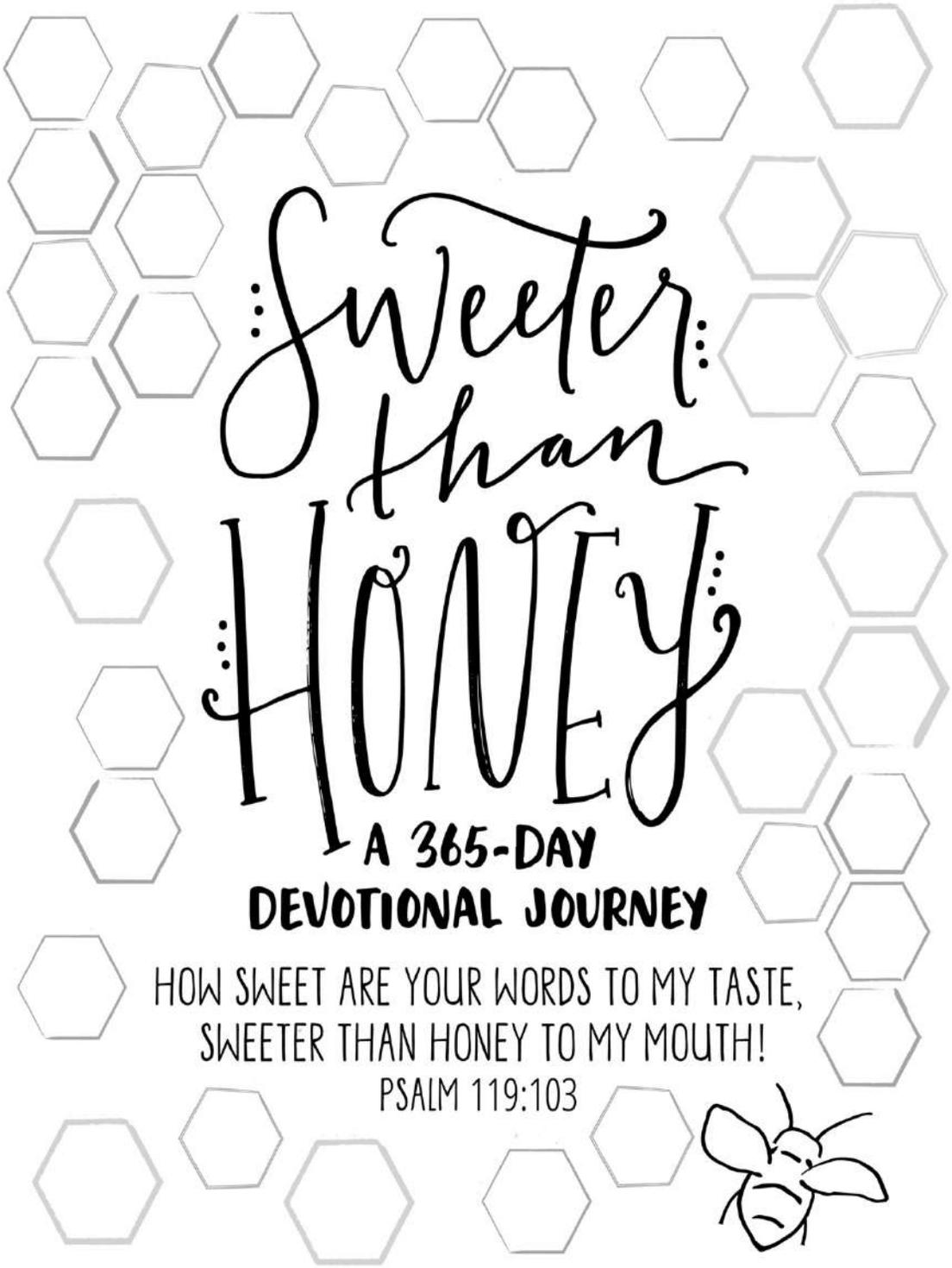


Sweeter  
than  
HONEY

A 365-DAY  
DEVOTIONAL JOURNEY

HOW SWEET ARE YOUR WORDS TO MY TASTE,  
SWEETER THAN HONEY TO MY MOUTH!

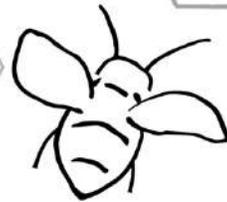
PSALM 119:103



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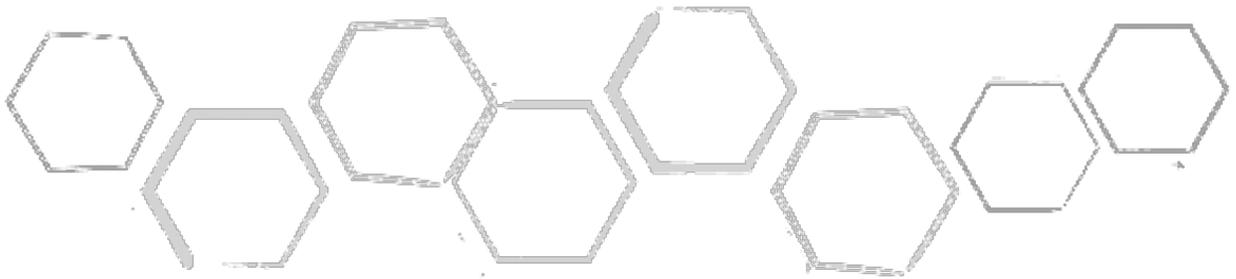
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# Dedication

Growing up, my father told me time and time again that I could do anything I put my mind to. My father had a growth mindset mentality before growth mindset was even a thing. He firmly believed that ability could be developed through dedication and hard work—brains and talent were just the starting point. His confidence in me created a love for learning and a resilience that is essential for great accomplishments. Those words, *“You can do anything you put your mind to”* spoke truth and life into many dreams and have shaped me in a way that no other spoken words have. His faith in my abilities gave me courage and planted seeds of hope for the future.

When I was in elementary school, I was head-strong and stubborn. I was a handful for my dear parents. Bless their hearts! I was that child they write books about. I remember my mother’s dread of parent-teacher conferences. I didn’t like them much either. I recall one in particular where the teacher had written on the back of my report card that Patsy was stubborn. There was a discussion about that, and I can still hear my mother’s voice today telling that teacher *“Stubbornness is good when you get it headed in the right direction.”* That was life-changing for me! It was a true statement, and my mother would spend the next ten years trying to get that stubbornness headed in the right direction.

Dad, because you said, *“You can do anything you put your mind to”* and Mom, because you said, *“Stubbornness is good if you get it headed in the right direction,”* *Sweeter Than Honey* is dedicated to you.



## Thank you

I pray that when people read *Sweeter Than Honey* they will see Jesus, and I have these fine people to thank for making that happen. Thank you to Harold Pulver for his careful work on dating the books of the Bible. Thank you to Michelle Jarrell and her co-worker at BJU Press for helping to set a style guide for references in *Sweeter Than Honey*. Thank you to an awesome editor, Amanda Baker. To all of you friends who assisted in these ways, your input has been invaluable! You have helped to make this book a treasure that will touch lives for years to come. Thank you!



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# Prologue

What if we spent a few quiet moments with God each morning? What if we were intentional about making time for it? What if we committed to doing that all year long and by the year's end we found that we had read the entire Bible!? How many times, on January 1, have you committed to reading the Bible from cover to cover in a year? I have made that commitment too many times to count, and I have failed too many times to admit. A few years ago though, I used a one-year, chronological order of book authorship, Bible reading itinerary. Did you know that Genesis was not the first book of the Bible to be written? While plans like this vary somewhat, because it is simply impossible to put an exact date on some books of the Bible, the plan I used begins with the book of Job. *Sweeter Than Honey* is patterned after that Bible reading Itinerary.

When I read God's Word each morning, I find inspiration and insight that keeps my day on track. Join me on this journey, friend. Let's settle in with His Word—it's His Love Letter to us. Did you know that? Let's read it like a Love Letter, expecting to glean something for our walk with Him every day. Let's look for peace in the chaos and strength for our weaknesses. The Bible is alive and relevant. Each book was written by men under divine inspiration from God. 2 Timothy 3:16 tells us that "*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.*"

Each day, we'll read a passage of Scripture and a short devotional from that passage. By the end of the year we will have read through His entire Love Letter in chronological order of book authorship—the whole Bible! Even on our busiest days, we can carve out a few minutes to refocus on the important. Can't we? We may have to get up a little earlier, when the house is still and quiet, or stay up a few minutes after the others are tucked in for the night, but we can do this! I know we can!

You'll find encouragement on every page of this book—encouragement to seek God above all else. The strong, spiritual emphasis will challenge you to turn to God for daily direction and experience His presence in a whole new and intentional way. *Sweeter Than Honey* will become more to you than just another daily devotional, it will become a keepsake as you record prayers and participate in thought-provoking, practical exercises that touch every aspect of your life and draw you closer to our Creator.

Let's be intentional this year about focusing on God's Word and the truths found there. Let's let it inspire us to live out our faith each day in a way that causes those we come in contact with to want what we have found. I pray that each of these practical devotionals meets you right where you are with the life-giving Scripture you need for that day to guide you on your journey to know God better and become more like Him in the coming year. God sees you, friend. He knows you by name, He knows the number of hairs on your head (even though that's always changing, right?), and He cares about every detail of your daily existence. He wrote you a Love Letter. Let's dive in! Scan the QR code to join us over at the private, *Sweeter Than Honey* Facebook group and share your thoughts. Find like-minded friends and let's do this together. We're waiting for you!



# WHAT WE KNOW ABOUT **PSALMS**

The book of Psalms is the 19th of 39 books in the Old Testament

**Written by:** Multiple authors

**Written when:** 1400-450 BC

**Noteworthy:** Psalms is another book, like Proverbs, that seems to be timeless in its wisdom. Although there are multiple authors attributed to the book, over half of the Psalms were written by King David.

**Pivotal passage:** *“He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for His name's sake.”* (Psalm 23:2-3)

**Points to remember:**

- Much of the book of Psalms is poetry that is easily and often set to music. There are many song lyrics that come to mind that have their origins in the book of Psalms: *“may the words of my mouth”* (Psalm 19), *“sing unto the Lord a new song”* (Psalm 96), *“I lift up my eyes to the mountains”* (Psalm 121), *“praise ye God”* (Psalm 150).
- Parts of the book were written as early as Moses’ lifetime, around 1400 BC. The book’s writings span nearly 1000 years.
- There are Psalms applicable to every person and season of life—Psalms of sorrow, praise, encouragements, prophecy, making this book one of the most popular in the Bible.

april  
twentynine

## PSALMS 1-3: BECOMING THE TREE

The book of Psalms starts off by reminding us why we have chosen to be in the Word every day by comparing the way of the righteous to the way of the wicked.

*“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on His law he meditates day and night.*

*He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the Lord knows the way of the righteous, but the way of the wicked will perish.” (Psalm 1:1-6)*

Chapter 1 tells us that our delight should be in God’s Word, and we should meditate on it day and night. It also tells us that if we do that, we will be like a fruitful tree planted by the streams of water.

Have you ever noticed how big and beautiful the trees are that line the banks of a river? Their roots go deep into this source of water. It’s their life! They are fruitful because of this life-giving water. Their leaves do not wither. They don’t dry up and die when the first signs of drought come, because they have planted themselves next to the source that sustains them. Have you planted yourself next to the source that sustains you?

We are to be like this tree, planted by the stream of life-giving water with roots that go deep into its source. It’s our life. It defines us. It separates us from those who walk with the wicked, stand with sinners, and sit with scoffers. It is to be our delight. We are to meditate on it day and night. When this source of life-giving water becomes our source of meditation we are prepared for the drought. When the droughts of life besiege us, we’re sustained. We’ve meditated on His Word. We’ve memorized His promises. We know His faithfulness. We hear His voice. We feel His presence. And in all of this, we are blessed. We become that *“tree planted by the streams of water that yields its fruit in its season”* (1:3). We don’t wither at the first signs of drought. We prosper and we thrive!

The last verse in this chapter tells us that *“the Lord knows the way of the righteous”* (1:6). He knows there will be times of drought in our lives. He’s saying let’s get prepared for that. Let’s meditate. Let’s lock those life-giving truths of Scripture so deep in our soul that when the drought comes we are like the tree!

