your word
As one who finds great treasure.
163 I hate and abhor lying,
But I love Your law.
164 Seven times a day I praise You,
Because of Your righteous judgments.
165 Great peace have those who love Your law,

And nothing causes them to stumble.
166 Lord, I hope for Your salvation,
And I do Your commandments.
167 My soul keeps Your testimonies,
And I love them exceedingly.
168 I keep Your precepts and Your testimonies,
For all my ways are before You.

ⲛ TAU

169 Let my cry come before You, O Lord;
Give me understanding according to Your word.
170 Let my supplication come before You;
Deliver me according to Your word.
171 My lips shall utter praise,
For You teach me Your statutes.
172 My tongue shall speak of Your word,
For all Your commandments are righteousness.
173 Let Your hand become my help,
For I have chosen Your precepts.
174 I long for Your salvation, O Lord,
And Your law is my delight.
175 Let my soul live, and it shall praise You;
And let Your judgments help me.
176 I have gone astray like a lost sheep;
Seek Your servant,
For I do not forget Your commandments.



*“Jesus Christ is the same yesterday
and today and forever.”*

About the Author



Pamela S. Setufe, MHA, FACMPE, CPCO, CPCS, CFEI

Pamela S. Setufe is an accomplished Christian book author who is known for her insightful and uplifting works that inspire readers to deepen their relationship with God. Raised in a devout Christian home, Pamela's faith has always been a guiding force in her life, and she has devoted her writing career to sharing her experiences and wisdom with others to the glory of God.

From an early age, Pamela demonstrated a love for books and a curiosity about the world. As she grew older, her passion for writing blossomed, and she realized the unique power of words to touch hearts and change lives. She felt a calling to use her gift of writing to spread the message of God's love and grace to the world He so loved.

Her writings explore a wide range of topics, including prayer, spiritual growth, overcoming adversity, professional articles and understanding God's will. Drawing from her personal experiences, she weaves compelling narratives that resonate with readers and offer practical guidance for living a Christ-centered life. Her writings have received critical acclaim for their depth, clarity, and ability to connect with readers on a personal level. Her writing style is characterized by its authenticity and vulnerability, as she fearlessly shares her own struggles and triumphs on her spiritual journey.

Her words have a profound impact on readers, as they find solace and inspiration in her relatable stories and thoughtful reflections. Throughout her career, Pamela has become a respected figure in the Christian community, known for her wisdom and compassionate approach to faith. She has been invited to speak at conferences, churches, and events, where she shares her insights and encourages others in their walk with God.

In addition to her writing, Pamela is actively involved in her local church, leading Bible studies, teaching and mentoring others in their faith journeys. She believes in the power of community and the importance of supporting one another as we grow closer to God. Her words resonate with individuals from all walks of life, inspiring them to seek a deeper understanding of their faith and to live more intentionally for God.

Pamela Setufe continues to impact lives with her insightful writing and unwavering commitment to sharing God's message of hope and redemption. Her books serve as a guiding light for those seeking to deepen their spiritual journey and find meaning in their relationship with God. With each new work, she continues to inspire and uplift readers, leaving an indelible mark on the world of Christian literature.

When she is not writing, Pamela serves as the Chief Compliance Officer for a large Medical Group in San Antonio, Texas, and is also a Fellow of the American College of Medical Practice Executives. She is an avid advocate for financial literacy, where she volunteers her time and resources in helping others gain financial wellness. She is also the President & Founder of Dream Today, a non-profit organization focused on promoting literacy and equity in education and health care, in impoverished communities in Africa.

But most of all, she enjoys spending quality time with her husband and their three children, who keep her active and young. Like the Psalmists, it is her hope that this book will inspire you on your faith journey this year!



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Thank you for joining us on this journey of Encountering God's Heart and living a life of faith and inspiration.

*“I can do all things
through Christ who strengthens
me.”*

The Serenity Prayer

GOD, GRANT ME THE

Serenity

TO ACCEPT THE THINGS I CANNOT CHANGE

Courage

TO CHANGE THE THINGS I CAN, AND

Wisdom

TO KNOW THE DIFFERENCE.

Living

ONE DAY AT A TIME

Enjoying

ONE MOMENT AT A TIME

Accepting

HARDSHIPTS AS THE PATHWAY TO PEACE

Taking

AS HE DID, THIS SINFUL WORLD

Trusting

THAT HE WILL MAKE THINGS RIGHT, IF I

Surrender

TO HIS WILL; SO THAT I MAY BE RESONABLY HAPPY IN THIS

LIFE, AND SUPREMELY HAPPY WITH HIM FOREVER IN THE

NEXT.

Amen

“No eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him.”

Encountering God's Heart

Journal

To God Be the Glory!