# april thirty

## PSALMS 4-7: GOD HEARS, LEADS, AND DELIVERS

These four Psalms are written by King David. He begins with *“Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer”* (Psalm 4:1) and ends with *“I will give to the Lord the thanks due to His righteousness, and I will sing praise to the name of the Lord, the Most High”* (Psalm 7:17). He begins by praising God and remembering His faithfulness, and he ends with thanksgiving and praise.

Between these 2 verses, David asks God to hear him, lead him, and deliver him. These are all the things we need today just as much as David needed them. In chapter 7, David proclaims God as his refuge. We need that too! We need to know God as the One Who hears and answers us when we call. He hears our prayers and cries for help, and He answers. Sometimes the answer isn’t what we want to hear. Sometimes the answer isn’t right away—it may be yes, no, or wait. However, we must remember His faithfulness to us in the past. David says, *“You have given me relief when I was in distress”* (4:1). David remembers God’s faithfulness in the past. David knows that he has been set apart, by God, for Himself and he knows that God hears him when he calls. We need to know these things too.

We need to know God as the One Who leads us in His righteous ways. David recalls the abundance of God’s steadfast love—not just steadfast love, but an *abundance* of steadfast love! He calls out to God to lead him and *“make Your way straight before me”* (5:8). David wants a clear path of righteousness. That’s a prayer we all need to pray today. David knows that the path of righteousness includes God’s protection. He knows God as a refuge and shield. We need to know this too.

*“But let all who take refuge in You rejoice; let them ever sing for joy, and spread Your protection over them, that those who love Your name may exult in You. For You bless the righteous, O Lord; You cover him with favor as with a shield.”* (5:11-12)

Finally, we need to know God as the One Who delivers us in times of need. He is our refuge! When we are languishing and troubled, God is our Deliverer. *“Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. My soul also is greatly troubled...”* (6:2-3). He is the One to turn to in times of need, but not just then. He delivers us even when we don’t know we need to be delivered. God hears us, He leads us, and He delivers us, just as He did King David. Let’s praise Him for that today!

may



# May one

## PSALMS 8-11: THANKFUL FOR HIS WONDERFUL DEEDS

In Psalm 9, King David gives thanks to the Lord and recounts the Lord's wonderful deeds. Using the ESV translation of the Bible let's do a fill in the blank today.

"I will give \_\_\_\_\_ to the Lord with my \_\_\_\_\_; I will recount all of Your \_\_\_\_\_ . I will be glad and \_\_\_\_\_ in You; I will \_\_\_\_\_ to Your name, O Most High.

When my \_\_\_\_\_ turn back, they \_\_\_\_\_ and \_\_\_\_\_ before Your presence. For You have \_\_\_\_\_ my just cause; You have sat on the throne, giving righteous judgment.

You have \_\_\_\_\_ the nations; You have made the \_\_\_\_\_; You have blotted out their name \_\_\_\_\_ and ever. The enemy came to an end in \_\_\_\_\_ ruins; their cities You rooted out; the very \_\_\_\_\_ of them has perished.

But the Lord sits enthroned \_\_\_\_\_; He has established His throne for justice, and He judges the world with \_\_\_\_\_; He judges the peoples with uprightness.

The Lord is a \_\_\_\_\_ for the oppressed, a stronghold in times of \_\_\_\_\_. And those who know Your \_\_\_\_\_ put their \_\_\_\_\_ in You, for You, O Lord, have not \_\_\_\_\_ those who seek You.

Sing \_\_\_\_\_ to the Lord, Who sits enthroned in Zion! Tell among the peoples His \_\_\_\_\_! For He Who avenges blood is mindful of them; He does not \_\_\_\_\_ the cry of the afflicted.

Be \_\_\_\_\_ to me, O Lord! See my \_\_\_\_\_ from those who hate me, O You Who \_\_\_\_\_ from the gates of death, that I may \_\_\_\_\_ all Your \_\_\_\_\_, that in the gates of the daughter of Zion I may \_\_\_\_\_ in Your \_\_\_\_\_.

The nations have sunk in the pit that they made; in the net that they hid, their own foot has been caught. The Lord has made Himself \_\_\_\_\_; He has executed \_\_\_\_\_; the wicked are snared in the work of their own \_\_\_\_\_. Higgsion Selah

The wicked shall return to Sheol, all the nations that forget \_\_\_\_\_.

For the \_\_\_\_\_ shall not always be \_\_\_\_\_, and the \_\_\_\_\_ of the poor shall not perish forever.

Arise, O Lord! Let not man prevail; let the nations be \_\_\_\_\_ before You! Put them in \_\_\_\_\_, O Lord! Let the nations \_\_\_\_\_ that they are but men! Selah." (Psalm 9)

# May two

## PSALMS 12-14: WAITING FOR AN ANSWER

Have you ever prayed a prayer and not received an answer from God? You probably feel as if you have. I feel that way too. The Bible tells us that God hears us and that He delights in answering our prayers. But maybe the answer He's giving us today is not a "yes" or a "no." Maybe it's a "wait" or a "not right now."

In Psalm 13, David is asking, "How long, O Lord?"

*"How long, O Lord? Will You forget me forever? How long will You hide Your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?"*

*Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, 'I have prevailed over him,' lest my foes rejoice because I am shaken.*

*But I have trusted in Your steadfast love; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me." (Psalm 13:1-6)*

In this three-stanza chorus, David begins by asking, "How long?" but he ends by remembering God's steadfast love and faithfulness.

David asks four "How long" questions in verses 1-2:

1. *How long, O Lord? Will You forget me forever? (13:1)*
2. *How long will You hide Your face from me? (13:1)*
3. *How long must I take counsel in my soul and have sorrow in my heart all the day? (13:2)*
4. *How long shall my enemy be exalted over me? (13:2)*

Maybe you have asked similar questions of God lately. You've prayed a prayer over and over, day and night. Maybe it's for a loved one, a health situation, or a prodigal child. You don't even feel like God is hearing your pleas for help. Let me assure you, friend, He is! He hears you. He hears us. Sometimes though, His answer is not a "yes" or a "no." It may be a "wait" or a "not right now."

In the third stanza of Psalm 13, David proclaims God's steadfast love. He rejoices in His salvation, and he sings praises because he remembers His faithfulness. While we are waiting for those answers to our prayers, let's remember God's steadfast love, rejoice in our salvation, and praise Him for His faithfulness!

# May three

## PSALMS 15-17: IN THE SHADOW OF YOUR WINGS

In chapter 17 of Psalms, we find the first prayer of David. He asks the Lord to hide him in the shadow of His wings. David is looking for protection from wickedness and from his enemies. David's enemies could have been, and most likely were, real men who were out to destroy his reputation or kill him. We probably don't have people who want to kill us today, but that doesn't mean we don't have enemies.

*"Hear a just cause, O Lord; attend to my cry! Give ear to my prayer from lips free of deceit! From Your presence let my vindication come! Let Your eyes behold the right!"*

*You have tried my heart, You have visited me by night, You have tested me, and You will find nothing; I have purposed that my mouth will not transgress. With regard to the works of man, by the Word of Your lips I have avoided the ways of the violent. My steps have held fast to Your paths; my feet have not slipped.*

*I call upon You, for You will answer me, O God; incline Your ear to me; hear my words. Wondrously show Your steadfast love, O Savior of those who seek refuge from their adversaries at Your right hand.*

*Keep me as the apple of Your eye; hide me in the shadow of Your wings, from the wicked who do me violence, my deadly enemies who surround me.*

*They close their hearts to pity; with their mouths they speak arrogantly. They have now surrounded our steps; they set their eyes to cast us to the ground. He is like a lion eager to tear, as a young lion lurking in ambush.*

*Arise, O Lord! Confront him, subdue him! Deliver my soul from the wicked by Your sword, from men by Your hand, O Lord, from men of the world whose portion is in this life. You fill their womb with treasure; they are satisfied with children, and they leave their abundance to their infants.*

*As for me, I shall behold Your face in righteousness; when I awake, I shall be satisfied with Your likeness."*  
(Psalm 17:1-15)

When I read David's prayer in Psalm 17, I think of the enemies I need to pray to God for protection from—mainly the enemy of sin, the enemy of my own sinful ways. Can we say that we have purposed that our mouths will not transgress and that our steps will hold fast to His paths? As King David did, we need to ask God to wondrously show His steadfast love to those who seek refuge from their adversaries, especially when that adversary is our own sinful ways. Let's pray this prayer today: *"Keep me as the apple of Your eye; hide me in the shadow of Your wings, from the wicked who do me violence, my deadly enemies who surround me"* (17:8-9). Let's ask God to hide us in the shadow of His wings.

# May four

## PSALMS 18-20: TRUST IN HIS NAME

In Psalm 20, David reminds us why we should trust in the name of the Lord our God.

*“May the Lord answer you in the day of trouble! May the name of the God of Jacob protect you! May He send you help from the sanctuary and give you support from Zion! May He remember all your offerings and regard with favor your burnt sacrifices! Selah*

*May He grant you your heart's desire and fulfill all your plans! May we shout for joy over your salvation, and in the name of our God set up our banners! May the Lord fulfill all your petitions!*

*Now I know that the Lord saves His anointed; He will answer him from His holy Heaven with the saving might of His right hand. Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They collapse and fall, but we rise and stand upright.*

*O Lord, save the king! May He answer us when we call.”* (Psalm 20:1-9)

In this simple, nine-verse Psalm, David lays out all the reasons he trusts in the name of the Lord. These are the same reasons that we should trust Him and His name as well.

David writes that the Lord is our

- Answer — He answers us in the day of trouble.
- Protector — His name protects us.
- Helper — He sends us help from His Heaven.
- Support — He gives us support from His holy place.
- Rememberer — He remembers all of our sacrifices.
- Regarder — He regards us with His favor.
- Desire granter — He can give (or change) our heart's desire.
- Plan fulfiller — He can make His plans our plans and bring them to fruition.
- Salvation — The joy of our salvation is solely from Him.

David is able to write this Psalm and document all the reasons we should trust the Lord—the reasons he trusted the Lord because he recounted His faithfulness in the past.

David knew God to be all of these things to him in the past, and he trusted God to continue to be these things to him in the present and in the future. We can trust in His name today just as David did.

# May five

## PSALMS 21-23: HIS GOODNESS AND MERCY

Psalm 23 is probably one of if not the best-known Psalms. You may remember it being read at the funeral of a loved one. The first time I recall hearing it was at my grandmother's funeral. The truths of that Psalm penetrated my soul that day, and on that day, that Psalm became very personal to me.

*"The Lord IS my Shepherd."*

*"The Lord is MY Shepherd."*

Those are the things I hear when I read this Psalm.

*"The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for His name's sake.*

*Even 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.*

*You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever." (Psalm 23:1-6)*

When I read Psalm 23, I like to make it personal. Yes, it was written by a king thousands of years ago, but just like this king needed a Shepherd to guide and protect him, so do we.

When I read this Psalm, I realize the contentment found in recognizing the Lord as my Shepherd—the Shepherd of my soul. As my Shepherd He not only gives contentment, He also gives peace, leadership, restoration, and He does it all for His name's sake, for my good and for His glory.

I understand from Psalm 23 that I have nothing to fear and I am never alone. I'm not alone on the mountain top or in the valley. This brings me great comfort.

Finally, I am reminded of His goodness and mercy towards me. He prepares the road ahead of me and gives me more than I need—my cup *overflows* with His goodness and His mercy!

Today, I need to know these things just as much as King David did. I need contentment, peace, leadership, restoration, and comfort. I especially need to be reminded of His goodness and mercy. Maybe you do too.

# May Six

## PSALMS 24-26: BEING TEACHABLE

In Psalm 25, David asks the Lord to teach him His ways.

*“To You, O Lord, I lift up my soul. O my God, in You I trust...*

*Make me to know Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; for You I wait all the day long.*

*Remember Your mercy, O Lord, and Your steadfast love, for they have been from of old. Remember not the sins of my youth or my transgressions; according to Your steadfast love remember me, for the sake of Your goodness, O Lord!*

*Good and upright is the Lord; therefore He instructs sinners in the way. He leads the humble in what is right, and teaches the humble His way. All the paths of the Lord are steadfast love and faithfulness, for those who keep His covenant and His testimonies.*

*For Your name's sake, O Lord, pardon my guilt, for it is great. Who is the man who fears the Lord? Him will He instruct in the way that He should choose. His soul shall abide in well-being, and his offspring shall inherit the land. The friendship of the Lord is for those who fear Him, and He makes known to them His covenant. My eyes are ever toward the Lord, for He will pluck my feet out of the net.*

*Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins....*

*Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in You. May integrity and uprightness preserve me, for I wait for You.” (Psalm 25:1-21)*

David wants to be teachable. We should want to be teachable as well. Let’s look at what David says about a teachable spirit.

David trusts the Lord. He asks Him to lead him. He knows that his salvation comes from God, and he’s willing to wait for the Lord’s leading. David understands the value of humility and that being humble is part of being teachable. He also recognizes that being teachable will, in generations to come, affect his offspring.

Do we have a teachable spirit like David? Let’s pray David’s prayer today and ask God to give us a teachable spirit and teach us His ways.

# May seven

## PSALMS 27-29: MY LIGHT, SALVATION, STRENGTH, AND SHIELD

In chapters 27 - 28 of Psalms, David tells us that the Lord is his light, salvation, strength, and shield. The Lord was to King David the same things He is to us today. He is our light, our salvation, our strength, and our shield.

Let's read what David says about each of these, and then you record what each of these means to you personally:

The Lord is my Light: *"The Lord is my light and my salvation; whom shall I fear" (27:1)?*

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The Lord is my Salvation: *"...O You Who have been my help. Cast me not off; forsake me not, O God of my salvation" (27:9)!*

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The Lord is my Strength: *"The Lord is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him. The Lord is the strength of His people" (28:7-8).*

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The Lord is my Shield: *"The Lord is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him." (28:7).*

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# May eight

## PSALMS 30-32: THE BLESSING OF FORGIVENESS

In Psalm 32, David reminds us of the many blessings of forgiveness.

*“Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.*

*For when I kept silent, my bones wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah*

*I acknowledged my sin to You, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and You forgave the iniquity of my sin. Selah*

*Therefore let everyone who is godly offer prayer to You... You are a hiding place for me; You preserve me from trouble; You surround me with shouts of deliverance. Selah*

*...Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the Lord. Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!” (Psalm 32:1-11)*

He also reminds us that if we keep silent, and don’t ask for forgiveness, there will be consequences.

Sin, unfortunately, is part of our daily lives—it’s our nature. It’s rooted deep within our flesh. Sin has been part of humanity’s story since the fall of man in the Garden of Eden. This side of Heaven, we will never get rid of our sin nature.

It is important that we try not to sin, and it is equally important that when we do sin we immediately ask God for forgiveness. *“I acknowledged my sin to You, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and You forgave the iniquity of my sin” (32:5).*

Confession, however, is not a free-ride ticket to live in a lifestyle of sin. David also reminds us that *“...Many are the sorrows of the wicked...” (32:10).* In the same verse, he writes, *“but steadfast love surrounds the one who trusts in the Lord...”* Therein is the blessing of forgiveness! We run to the Lord in confession, and His steadfast love surrounds us with forgiveness.

Only a God Who paved a way for the forgiveness of our sin can do this. Be sure today not to harbor sin in your life. Confess and ask forgiveness right away, and His steadfast love will meet you there!

# May mine

## PSALMS 33-35: STEADFAST LOVE

In Psalm 33, King David writes of the steadfast love of the Lord. Well over 100 times in the Psalms, David writes of this love he knows so very well. No other author of the Bible writes of God's steadfast love more than David. You could say that he is an expert on it. David is known as a man after God's own heart (1 Samuel 13:14; Acts 13:22), yet his life was filled with similar ups and downs as many of us face today. Despite all the ups and downs, David continues to come back to the steadfast love of the Lord, just as we should. Let's see what we can learn about this steadfast love today.

*"...the earth is full of the steadfast love of the Lord.*

*By the Word of the Lord the heavens were made, and by the breath of His mouth all their host. He gathers the waters of the sea as a heap; He puts the deeps in storehouses.*

*Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him! For He spoke, and it came to be; He commanded, and it stood firm.*

*The Lord brings the counsel of the nations to nothing; He frustrates the plans of the peoples. The counsel of the Lord stands forever, the plans of His heart to all generations. Blessed is the nation whose God is the Lord, the people whom He has chosen as His heritage!*

*The Lord looks down from Heaven; He sees all the children of man; from where He sits enthroned He looks out on all the inhabitants of the earth, He Who fashions the hearts of them all and observes all their deeds. The king is not saved by his great army; a warrior is not delivered by his great strength. The war horse is a false hope for salvation, and by its great might it cannot rescue.*

*Behold, the eye of the Lord is on those who fear Him, on those who hope in His steadfast love, that He may deliver their soul from death and keep them alive in famine.*

*Our soul waits for the Lord; He is our help and our shield. For our heart is glad in Him, because we trust in His holy name. Let Your steadfast love, O Lord, be upon us, even as we hope in You." (Psalm 33:5-22)*

What caught my attention most in this passage is found in verses 10-12. *"...He frustrates the plans of the peoples..."* We have all had our plans frustrated, right? Maybe even this week your plans haven't worked out the way you thought they would. I have found, over and over, that the frustration of my plans can be divine interruptions by God, because, *"...The counsel of the Lord stands forever, the plans of His heart to all generations..."* The plans of His heart to ALL generations! Let's trust Him today and hope in Him this week as we recognize His steadfast love even in the day-to-day interruptions of our little plans.

# May ten

## PSALMS 36-38: YOU ARE NOT FORSAKEN

In Psalm 37, David reminds us that God will not forsake us. He writes, *“I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread”* (37:35).

*“...Trust in the Lord, and do good; dwell in the land and befriend faithfulness. Delight yourself in the Lord, and He will give you the desires of your heart. Commit your way to the Lord; trust in Him, and He will act. He will bring forth your righteousness as the light, and your justice as the noonday.*

*Be still before the Lord and wait patiently for Him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! ...For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.*

*Better is the little that the righteous has than the abundance of many wicked. For the arms of the wicked shall be broken, but the Lord upholds the righteous.*

*The Lord knows the days of the blameless, and their heritage will remain forever; they are not put to shame in evil times; in the days of famine they have abundance.... The wicked borrows but does not pay back, but the righteous is generous and gives; for those blessed by the Lord shall inherit the land, but those cursed by Him shall be cut off.*

*The steps of a man are established by the Lord, when He delights in his way; though he fall, he shall not be cast headlong, for the Lord upholds his hand.*

*I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. He is ever lending generously, and his children become a blessing.*

*Turn away from evil and do good; so shall you dwell forever. For the Lord loves justice; He will not forsake His saints. They are preserved forever, but the children of the wicked shall be cut off.... Wait for the Lord and keep His way, and He will exalt you to inherit the land... The salvation of the righteous is from the Lord; He is their stronghold in the time of trouble. The Lord helps them and delivers them; He delivers them from the wicked and saves them, because they take refuge in Him.”* (Psalm 37:3-40)

David reminds us to trust in the Lord, do good, dwell where He has placed us, and be faithful. We are to delight ourselves in the Lord, and when we do, our steps will be established. We're to commit our ways to Him, and be still, waiting patiently for His leading. Though we fall, the Lord will uphold us. He knows our days. He holds our hand and we are not forsaken. His ways we are to keep. Our ways He will establish. He is our stronghold in times of trouble, our deliverer, and our refuge. Remember this today: you are not forsaken. Not in the most difficult seasons or on your hardest days—you are never forsaken, friend!

# May eleven

## PSALMS 39-41: MY HELP AND DELIVERER

God is our Helper and He is our Deliverer. He was the same to King David. In Psalm 40, David writes of his Helper and Deliverer. Let's look today and read what he writes of his God—which is our God.

*"I waited patiently for the Lord; He inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.*

*Blessed is the man who makes the Lord his trust... You have multiplied, O Lord my God, Your wondrous deeds and Your thoughts toward us; none can compare with You! I will proclaim and tell of them, yet they are more than can be told.*

*In sacrifice and offering You have not delighted, but You have given me an open ear. Burnt offering and sin offering You have not required. Then I said, 'Behold, I have come; in the scroll of the book it is written of me: I delight to do Your will, O my God; Your law is within my heart.'*

*I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as You know, O Lord. I have not hidden Your deliverance within my heart; I have spoken of Your faithfulness and Your salvation; I have not concealed Your steadfast love and your faithfulness from the great congregation.*

*As for You, O Lord, You will not restrain Your mercy from me; Your steadfast love and your faithfulness will ever preserve me! For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.*

*Be pleased, O Lord, to deliver me! O Lord, make haste to help me!*

*...But may all who seek You rejoice and be glad in You; may those who love Your salvation say continually, 'Great is the Lord!' As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!" (Psalm 40:1-17)*

The first few verses of this chapter caught my attention today as again David writes of waiting patiently for the Lord. God heard David's cry for help and for a Deliverer, and He drew him up out of destruction setting his feet on solid ground, and making his way secure. God put a new song in David's mouth—maybe it's even the song we are reading here. David praises God and then says, "...*Many will see and fear, and put their trust in the Lord*" (40:3). Isn't that what our lives are all about? Our lives are a testimony, for our good and His glory, that many will see, fear, and put their trust in Him as their Helper and Deliverer.

# May twelve

## PSALMS 42-44: FOR I SHALL AGAIN PRAISE HIM

The Book of Psalms is divided into five sections, each closing with a doxology or benediction. We've just finished the first section, known as Book 1 (Psalms 1–41). Now, we move on to Book 2 (Psalms 42–72).

Much is written and talked about today when it comes to depression. When I read some of David's Psalms I have to wonder if he was depressed. As we move into this second book of Psalms, the first two chapters, chapters 42 and 43, we find the writer struggling with what we might today call depression.

Both chapters end with the exact same words: *"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God"* (42:11; 43:5).

The Sons of Korah, who wrote chapter 42, begin this chapter with, *"As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God..."* (42:1-2). In the middle of the chapter, the writer writes, *"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God"* (42:5-6) *"...My soul is cast down within me; therefore I remember You..."* he continues in verse 6. And then in verse 8: *"By day the Lord commands His steadfast love, and at night His song is with me, a prayer to the God of my life"* (42:8).

The writer may have been struggling, but he does not forget God!

Sometimes we struggle. We may feel like God has forgotten us or like He is not hearing our prayers. We may even become depressed. *"For You are the God in Whom I take refuge..."* (42:2). Just as the writer does in this chapter, we need to know where to take refuge as well.

In verse 3 of chapter 42, the writer writes, *"Send out Your light and Your truth; let them lead me..."* And then in verse 5, he repeats this line for the third time, *"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God"*

Two important facts from Psalm 42:5-6, 11; 43:5 to take away today, to meditate on all day long, and to remember when you feel forgotten or depressed:

1. The writer never stops hoping in God.
2. The writer knows that again he will praise God.

When life is not going the way you thought it would, never stop hoping in God. You will again praise Him!

# May thirteen

## PSALMS 45-47: BE STILL AND KNOW

Psalm 46 reminds us that God is our fortress, refuge, strength, and a “*very present help in trouble*” (46:1). This Psalm is often quoted and many of its verses may sound familiar to you.

*“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah*

*There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; He utters His voice, the earth melts. The Lord of Hosts is with us; the God of Jacob is our fortress. Selah*

*Come, behold the works of the Lord, how He has brought desolations on the earth. He makes wars cease to the end of the earth; He breaks the bow and shatters the spear; He burns the chariots with fire. ‘Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!’ The Lord of Hosts is with us; the God of Jacob is our fortress. Selah” (Psalm 46:1-11)*

What things make you fearful? Maybe bills when there is no money to pay? Or, a health diagnosis that is not favorable?

Psalm 46 says that “*God is our refuge and strength, a very present help in trouble*” (46:1). He is present in our trouble, whether that trouble is bills, or health, or anything else, “*Therefore we will not fear...*” (46:2).

Are we like the river written about in Psalm 46? “*God is in the midst of her; she shall not be moved; God will help her when morning dawns*” (46:5). I want to be like that river when the fearful things come!

How can we be like that? How can we be like that river in verse 5, that river that God is in the midst of, that “*shall not be moved,*” the river that God helps when the morning dawns? I believe the answer is found in verse 10.

Psalm 46:10a is one of my favorite verses. It is the basis of my first book, *The Heart That Heals*.

*“Be still, and know that I am God...” (46:10a)*

Today, with all of its troubles, maybe they are small or maybe they are great, let’s “*Be still, and know!*”

# May fourteen

## PSALMS 48-50: WHY SHOULD WE FEAR?

Psalm 49 is a question and a reminder to us all. First, the writer asks, “*Why should I fear in times of trouble*” (49:5)? Then, the Psalm gently reminds us why we should *not* fear in times of trouble.

*“Hear this, all peoples! Give ear, all inhabitants of the world, both low and high, rich and poor together! My mouth shall speak wisdom; the meditation of my heart shall be understanding. I will incline my ear to a proverb; I will solve my riddle to the music of the lyre.*

*Why should I fear in times of trouble, when the iniquity of those who cheat me surrounds me, those who trust in their wealth and boast of the abundance of their riches? Truly no man can ransom another, or give to God the price of his life, for the ransom of their life is costly and can never suffice, that he should live on forever and never see the pit.*

*For he sees that even the wise die; the fool and the stupid alike must perish and leave their wealth to others. Their graves are their homes forever, their dwelling places to all generations, though they called lands by their own names. Man in his pomp will not remain; he is like the beasts that perish.*

*This is the path of those who have foolish confidence; yet after them people approve of their boasts. Selah Like sheep they are appointed for Sheol; death shall be their shepherd, and the upright shall rule over them in the morning. Their form shall be consumed in Sheol, with no place to dwell. But God will ransom my soul from the power of Sheol, for He will receive me. Selah*

*Be not afraid when a man becomes rich, when the glory of his house increases. For when he dies he will carry nothing away; his glory will not go down after him. For though, while he lives, he counts himself blessed—and though you get praise when you do well for yourself—his soul will go to the generation of his fathers, who will never again see light. Man in his pomp yet without understanding is like the beasts that perish.” (Psalm 49:1-20)*

*“Why should I fear in times of trouble” (49:5)?*

*“But God will ransom my soul from the power of Sheol, for He will receive me. Selah” (49:15)*

I love it when Scripture says, “*But God!*”

Psalm 49 is like a riddle set to music by the Sons of Korah and the answer to the riddle is “*But God!*” “*But God will ransom my soul.*” But God will receive me.... The answer to the riddle of our lives today, friend, is also “*But God.*” Why should we fear? “*But God...*”

# May Fifteen

## PSALMS 51-53: A BROKEN SPIRIT AND CONTRITE HEART

David, a man after God's own heart (1 Samuel 13:14; Acts 13:22), is at one of the lowest points in his life. He has sinned with Bathsheba and tried to cover his sin by having her husband, Uriah, killed in battle. Nathan the prophet comes to David and reveals his sin. Here in Psalm 51, David simply asks God to create in him a clean heart. That's nothing short of what we should be asking God for every day.

*"Have mercy on me, O God, according to Your steadfast love; according to Your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!"*

*For I know my transgressions, and my sin is ever before me. Against You, You only, have I sinned and done what is evil in Your sight, so that You may be justified in Your words and blameless in Your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, You delight in truth in the inward being, and You teach me wisdom in the secret heart.*

*Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that You have broken rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit.*

*Then I will teach transgressors Your ways, and sinners will return to You. Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of Your righteousness. O Lord, open my lips, and my mouth will declare Your praise. For You will not delight in sacrifice, or I would give it; You will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise..." (Psalm 51:1-17)*

In his prayer for a clean heart, David begs God for mercy. He is well aware of God's steadfast love and abundant mercy. David understands his sin and also understands that although it involves Bathsheba, Uriah, and an entire nation, it is ultimately sin against God. He asks God to create in him a clean heart and to renew a right spirit within him. Isn't this what we need to pray and ask God for every day?

David plans to use his sinfulness in a positive way—to teach the ways of God and encourage sinners to return to Him. He's going to sing of God's righteousness and declare His praise.

Finally, David understands what is important to God. God is not pleased with the outward show of sacrifice. He is pleased with a broken spirit and a contrite heart.

# May sixteen

## PSALMS 54-56: IN GOD I TRUST

When David writes Psalm 56, he is in the hands of the Philistines at Gath, and he reminds us to trust God in all of our circumstances.

*“Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me; my enemies trample on me all day long, for many attack me proudly. When I am afraid, I put my trust in You. In God, Whose Word I praise, in God I trust; I shall not be afraid. What can flesh do to me?”*

*All day long they injure my cause; all their thoughts are against me for evil. They stir up strife, they lurk; they watch my steps, as they have waited for my life. For their crime will they escape? In wrath cast down the peoples, O God!*

*You have kept count of my tossings; put my tears in Your bottle. Are they not in your book? Then my enemies will turn back in the day when I call. This I know, that God is for me. In God, Whose Word I praise, in the Lord, Whose Word I praise, in God I trust; I shall not be afraid. What can man do to me?”*

*I must perform my vows to you, O God; I will render thank offerings to You. For You have delivered my soul from death, yes, my feet from falling, that I may walk before God in the light of life.” (Psalm 56:1-13)*

Some of these verses may sound familiar to you. Let’s look at the key points David lays out here that were just as pertinent to his life as they are to ours today.

- *“When I am afraid, I put my trust in You.” (56:3)*
- *“You have kept count of my tossings; put my tears in Your bottle.” (53:8)*
- *“God is for me.” (53:9)*
- *“in God I trust; I shall not be afraid.” (53:11)*

David understands that when he is afraid, he doesn’t trust his own feelings or his own ways. He puts his trust firmly in God. He knows that God is well aware of his tossings and his tears—just as He is of ours. David believes that God is for him, and he praises God even before he is delivered from the hands of the Philistines.

Finally, he says, *“in God I trust; I shall not be afraid” (53:11).*

How can we put these statements, that David makes in Psalm 53, into action in our life today? Let’s claim them. Let’s make them *“action statements”* for our life! In God I trust; I shall not be afraid.

# May seventeen

## PSALMS 57-59: LET HIS GLORY SHINE!

David writes Psalm 57 after he flees from Saul and is hiding from him in a cave. David wants God's glory to shine over all the earth. Let's find out why.

*"Be merciful to me, O God, be merciful to me, for in You my soul takes refuge; in the shadow of Your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God Who fulfills His purpose for me. He will send from Heaven and save me; He will put to shame him who tramples on me. Selah God will send out His steadfast love and His faithfulness!"*

*My soul is in the midst of lions; I lie down amid fiery beasts—the children of man, 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!*

*They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves. Selah My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Awake, my glory! Awake, O harp and lyre! I will awake the dawn! I will give thanks to You, O Lord, among the peoples; I will sing praises to You among the nations. For Your steadfast love is great to the heavens, Your faithfulness to the clouds.*

*Be exalted, O God, above the heavens! Let Your glory be over all the earth!"* (Psalm 57:1-11)

David is once again pleading for God's mercy when he makes this statement: *"for in You my soul takes refuge; in the shadow of Your wings I will take refuge, till the storms of destruction pass by"* (57:1).

David is hiding in a cave waiting for the storms of destruction (Saul and his men that are pursuing to kill David) to pass by. Are there storms in your life today that you need to take refuge from?

God has a purpose for you, friend, and there is a purpose in your storm as well. *"I cry out to God Most High, to God Who fulfills His purpose for me"* (57:2). He *"will send out His steadfast love and His faithfulness"* (57:3)! God's mercy, steadfast love, and faithfulness are waiting for your cry.

Twice in this Psalm, David reminds us, *"Be exalted, O God, above the heavens! Let Your glory be over all the earth"* (57:5; 11)! David wants the glory of God to shine through his circumstances. This should be our desire as well!

How will we let the glory of God shine through us and our storms today?

# May eighteen

## PSALMS 60-62: LEAD ME TO THE ROCK

David writes Psalm 61 to the choirmaster to be arranged with stringed instruments. Stringed instruments are my favorite instruments. I love the violin, viola, cello, bass, and guitar. I find the music played with these types of instruments relaxing and soothing. Maybe this is what David intended Psalm 61 to feel like in the ears of the listener—relaxing and soothing. He wanted the listener, and the reader, to know that there is a Rock we can depend on, a Refuge we can run to, and a Strong Tower where we find protection.

*“Hear my cry, O God, listen to my prayer; from the end of the earth I call to You when my heart is faint. Lead me to the rock that is higher than I, for You have been my refuge, a strong tower against the enemy.*

*Let me dwell in Your tent forever! Let me take refuge under the shelter of Your wings! Selah For You, O God, have heard my vows; You have given me the heritage of those who fear Your name. Prolong the life of the king; may his years endure to all generations! May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him!*

*So will I ever sing praises to Your name, as I perform my vows day after day.”* (Psalm 61:1-8)

In David’s prayer to God, when his heart is faint, he first asks for God’s leadership.

Second, he recalls the past: “...for You have been my refuge, a strong tower against the enemy” (61:3).

See if you can list from this Psalm the three things David says God is to him:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Finally, David promises to sing the praises of God’s name day after day: “So will I ever sing praises to Your name” (61:8).

This beautiful prayer begins with “Lead me to the rock...” (61:2) and ends with “So will I ever sing praises to Your name” (61:8).

David says, lead me to the Rock I can depend on, the Refuge I can run to, and the Strong Tower where I find protection. Let this be our prayer today: lead me to the Rock, and let’s sing the praises of His name!

# May nineteen

## PSALMS 63-65: THIRSTY FOR GOD

When David wrote Psalm 63, he was hiding in the wilderness of Judah from Saul who was pursuing him and trying to kill him. He simply begins the Psalm by stating, *“my soul thirsts for You... as in a dry and weary land where there is no water”* (63:1).

*“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. So I have looked upon You in the sanctuary, beholding Your power and glory. Because Your steadfast love is better than life, my lips will praise You. So I will bless You as long as I live; in Your name I will lift up my hands.*

*My soul will be satisfied as with fat and rich food, and my mouth will praise You with joyful lips, when I remember You upon my bed, and meditate on You in the watches of the night; for You have been my help, and in the shadow of Your wings I will sing for joy. My soul clings to You; Your right hand upholds me.*

*But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword; they shall be a portion for jackals. But the king shall rejoice in God; all who swear by Him shall exult, for the mouths of liars will be stopped.”* (Psalm 63:1-11)

David knows God. He seeks Him at every turn, and he says his soul thirsts for Him. But this is no ordinary thirst. This is not a thirst like you and I get when we’ve been too busy to drink water all day or we’ve been playing outside with the kids on a hot summer afternoon. It’s an extraordinary thirst! It’s a thirst like you would get *“in a dry and weary land where there is no water”* (63:1).

I don’t think I’ve ever been in a land like that. Have you? When I get thirsty, I grab a bottle of water. But to be somewhere where there is no water, where you cannot simply grab a bottle of water... This is where David finds himself, and not just figuratively, but literally.

I have never had anyone chasing me, or trying to take my life as David did. I’m thankful that David knew where to turn in these circumstances and shares it with us in Psalms.

David tells us that God satisfies his soul like rich food. I don’t know about you, but I’m a foodie. I love good food. Most of us do. It’s likely that David was not only thirsty in the wilderness, but he was also hungry.

Am I hungry for more of God? Do I thirst for Him? Is He satisfying to me like rich food? Does my soul cling to Him? I want to be extraordinarily thirsty for God today like David was! How about you?

# May twenty

## PSALMS 66-68: THAT HIS WAY BE KNOWN

*“Come and hear, all you who fear God, and I will tell what He has done for my soul” (Psalm 66:16).*

That verse pretty much sums up what David has to say to us in the Psalms. He wants us all to know what God has done for him, and he wants everyone of us to praise God along with him.

The same things that God did for David’s soul He is waiting to do for ours. David found God to be waiting for him in the quiet places, the secret hiding places—the caves, the wilderness. Over and over again, we find David praising God for His faithfulness and steadfast love. That same faithfulness and steadfast love seeks us today in our quiet and secret places.

Let’s take a look at David’s prayer in Psalm 67 and see if we can pray this prayer also:

*“May God be gracious to us and bless us and make His face to shine upon us, Selah that Your way may be known on earth, Your saving power among all nations. Let the peoples praise You, O God; let all the peoples praise You!*

*Let the nations be glad and sing for joy, for You judge the peoples with equity and guide the nations upon earth. Selah Let the peoples praise You, O God; let all the peoples praise You!*

*The earth has yielded its increase; God, our God, shall bless us. God shall bless us; let all the ends of the earth fear Him!” (Psalm 67:1-7)*

David’s prayer sounds like a benediction we may be familiar with. David asks God to be gracious. He asks for His blessing. He doesn’t ask these things for his own good but, “...that Your way may be known on earth, Your saving power among all nations” (67:2).

David wants the whole earth to know what God has done for his soul. He wants everyone to know the power of God and the salvation of God, and he wants all the people of the earth to praise God with him. Those are all things we need to be reminded of and do today. We need to remember what God has done for our soul. We need to be reminded of His great power and salvation, and we need to praise Him!

In this short little chapter, David repeats “let all the peoples praise You” four times! David wants the people to praise God so that His way will be known. He wants them to “be glad and sing for joy” (67:4) that His way will be known. Today, let’s be reminded of His goodness to us and praise Him as David did so that His way will be known.

# May twentyone

## PSALMS 69-71: DAVID'S PRAYER FOR MERCY

Psalms 69-71 record David's cries for mercy to God. These chapters are prayers for physical salvation.

- David begins chapter 69 with "Save me, O God" (69:1)!
- In chapter 70, he is asking God "O Lord, do not delay" (70:5)!
- Finally, in chapter 71, David begs God to "forsake me not when my strength is spent" (71:9).

*"Save me, O God! For the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God." (Psalm 69:1-3)*

*"May all who seek You rejoice and be glad in You! May those who love Your salvation say evermore, 'God is great!' But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!" (Psalm 70:4-5)*

*"In You, O Lord, do I take refuge; let me never be put to shame! In Your righteousness deliver me and rescue me; incline Your ear to me, and save me! Be to me a rock of refuge, to which I may continually come; You have given the command to save me, for You are my rock and my fortress.... but You are my strong refuge. My mouth is filled with Your praise, and with Your glory all the day. Do not cast me off in the time of old age; forsake me not when my strength is spent." (Psalm 71:1-3; 8-9)*

We all need spiritual salvation, but quite often, we need physical salvation as well.

David's prayer to God for mercy is very similar to the prayers we often need to pray. He simply says: "Save me" (69:1), "do not delay" (70:5), and "forsake me not" (71:9).

Those are simple requests that we can make to God in times of trouble and in our hours of need. I love to post these three prayers for mercy on a 3 x 5 card or Post-it Note and display them where I can see them when I need them—my bathroom mirror, the dashboard of my car, the fridge, in my Bible. We never know when we're going to need to pray to God for mercy. It's great to have these reminders on hand.

Today, write these 3 verses out and post them where you can see them when you need them.

*"Save me" (Psalm 69:1), "do not delay" (Psalm 70:5), "forsake me not" (Psalm 71:9).*

# May twentytwo

## PSALMS 72-74: GOD—OUR STRENGTH AND PORTION FOREVER

Psalm 73 begins the third section or book of Psalms and the second chapter written by or ascribed to Asaph. This Psalm reminds us that God is our strength and portion forever. Not just today, but forever! *“My flesh and my heart may fail, but God is the strength of my heart and my portion forever”* (73:26).

*“Truly God is good to Israel, to those who are pure in heart. But as for me, my feet had almost stumbled, my steps had nearly slipped. For I was envious of the arrogant when I saw the prosperity of the wicked.*

*For they have no pangs until death; their bodies are fat and sleek. They are not in trouble as others are; they are not stricken like the rest of mankind. Therefore pride is their necklace; violence covers them as a garment. Their eyes swell out through fatness; their hearts overflow with follies. They scoff and speak with malice; loftily they threaten oppression. They set their mouths against the heavens, and their tongue struts through the earth. Therefore His people turn back to them, and find no fault in them. And they say, ‘How can God know? Is there knowledge in the Most High?’ Behold, these are the wicked; always at ease, they increase in riches. All in vain have I kept my heart clean and washed my hands in innocence. For all the day long I have been stricken and rebuked every morning. If I had said, ‘I will speak thus,’ I would have betrayed the generation of Your children.*

*But when I thought how to understand this, it seemed to me a wearisome task, until I went into the sanctuary of God; then I discerned their end.*

*Truly You set them in slippery places; You make them fall to ruin. How they are destroyed in a moment, swept away utterly by terrors! Like a dream when one awakes, O Lord, when You rouse Yourself, You despise them as phantoms. When my soul was embittered, when I was pricked in heart, I was brutish and ignorant; I was like a beast toward You.*

*Nevertheless, I am continually with You; You hold my right hand. You guide me with Your counsel, and afterward You will receive me to glory. Whom have I in Heaven but You? And there is nothing on earth that I desire besides You. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

*For behold, those who are far from You shall perish; You put an end to everyone who is unfaithful to You. But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all Your works.”* (Psalm 73:1-28)

Do you ever see the wicked prevail and wonder, “Why?” Asaph did too. His questions were answered when he went into the Sanctuary of God. There, he recognized God as his strength and portion forever.

# May twentythree

## PSALMS 75-77: SEEK THE LORD IN THE DAY OF TROUBLE

Psalm 77 is another Psalm of Asaph. We are not sure if Asaph actually wrote these Psalms or transcribed them for David. Either way, we refer to them as Psalms of Asaph. In chapter 77, we are gently reminded to seek the Lord in the day of trouble. Certainly, we all have these days. Maybe even today is a day of trouble for you, friend. If so, this will be a timely reminder.

*"I cry aloud to God, aloud to God, and He will hear me. In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. When I remember God, I moan; when I meditate, my spirit faints. Selah*

*You hold my eyelids open; I am so troubled that I cannot speak. I consider the days of old, the years long ago. I said, 'Let me remember my song in the night; let me meditate in my heart.' Then my spirit made a diligent search: 'Will the Lord spurn forever, and never again be favorable? Has His steadfast love forever ceased? Are His promises at an end for all time? Has God forgotten to be gracious? Has He in anger shut up His compassion?' Selah*

*Then I said, 'I will appeal to this, to the years of the right hand of the Most High.'*

*I will remember the deeds of the Lord; yes, I will remember Your wonders of old. I will ponder all Your work, and meditate on Your mighty deeds. Your way, O God, is holy. What god is great like our God? You are the God Who works wonders; You have made known Your might among the peoples. You with Your arm redeemed your people, the children of Jacob and Joseph. Selah*

*When the waters saw You, O God, when the waters saw You, they were afraid; indeed, the deep trembled. The clouds poured out water; the skies gave forth thunder; Your arrows flashed on every side. The crash of Your thunder was in the whirlwind; Your lightnings lighted up the world; the earth trembled and shook. Your way was through the sea, Your path through the great waters; yet Your footprints were unseen. You led Your people like a flock by the hand of Moses and Aaron." (Psalm 77:1-20)*

In our days of trouble, let's remember the first thing Asaph writes here in Psalm 77, "I cry aloud to God, aloud to God, and He will hear me. In the day of my trouble I seek the Lord" (77:1-2). The number one thing is to seek the Lord. Second, he reminds us to "consider the days of old, the years long ago. I said, 'Let me remember my song in the night; let me meditate in my heart'" (77:5-6). Seek the Lord and remember that it's not always going to be this way. Third, "remember the deeds of the Lord" (77:11). Meditate and remember that He and His ways are holy. He's a wonder-worker and a Redeemer. Finally, remember that sometimes "Your way was through the sea, Your path through the great waters" (77:19).

# May twenty-four

## PSALMS 78-80: TELL OF THE GLORIOUS DEEDS OF THE LORD

In Psalm 78, Asaph reminds us how important it is that we tell the next generation about the glorious deeds of the Lord.

*“Give ear, O my people, to my teaching; incline your ears to the words of my mouth! I will open my mouth in a parable; I will utter dark sayings from of old, things that we have heard and known, that our fathers have told us. We will not hide them from their children, but tell to the coming generation the glorious deeds of the Lord, and His might, and the wonders that He has done.*

*He established a testimony in Jacob and appointed a law in Israel, which He commanded our fathers to teach to their children, that the next generation might know them, the children yet unborn, and arise and tell them to their children, so that they should set their hope in God and not forget the works of God, but keep His commandments; and that they should not be like their fathers, a stubborn and rebellious generation, a generation whose heart was not steadfast, whose spirit was not faithful to God.” (78:1-8)*

Why is it important that we tell the next generation about the glorious deeds of the Lord? *“...so that they should set their hope in God and not forget the works of God...” (78:7).*

I can't express how important it is that we pass on to future generations, to our children and our children's children, what God has done in our lifetime and the *“...things that we have heard and known, that our fathers have told us” (78:3).*

It's important that our children, their children, and the generations that follow, understand how God has worked in our lives. They need to know of *“...the glorious deeds of the Lord, and His might, and the wonders that He has done” (78:4).*

We are His testimony, and it is our responsibility to tell of His ways and to teach them to the next generation and the generation after them.

Why is this so important? So that the generations to come know where to place their hope. They need to know that they can place their hope in God, a God Who is capable of performing glorious deeds, a God of might and wonder!

So, what can you share today with the next generation? What glorious, mighty, wonderful testimony can you share with your children, grandchildren, niece, nephew, or the child next door so that they too will *“...hope in God and not forget the works of God, but keep His commandments” (78:7)?*

# May twentyfive

## PSALMS 81-83: RESCUE THE WEAK AND NEEDY

Psalms 81-83 are the last three Psalms of Asaph. In Psalm 82, He reminds us of the importance of rescuing the weak and the needy. Within that reminder, we must remember that we too, at one time or another, were weak and needy and we were rescued. God is a Rescuer of the weak and needy!

*“God has taken His place in the divine council; in the midst of the gods He holds judgment: ‘How long will you judge unjustly and show partiality to the wicked? Selah Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked.’ They have neither knowledge nor understanding, they walk about in darkness...”*  
(Psalm 82:1-5)

There was a time when you and I were weak, needy, and spiritually destitute. Who rescued you? Who brought you to Christ?

For me, it happened on a park bench in a city park. My third-grade teacher led me to Jesus during recess on that park bench. I am so thankful that Mrs. Turner made a decision to invest her life in little, spiritually destitute, third grade sinners!

Who rescued you? Write out your testimony here:

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# May twentysix

## PSALMS 84-86: RELATIONSHIP, REVIVAL, AND STEADFAST LOVE

These three Psalms were written by the sons of Moses' cousin Korah. The account of Korah is found in Numbers 16. Korah led a revolt against Moses. Korah, along with all his co-conspirators, died as a result of that bad decision when God caused *"the earth to open her mouth and swallow him and all that appertained to them"* (Numbers 16:31-33).

In these three Psalms, the sons of Korah remind us that our soul should long for the Lord, that we need revival, and that God's steadfast love is great.

*"For a day in Your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does He withhold from those who walk uprightly. O Lord of Hosts, blessed is the one who trusts in You!"* (Psalm 84:10-12)

A day with the Lord is better than a thousand days anywhere else.

Do we long to be with Him? Do we long for a relationship where we allow Him to be our Light and our Protector? Psalm 84:11-12 says, *"No good thing does He withhold from those who walk uprightly"* and the one who trusts in Him will be blessed.

*"Will You not revive us again, that Your people may rejoice in You? Show us Your steadfast love, O Lord, and grant us Your salvation.... Steadfast love and faithfulness meet; righteousness and peace kiss each other. Faithfulness springs up from the ground, and righteousness looks down from the sky. Yes, the Lord will give what is good, and our land will yield its increase. Righteousness will go before him and make his footsteps a way."* (Psalm 85:6-7; 10-13)

We need constant revival. Revival is not a one-and-done kind of thing. It's a daily kind of thing.

I love Psalm 85:11 which says, *"Faithfulness springs up from the ground, and righteousness looks down from the sky."* Are we faithful? God is! We need righteousness to go before us and make a way for us.

*"All the nations You have made shall come and worship before You, O Lord, and shall glorify Your name. For You are great and do wondrous things; You alone are God. Teach me Your way, O Lord, that I may walk in Your truth; unite my heart to fear Your name. I give thanks to You, O Lord my God, with my whole heart, and I will glorify Your name forever. For great is Your steadfast love toward me..."* (Psalm 86:9-13)

Today, let's pursue that relationship, pray for constant revival, and remember His great, steadfast love.

# May twentyseven

## PSALMS 87-90: MOSES'S PRAYER

The Book of Psalms is divided into five sections. We've just finished the third section, known as Book 3 (Psalms 73–89). Now, we move on to Book 4 (Psalms 90–106). Psalm 90 is the only Psalm attributed to Moses. It is subtitled: *A Prayer of Moses, the man of God*. I love to read prayers in the Bible because so many times these prayers, prayed long, long ago, also pertain to our lives today. Quite often they are prayers we could and should be praying every day. Let's look at Moses' prayer from Psalm 90.

*"Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever You had formed the earth and the world, from everlasting to everlasting You are God.*

*You return man to dust and say, 'Return, O children of man!' For a thousand years in Your sight are but as yesterday when it is past, or as a watch in the night.*

*You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning: in the morning it flourishes and is renewed; in the evening it fades and withers.*

*For we are brought to an end by Your anger; by Your wrath we are dismayed. You have set our iniquities before You, our secret sins in the light of Your presence.*

*For all our days pass away under Your wrath; we bring our years to an end like a sigh. The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Who considers the power of Your anger, and Your wrath according to the fear of You?*

*So teach us to number our days that we may get a heart of wisdom. Return, O Lord! How long? Have pity on Your servants! Satisfy us in the morning with Your steadfast love, that we may rejoice and be glad all our days. Make us glad for as many days as You have afflicted us, and for as many years as we have seen evil. Let Your work be shown to Your servants, and Your glorious power to their children. Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!" (Psalm 90:1-17)*

Wow! What a prayer! When I read Moses' prayer I realize two things. First, it's not about me. So much of my prayer time seems to revolve around me—my needs, my wants. Yet here, Moses prays this beautiful prayer, and it is almost 100% about God! Second, this is a prayer that you and I could pray and should pray every day. I love how it begins and ends, *"Lord, You have been our dwelling place in all generations.... establish the work of our hands!"* Praise to God! He is our dwelling place, and He will establish the work of our hands. I hope you will pray Moses' prayer with me today.

# May twentyeight

## PSALMS 91-93: OUR REFUGE AND FORTRESS

In Psalm 91, the Psalmist reminds us that God is our refuge and fortress. But not just that, the Psalmist also records for us here what God says about us. This is precious, friend. Don't miss this! Perhaps this is the reminder that you are so desperately needing today.

*"He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, 'My refuge and my fortress, my God, in Whom I trust.'*

*For He will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with His pinions, and under His wings you will find refuge; His faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.*

*A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the recompense of the wicked.*

*Because you have made the Lord your dwelling place—the Most High, Who is my refuge—no evil shall be allowed to befall you, no plague come near your tent.*

*For He will command His angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone. You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot." (Psalm 91:1-13)*

The Psalmist tells us here that God will be our refuge and strength if we choose to dwell in Him. Let's choose that today. Let's dwell there today! Let's "say to the Lord, 'My refuge and my fortress, my God, in Whom I trust.'" (91:2). Let's trust Him to be our refuge and strength, to deliver us, cover us, and be a shield to us. Let's allow Him to take our fear and turn it into trust. "Because you have made the Lord your dwelling place—the Most High, Who is my refuge—no evil shall be allowed to befall you, no plague come near your tent." (91:9-10). Let's make Him our dwelling place!

*"Because he holds fast to Me in love, I will deliver him; I will protect Him, because he knows My name. When he calls to Me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him My salvation." (Psalm 91:14-16)*

The Psalmist tells us here that God will be our refuge and strength if we choose to dwell in Him. Read and meditate on these beautiful words from God in verses 14-16. Let's dwell in Him, hold fast to Him in love, and choose to allow Him to be our refuge and our strength today!

# May twenty-nine

## PSALMS 94-96: HE WILL NOT FORSAKE US

Do you ever feel forsaken, alone, or lonely? Did you know that God promises in His Word never to leave us? NEVER! Psalm 94 reminds us that the Lord will not forsake His people.

*“O Lord, God of vengeance, O God of vengeance, shine forth! Rise up, O judge of the earth; repay to the proud what they deserve! O Lord, how long shall the wicked, how long shall the wicked exult? They pour out their arrogant words; all the evildoers boast. They crush Your people, O Lord, and afflict Your heritage. They kill the widow and the sojourner, and murder the fatherless; and they say, ‘The Lord does not see; the God of Jacob does not perceive.’*

*Understand, O dullest of the people! Fools, when will you be wise? He Who planted the ear, does He not hear? He Who formed the eye, does He not see? He Who disciplines the nations, does He not rebuke? He Who teaches man knowledge—the Lord—knows the thoughts of man, that they are but a breath.*

*Blessed is the man whom You discipline, O Lord, and whom You teach out of Your law, to give him rest from days of trouble, until a pit is dug for the wicked. For the Lord will not forsake His people; He will not abandon His heritage; for justice will return to the righteous, and all the upright in heart will follow it.*

*Who rises up for me against the wicked? Who stands up for me against evildoers? If the Lord had not been my help, my soul would soon have lived in the land of silence. When I thought, ‘My foot slips,’ Your steadfast love, O Lord, held me up. When the cares of my heart are many, Your consolations cheer my soul. Can wicked rulers be allied with You, those who frame injustice by statute? They band together against the life of the righteous and condemn the innocent to death. But the Lord has become my stronghold, and my God the rock of my refuge. He will bring back on them their iniquity and wipe them out for their wickedness; the Lord our God will wipe them out.” (Psalm 94:1-23)*

Three questions the Psalmist asks here in verses 9-10:

1. *“He Who planted the ear, does He not hear?” (94:9)*
2. *“He Who formed the eye, does He not see?” (94:9)*
3. *“He Who disciplines the nations, does He not rebuke?” (94:10)*

And then this statement in verses 10-11: *“He Who teaches man knowledge—the Lord—knows the thoughts of man, that they are but a breath.”* He is our Creator. He is the One Who gives us *“rest from days of trouble”* (94:13). Do we think for a moment that He does not hear or see us? *“For the Lord will not forsake His people; He will not abandon His heritage”* (94:14). His steadfast love will uphold us. When our cares are many, He is a balm of consolation to our soul. He is our stronghold! He will never forsake us!

# May thirty.

## PSALMS 97-99: MAKE A JOYFUL NOISE

Psalms 97-99 remind us to make a joyful noise to the Lord, and they remind us to sing a new song as well.

*“Oh sing to the Lord a new song, for He has done marvelous things! His right hand and His holy arm have worked salvation for Him. The Lord has made known His salvation; He has revealed His righteousness in the sight of the nations. He has remembered His steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.*

*Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises! Sing praises to the Lord with the lyre, with the lyre and the sound of melody! With trumpets and the sound of the horn make a joyful noise before the King, the Lord!*

*Let the sea roar, and all that fills it; the world and those who dwell in it! Let the rivers clap their hands; let the hills sing for joy together before the Lord, for He comes to judge the earth. He will judge the world with righteousness, and the peoples with equity.” (Psalm 98:1-9)*

What is the “noise” are you making today? Is it joyful?

When circumstances are difficult in our life, when what was normal isn’t normal anymore, what kind of noise do we make to God? Is it a joyful noise, or a complaining, grumbling, grumpy kind of noise?

When there is a new normal, can we make a new song—a new, joyful song? When we are moved out of our comfort zone, can we sing a joyful, new song to the Lord?

Could the difficult circumstances and the new normal outside our comfort zone be a marvelous thing the Lord is doing?

Today, let’s “break forth into joyous song and sing praises” (98:4)! Let’s “sing praises to the Lord” (98:5) and “make a joyful noise before the King, the Lord” (98:6)! Let’s remember how the sea roars and the rivers clap and “the hills sing for joy together before the Lord” (98:8-9).

Let’s make a noise today that is not a noise of complaining or grumbling.

Let’s make a *joyful* noise!

# May thirtyone

## PSALMS 100-102: STEADFAST LOVE AND FAITHFULNESS

Psalm 100 is a short Psalm with a powerful, familiar message. You, as I, may remember memorizing this chapter when you were a child and reciting it around the time of Thanksgiving. The theme here, once again, is God’s steadfast love and faithfulness. It is something we need to be reminded of over and over, day after day. It’s something we should always be thankful for. This Psalm tells us to do seven things because of His steadfast love and faithfulness to us. Let’s see if we can find all seven and record them.

*“Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into His presence with singing!*

*Know that the Lord, He is God! It is He Who made us, and we are His; we are His people, and the sheep of His pasture.*

*Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name!*

*For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations.”* (Psalm 100:1-5)

Record here the seven things Psalm 100 tells us to do:

1. Make \_\_\_\_\_
2. Serve \_\_\_\_\_
3. Come \_\_\_\_\_
4. Know \_\_\_\_\_
5. Enter \_\_\_\_\_
6. Give thanks \_\_\_\_\_
7. Bless \_\_\_\_\_

Why do we do these seven things? Verse five tells us: *“For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations”* (100:5). Forever, and to all generations!



June



# June June

## PSALMS 103-105: HIS BENEFITS TOWARDS US

*“Bless the Lord, O my soul, and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits, Who forgives all your iniquity, Who heals all your diseases, Who redeems your life from the pit, Who crowns you with steadfast love and mercy, Who satisfies you with good so that your youth is renewed like the eagle’s.*

*The Lord works righteousness and justice for all who are oppressed. He made known His ways to Moses, His acts to the people of Israel. The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will He keep His anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him; as far as the east is from the west, so far does He remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear Him. For He knows our frame; He remembers that we are dust.*

*As for man, his days are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. But the steadfast love of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children’s children, to those who keep His covenant and remember to do His commandments. The Lord has established His throne in the heavens, and His kingdom rules over all.*

*Bless the Lord, O you His angels, you mighty ones who do His Word, obeying the voice of His Word! Bless the Lord, all His hosts, His ministers, who do His will! Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!” (Psalm 103:1-22)*

David reminds us, here in Psalm 103, to bless the Lord and not to forget all of His great benefits towards us. Then, he proceeds to name a few of these benefits: *“Who forgives all your iniquity, Who heals all your diseases, Who redeems your life from the pit, Who crowns you with steadfast love and mercy, Who satisfies you with good so that your youth is renewed like the eagle’s” (103:3-5).*

Today, let’s meditate on these benefits and thank God for forgiveness, healing, redemption, steadfast love, mercy, and renewal. Let’s let our words and all that is within us bless His holy name!

# June two

## PSALMS 106-108: LET THE REDEEMED OF THE LORD SAY SO

For a very long time, my life verse has been Psalm 107:2a, *“Let the redeemed of the Lord say so....”* Book five, the final section of the book of Psalms, begins with chapter 107, and its theme is found in verse 2—*“Let the redeemed of the Lord say so!”*

*“Oh give thanks to the Lord, for He is good, for His steadfast love endures forever! Let the redeemed of the Lord say so, whom He has redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south.”* (107:1-3)

This is a fascinating chapter, perfectly describing the trouble we find ourselves in and the Redeemer that saves us from that trouble, and ourselves, much of the time. The chapter goes on to say:

*“Some wandered in desert wastes, finding no way to a city to dwell in; hungry and thirsty, their soul fainted within them.”* (107:4-5)

*“Some sat in darkness and in the shadow of death, prisoners in affliction and in irons, for they had rebelled against the words of God, and spurned the counsel of the Most High. So He bowed their hearts down with hard labor; they fell down, with none to help.”* (107:10-12)

*“Some were fools through their sinful ways, and because of their iniquities suffered affliction; they loathed any kind of food, and they drew near to the gates of death.”* (107:17-18)

*“Some went down to the sea in ships, doing business on the great waters; they saw the deeds of the Lord, His wondrous works in the deep. For He commanded and raised the stormy wind, which lifted up the waves of the sea. They mounted up to Heaven; they went down to the depths; their courage melted away in their evil plight; they reeled and staggered like drunken men and were at their wits' end.”* (107:23-27)

Each of these four statements is followed by, *“Then they cried to the Lord in their trouble, and He delivered them from their distress”* (107:6, 13, 19, 28). The chapter ends with, *“Whoever is wise, let him attend to these things; let them consider the steadfast love of the Lord.”* (107:43). So today, let's be wise, considering His steadfast love, and *“Let the redeemed of the Lord say so”* (107:2a)!

# June three

## PSALMS 109-111: GREAT ARE THE LORD'S WORKS

Psalm 111 reminds us of the great works of the Lord and that we should praise Him and give thanks with our whole hearts for His great works. We should do this not just to Him but also in the presence of others.

*"Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Great are the works of the Lord, studied by all who delight in them. Full of splendor and majesty is His work, and His righteousness endures forever. He has caused His wondrous works to be remembered; the Lord is gracious and merciful. He provides food for those who fear Him; He remembers His covenant forever. He has shown His people the power of His works, in giving them the inheritance of the nations. The works of His hands are faithful and just; all His precepts are trustworthy; they are established forever and ever, to be performed with faithfulness and uprightness. He sent redemption to His people; He has commanded His covenant forever. Holy and awesome is His name! The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!" (Psalm 111:1-10)*

This Psalm not only reminds us of His great works, but it also tells us that His great works will be *"studied by all who delight in them"* (111:2). That's what we are doing! Let's record here today some of the things Psalm 111 tells us about His works:

His works are full of \_\_\_\_\_

His righteousness \_\_\_\_\_

His wondrous works will be \_\_\_\_\_

The passage goes on to tell us that *"the Lord is gracious and merciful"* (111:4), and through His grace and mercy *"He provides food for those who fear Him; He remembers His covenant forever. He has shown His people the power of His works"* (111:5-6). We also find that He is faithful, just, trustworthy, and eternal. Finally, and most importantly I believe, Psalm 111 records that *"He sent redemption to His people"* (111:9). That is His greatest work of all! Let's praise Him and give thanks with our whole hearts for His great work of redemption today! *"Holy and awesome is His name"* (111:9)!

# June four

## PSALMS 112-114: I WILL NOT BE MOVED

Psalm 112 reminds us that the righteous will not be moved. Who are these “*righteous*”? They are those who fear the Lord and delight in His commandments. Is that us today? Do we have a reverent fear of the Lord and do we delight in doing as He commands?

*“Praise the Lord! Blessed is the man who fears the Lord, who greatly delights in His commandments! His offspring will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in his house, and his righteousness endures forever. Light dawns in the darkness for the upright; he is gracious, merciful, and righteous. It is well with the man who deals generously and lends; who conducts his affairs with justice. For the righteous will never be moved; he will be remembered forever. He is not afraid of bad news; his heart is firm, trusting in the Lord. His heart is steady; he will not be afraid, until he looks in triumph on his adversaries. He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor. The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish!”* (Psalm 112:1-10)

How do we know if we are that one who will not be moved? The Bible tells us we are if we fear the Lord and delight in His commandments. When we do those two things, Psalm 112 says that our offspring will thrive and the generations that follow us will be blessed. We want that for our children and our children’s children, don’t we? We want them to thrive and be blessed. We want ourselves not be moved when trouble comes, and we want that for them as well.

Fear the Lord. Delight in His commandments. Two simple requirements to not be moved.

*“Light dawns in the darkness for the upright; he is gracious, merciful, and righteous”* (112:4). You and I both have been in dark places. Places where there seems to be no right answers. Places where we don’t know which way to run. Places of uncertainty. Well, friend, there is light in those places for the one who fears the Lord and delights in His commandments. *“Light dawns in the darkness for the”* person who will not be moved, and that Light not only gives us the ability to trust God and not be moved, but also the resources to be *“gracious, merciful, and righteous.”* Today, let’s follow that Light. Let’s not be moved!

# June five

## PSALMS 115-117: HIS FAITHFULNESS ENDURES FOREVER

Today, I want us to memorize an entire chapter of Psalms. We can do this! Are you with me? Let's memorize Psalm 117. Psalm 117 reminds us of the Lord's great, steadfast love toward us and that His faithfulness endures forever—to all generations. We're not completely sure who wrote this Psalm, but whoever it was, he wants us to remember our Savior's steadfast love and faithfulness. And, he wants us to praise Him for it. This Psalm is only 2 verses. We can do this!

*"Praise the Lord, all nations! Extol Him, all peoples! For great is His steadfast love toward us, and the faithfulness of the Lord endures forever. Praise the Lord!" (Psalm 117)*

It's just that simple. Praise the Lord for His great, steadfast love and faithfulness that endures forever.

The book of Psalms has a lot to say about the Lord's faithfulness. It is mentioned almost four dozen times throughout the book. The book talks of His steadfast love well over a hundred times. These two attributes of God's character were important to the writers of Psalms. They wanted the readers of the book to know that His great, steadfast love and faithfulness were just as relevant and just as available to the people of their day as they are to us today.

Throughout the Psalms, we are admonished more than fifty times to *"Praise the Lord"* (117:2)! It was important for the people of the Psalmist's days to praise the Lord, and it's important for us to as well. When I think of praising the Lord, I think of us praising Him on earth as just practice for when we will praise Him in Heaven—kind of like those long hours of rehearsal weeks or months before the Easter or Christmas cantata. Let's praise Him today for His great, steadfast love and faithfulness toward us and practice for when we will praise Him in our eternal, Heavenly home!

So, today let's praise Him and memorize Psalm 117! Start by writing it out here:

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# June six

## PSALMS 118-119:16: A LAMP TO OUR FEET

Today, we move into Psalm 119. It is a hymn Psalm with 176 verses, making it the longest Psalm as well as the longest chapter in the Bible. It's the prayer of one who delights in and lives by God's Word. Unlike most other psalms, the author did not include his name in the text. Instead, the writer finds it more important to remind us that God's Word is a lamp to our feet.

Let's make God's Word a lamp to our feet and these first 16 verses of Psalm 119 our prayer today:

*"Blessed are those whose way is blameless, who walk in the law of the Lord! Blessed are those who keep His testimonies, who seek Him with their whole heart, who also do no wrong, but walk in His ways! You have commanded Your precepts to be kept diligently. Oh that my ways may be steadfast in keeping Your statutes! Then I shall not be put to shame, having my eyes fixed on all Your commandments. I will praise You with an upright heart, when I learn Your righteous rules. I will keep Your statutes; do not utterly forsake me!*

*How can a young man keep his way pure? By guarding it according to Your Word. With my whole heart I seek You; let me not wander from Your commandments! I have stored up Your Word in my heart, that I might not sin against You. Blessed are You, O Lord; teach me Your statutes! With my lips I declare all the rules of Your mouth. In the way of Your testimonies I delight as much as in all riches. I will meditate on Your precepts and fix my eyes on Your ways. I will delight in Your statutes; I will not forget Your Word."*  
(Psalm 119:1-16)

Today, let's :

- Seek Him diligently and intentionally with our whole hearts and walk steadfastly in His ways.
- Pray this prayer and allow His Word to be a lamp to our feet, guiding us in the way we should go.
- Fix our eyes on Jesus and praise Him!
- Store up His Word in our hearts and let this be an important part of our prayer today, *"With my whole heart I seek You; let me not wander from Your commandments"* (119:10), because His Word is a lamp to our feet!

# June seven

## PSALM 119:17-72: TEACH ME, LORD

These 55 verses are divided into seven parts. The word “*teach*” is used a half a dozen times in this brief passage. The writer asks the Lord to teach him His statutes, law, way, judgment, and knowledge. One of the ways I learn best is by writing things out.

Today, I’ve chosen a verse, personal to me from each section, and written them out in a journal.

*“Open my eyes, that I may behold wondrous things out of Your law.”* (119:18)

*“Make me understand the way of Your precepts, and I will meditate on Your wondrous works.”* (119:27)

*“Turn my eyes from looking at worthless things; and give me life in Your ways.”* (119:37)

*“I shall walk in a wide place, for I have sought Your precepts.”* (119:45)

*“This is my comfort in my affliction, that Your promise gives me life.”* (119:57)

*“The earth, O Lord, is full of Your steadfast love; teach me Your statutes!”* (119:64)

*“It is good for me that I was afflicted, that I might learn Your statutes.”* (119:71)

Now, I want you to choose a few verses, personal to you, and write them out below:

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# June eight

## PSALM 119:73-120: FINDING HOPE IN THE WORD

Again today, I have chosen a specific verse, one from each section of our reading, that speaks to me personally, and I've written it out. I listen audibly to the Word as I read it. This helps my comprehension, and writing out portions of the Word just takes it to another level and creates a pathway to meditation.

*"Those who fear You shall see me and rejoice, because I have hoped in Your Word." (119:74)*

*"My soul longs for Your salvation; I hope in Your Word." (119:81)*

*"Forever, O Lord, Your Word is firmly fixed in the heavens." (119:89)*

*"How sweet are Your Words to my taste, sweeter than honey to my mouth!" (119:103)*

*"Your Word is a lamp to my feet and a light to my path." (119:105)*

*"You are my hiding place and my shield; I hope in Your Word." (119:114)*

You'll see a theme of finding hope in the Word throughout this passage. You'll also see our theme verse for this devotional, *"How sweet are Your Words to my taste, sweeter than honey to my mouth" (119:103)*! The Word of God is fixed in the heavens for all eternity. It is sweet like honey. It is a lamp to our feet and light to our path. This is a place where we find hope. Choose a verse about the Word and write it out:

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# June nine

## PSALM 119:121-176: GIVE ME UNDERSTANDING

Today, we look at the last seven sections of Psalm 119. Once more, I have chosen a verse from each section that speaks to me personally and I have written them out. I love writing Scripture. It's a great way to meditate on God's Word.

*"I am Your servant; give me understanding, that I may know Your testimonies!" (119:125)*

*"My eyes shed streams of tears, because people do not keep Your law." (119:136)*

*"Trouble and anguish have found me out, but Your commandments are my delight." (119:143)*

*"I rise before dawn and cry for help; I hope in Your Words." (119:147)*

*"The sum of Your Word is truth, and every one of Your righteous rules endures forever." (119:160)*

*"Great peace have those who love Your law; nothing can make them stumble." (119:165)*

*"My lips will pour forth praise, for You teach me Your statutes." (119:171)*

Sometimes, I read a portion of God's Word and don't understand it's meaning. Even Bible scholars disagree occasionally. When I don't understand a portion of the Word, I ask God to give me understanding, just as the Psalmist did in verse 125. Choose a verse about understanding and write it out:

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# June Ten

## PSALMS 120-122: OUR HELP COMES FROM THE LORD

Where do you run to when you need help? Where do you go when there are bills to pay and you don't know where the money is going to come from to pay them? What about when you get a frightening health diagnosis? What if your child is a prodigal? Psalm 121 reminds us our help comes from the Lord.

This is a song of old that we can sing today. It's a prayer that we can pray. Meditate on Psalm 121 and remind yourself where your help comes from.

*"I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, Who made Heaven and earth.*

*He will not let your foot be moved; He Who keeps you will not slumber. Behold, He Who keeps Israel will neither slumber nor sleep.*

*The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night.*

*The Lord will keep you from all evil; He will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore." (Psalm 121:1-8)*

The Psalmist knows where to look for help. He knows where to lift his eyes. He knows that the One Who made Heaven and earth is where his help comes from.

The Psalmist makes three statements about his Helper:

1. *"He will not let your foot be moved." (121:3)*
2. *"He Who keeps you will not slumber." (121:3)*
3. *"The Lord is your keeper... your shade on your right hand." (121:5)*

Today, let's remember where our help comes from. The One that is our Keeper keeps us from evil. He keeps our life. He keeps our going out and our coming in—forever. Our help comes from the Lord.

# June eleven

## PSALMS 123-125: FOCUS, REMEMBER, AND TAKE COMFORT

Psalms 123-125 remind us that our eyes are to look to the Lord our God, our help is in the name of the Lord, and the Lord surrounds us *“As the mountains surround Jerusalem... from this time forth and forevermore”* (125:2).

The Psalmist tells us how, and how long, we are to look to the Lord: *“Behold, as the eyes of servants look to the hand of their master, as the eyes of a maidservant to the hand of her mistress, so our eyes look to the Lord our God, till He has mercy upon us”* (123:2). We look to Him as servants and maidservants look to their master and mistress. We continue looking until we receive His mercy.

Then, the Psalmist cries out for God’s mercy: *“Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Our soul has had more than enough of the scorn of those who are at ease, of the contempt of the proud”* (123:3-4). Have you ever had more than enough? Has your soul had more than enough? I know mine has. I’m sure yours has too. This world can be harsh. People can be difficult. Life is not always easy. Sometimes we just have to cry out to God and plead for His mercy.

On those days when we need to cry out for mercy, isn’t it reassuring to know that our help is in the name of the Lord? In His precious name rest all the mercy and help we need for our souls that have had more than enough. *“Our help is in the name of the Lord, Who made Heaven and earth”* (124:8).

Finally, in chapter 125, we are reminded that *“Those who trust in the Lord are like Mount Zion, which cannot be moved”* (125:1). If we trust in Him, in His precepts, in His Word, in His promises, we will be like a mountain that *“cannot be moved.”* We will be surefooted in our way because our way will be His way.

Today, let’s do these three things:

1. Focused our eyes on God.
2. Remember that our help is found in Him alone.
3. Take comfort in the peace of knowing God surrounds us.

# June twelve

## PSALMS 126-128: HE GIVES REST

There are two Psalms we know to be written by King Solomon—Psalm 72 and Psalm 127. Here in Psalm 127, Solomon reminds us that *“Unless the Lord builds the house, those who build it labor in vain”* (127:1).

I don’t know about you, but I don’t want to labor in vain. I want my labor to count for something. I want to see fruit for my labor, and I want God to be pleased with it.

*“Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.*

*Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one’s youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.”* (Psalm 127:1-5)

The word *anxious* is used only 24 times in the Bible. Most of those times are in the New Testament. Only once is it used in Psalms. Verse 2 of chapter 127 reminds us that *“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.”*

We talk a lot in this generation about being anxious and about anxiety. There seems to be a great deal of it in every age group and walk of life. Anxiety can be just as prevalent in the blue-collar worker as in the white-collar worker, in the young as in the old, and in the poor as in the rich. It has no boundaries.

When Solomon writes here that it is vain to rise up early and go to bed late, he’s not giving us permission to be lazy. That’s not it at all. He is simply stating the fact that our labor, even though it is important and necessary, is in vain. Our labor is not where our reward comes from. There’s good in labor. It’s good to work, but our reward comes from God.

Solomon tells us here that we can rise up early, we can go to bed late, we can be anxious, but God gives us rest, *“He gives to His beloved sleep”* (127:2). I am so thankful today for that rest! If you are anxious about something in your life, friend, please give that something to Jesus. He will give you rest!

# June thirteen

## PSALMS 129-131: A BALM FOR THE ANXIOUS SOUL

Psalm 130 and 131 are a balm for the anxious soul. Chapter 130 reminds us of Whom our soul is to wait for— *“my soul waits for the Lord”* the Psalmist writes in verse 6. In chapter 131, he writes *“I have calmed and quieted my soul”* in verse 2.

Is your soul noisy today? Does it need calming and quieting? Wait for the Lord. He calms and quiets souls.

*“Out of the depths I cry to You, O Lord! O Lord, hear my voice! Let Your ears be attentive to the voice of my pleas for mercy!”*

*If You, O Lord, should mark iniquities, O Lord, Who could stand? But with You there is forgiveness, that You may be feared.*

*I wait for the Lord, my soul waits, and in His Word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.*

*O Israel, hope in the Lord! For with the Lord there is steadfast love, and with Him is plentiful redemption. And He will redeem Israel from all his iniquities.”* (Psalm 130:1-8)

Wait for the Lord. Hope in His Word. *“For with the Lord there is steadfast love”* (130:7).

*“O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.*

*O Israel, hope in the Lord from this time forth and forevermore.”* (Psalm 131:1-3)

Israel is mentioned dozens of times in the Psalms. Many of those times, like here in Psalm 131:3, we can easily substitute our name. Let’s do that today. *O \_\_\_\_\_, hope in the Lord from this time forth and forevermore”* (131:3). Today, let’s put our hope in Him, the One Who calms and quiets souls.

# June fourteen

## PSALMS 132-134: DWELLING IN UNITY

Psalm 133 speaks of the blessing of dwelling in unity. It talks of brothers dwelling in unity, but I don't think it specifically and only refers to brothers or sisters. The need for unity and the blessing of unity is much broader than just brothers and sisters, although that's an excellent place to begin.

*"Behold, how good and pleasant it is when brothers dwell in unity! It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes! It is like the dew of Hermon, which falls on the mountains of Zion! For there the Lord has commanded the blessing, life forevermore." (Psalm 133:1-3)*

I've seen siblings who are raised to be each other's best friends—to have each other's back, to stand up for and protect each other. I've also seen when siblings are not raised like that. And, I've seen the aftermath of both situations decades later. Certainly, siblings dwelling in unity is not the only unity Psalm 133 refers to, but it's a great start. Creating and learning how to have unity in the home develops into unity in other places in our life as well, like in school, the workplace, and at church.

Remember that first dorm-room experience you had, the three or four very different personalities living in one room for an entire semester? You needed unity, right? If you learned that unity at home with your siblings, it was much easier to have unity with your dormmates.

How about your first, real, adult job? The workplace can be packed with too many chiefs and not enough Indians. When you're an entry-level Indian trying to figure out who is chief, it's really nice to have experienced the character trait of building unity in the home.

And what about our churches? One of the saddest things I know of is a church split. Church members not getting along is nothing new though. Paul writes in Philippians 4 about two women in the church that couldn't get along.

Let's strive to dwell in unity in the home, with ourselves and our children. Let's carry unity throughout the other areas of our lives too, *"For there the Lord has commanded the blessing, life forevermore" (133:3).*

# June Fifteen

## PSALMS 135-137: TWO THINGS THAT ENDURE FOREVER

Psalms 135 and 136 remind us of two things that endure forever, two things that will never cease to exist, two things we can praise and give thanks for—the name of the Lord and His steadfast love.

Chapter 135 begins by reminding us to *“Praise the Lord! Praise the name of the Lord, give praise, O servants of the Lord”* (135:1). We are to praise His name—that name that endures forever!

Verse 3 tells us to *“sing to His name, for it is pleasant!”*

*“Your name, O Lord, endures forever, Your renown, O Lord, throughout all ages.”* (135:13)

Isn't it wonderful to serve a God Whose name endures forever and Whose renown will be throughout all ages? Generations before us have served and loved Him and if He carries, generations after us will too.

*“The idols of the nations are silver and gold, the work of human hands. They have mouths, but do not speak; they have eyes, but do not see; they have ears, but do not hear, nor is there any breath in their mouths. Those who make them become like them, so do all who trust in them.”* (135:15-18)

Our God made that silver and gold! He speaks to us. He sees us. He hears our cry. He gave us breath.

I want to be more like Him and learn to trust Him completely. His name endures forever!

Every verse of chapter 136 (all 26 of them) ends with *“for His steadfast love endures forever.”* The chapter itself ends with *“Give thanks to the God of Heaven, for His steadfast love endures forever”* (136:26).

Twenty-five verses remind us of His steadfast love followed by one that reminds us to give thanks to Him for His steadfast love. Psalm 136 lists Twenty-five reasons we should give thanks for His steadfast love.

*“To Him Who led His people through the wilderness, for His steadfast love endures forever.”* (136:16)

Today, let's praise the name of the Lord that endures forever—that name above all names, and let's give thanks for His steadfast love that never ends!

# June sixteen

## PSALMS 138-140: SEARCH ME O GOD

Right in the middle of our reading today, we find Psalm 139 where King David writes, *“Search me, O God, and know my heart”* (139:23)! He begins the chapter with this statement:

*“O Lord, You have searched me and known me! You know when I sit down and when I rise up; You discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, You know it altogether. You hem me in, behind and before, and lay Your hand upon me.”* (Psalm 139:1-5)

God knows us, friend! He searches our hearts. He knows our motives and our thoughts. He is acquainted with our ways. He knows everything about us. Verse 4 says, *“Even before a word is on my tongue, behold, O Lord, You know it altogether.”* I don’t know about you, but that’s kind of eye-opening for me! It makes me want to check my thoughts before they get to my tongue, and the only way I can do that is to check my heart before those same thoughts engage my brain. *“...behold, O Lord, You know it altogether.”*

Yes, He knows me, as He should because He formed me. He formed me in my mother’s womb and *“I am fearfully and wonderfully made”* (139:14). *“Intricately woven”* (139:15) David writes. My yet *“unformed substance”* and *“the days that were formed for me”* (139:16) were written in His book before I existed.

*“For You formed my inward parts; You knitted me together in my mother’s womb. I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well. My frame was not hidden from You, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in Your book were written, every one of them, the days that were formed for me, when as yet there was none of them.”* (Psalm 139:13-16)

With all of that in mind, can we just let this be our prayer?

Pray this with me today:

*“Search me, O God, and know my heart! Try me and know my thoughts!  
And see if there be any grievous way in me, and lead me in the way everlasting!”* (Psalm 139:23-24)

# June seventeen

## PSALMS 141-144: PRAYERS OF DAVID

In Psalms 141 – 144, David cries out to the Lord for mercy. He writes that God is his refuge, rock, and fortress. David’s soul thirsts for God! These four Psalms are prayers David wrote and prayed while he was hiding in a cave from Saul who was trying to kill him. These four Psalms are prayers we can pray today.

*“Set a guard, O Lord, over my mouth; keep watch over the door of my lips!” (141:3)*

*“When my spirit faints within me, You know my way!” (142:3a)*

*“I remember the days of old; I meditate on all that You have done; I ponder the work of Your hands. I stretch out my hands to You; my soul thirsts for You like a parched land...”*

*Let me hear in the morning of Your steadfast love, for in You I trust. Make me know the way I should go, for to You I lift up my soul....*

*Teach me to do Your will, for You are my God! Let Your good Spirit lead me on level ground!” (143:5-10)*

*“He is my steadfast love and my fortress, my stronghold and my deliverer, my shield and He in Whom I take refuge....” (144:2)*

From these four Psalms, carve out a prayer for yourself today, as I have for myself, and write it out below:

*Pray* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# June eighteen

## PSALMS 145-147: UNSEARCHABLE GREATNESS

Psalm 145 reminds us of the greatness of our God. Verse 3 says, *“Great is the Lord, and greatly to be praised, and His greatness is unsearchable.”* The chapter makes five *“The Lord is”* statements:

1. *“The Lord is gracious and merciful, slow to anger and abounding in steadfast love.”* (145:8)
2. *“The Lord is good to all, and His mercy is over all that He has made.”* (145:9)
3. *“The Lord is faithful in all His words and kind in all His works.”* (145:13)
4. *“The Lord is righteous in all His ways and kind in all His works.”* (145:17)
5. *“The Lord is near to all who call on Him, to all who call on Him in truth.”* (145:18)

Besides these five, powerful statements, the chapter is full of many other wonderful attributes of God:

*“The Lord upholds all who are falling and raises up all who are bowed down. The eyes of all look to You, and You give them their food in due season. You open Your hand; You satisfy the desire of every living thing.... He fulfills the desire of those who fear Him; He also hears their cry and saves them. The Lord preserves all who love Him....”* (145:14-20)

The chapter begins and ends reminding us that we are to extol Him (praise enthusiastically), bless Him, and praise His name forever. We are to *“speak of the praise of the Lord”* (145:21).

*“I will extol You, my God and King, and bless Your name forever and ever. Every day I will bless You and praise Your name forever and ever.”* (145:1-2)

*“My mouth will speak the praise of the Lord, and let all flesh bless His holy name forever and ever.”* (145:21)

*“Every day I will bless You and praise Your name forever and ever,”* verse 2 says. How will we live that out today? How will we bless and praise His name today, in front of our kids, co-workers, the lady at the grocery store? Re-read those five *“The Lord is”* statements and let’s intentionally praise His name today!

The Lord is gracious, merciful, slow to anger, abounding in steadfast love, good to all, faithful in all His words, kind in all His works, righteous in all His ways, near to all who call on Him in truth.

# June nineteen

## PSALMS 148-150: SING A NEW SONG

Today, we wrap up our reading in the book of Psalms as the psalmist reminds us to praise the name of the Lord and sing a new song. The book ends with *“Let everything that has breath praise the Lord”* (Psalm 150:6)! Nine times in these three chapters the psalmist tells us to praise the Lord. Each chapter begins and ends with *“Praise the Lord.”* I think he’s trying to make a point.

However, what caught my attention today was the middle of these three chapters, chapter 149, where the psalmist tells us to sing to the Lord a new song.

*“Praise the Lord! Sing to the Lord a new song, His praise in the assembly of the godly! Let Israel be glad in His Maker; let the children of Zion rejoice in their King! Let them praise His name with dancing, making melody to Him with tambourine and lyre! For the Lord takes pleasure in His people; He adorns the humble with salvation. Let the godly exult in glory; let them sing for joy on their beds. Let the high praises of God be in their throats and two-edged swords in their hands... This is honor for all His godly ones. Praise the Lord!”* (Psalm 149:1-9)

The psalmist tells us to praise the Lord and sing a new song to Him. Do you ever feel like you need to sing a new song? Maybe you’re in a new season of life—a new chapter. Things haven’t worked out the way you’d envisioned. Life isn’t *ideal*. This calls for a new song, a different song, but still a song of praise!

Just as Israel, the children of Zion, we are to be glad in our Maker and rejoice in our King. Sometimes, it is difficult to be glad and rejoice when it’s time to sing a new song, when seasons of life change, when we’re writing a new chapter in our journey. But the psalmist tells us to do so. Be glad in our Maker. Rejoice in our King.

In this new season with this new song, we are to praise His name with dancing and melody, and then we get to the really exciting part, *“For the Lord takes pleasure in His people”* (149:4). God takes pleasure in us, friend! He takes pleasure in our new song. He is there in this new season.

Today, let’s embrace where God has us in this season and sing a new song to our Maker and King!

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Hi friend, I hope you will join me on this journey!

I've been a Christian since the third grade. That's where the journey began for me. Throughout my life God has continued to pursue me for which I am grateful. No doubt, left to myself I would have made a great big mess of things! Maybe you feel the same.

I'm a daughter, wife, mother of four, and grandmother. I love coffee and dark chocolate more than the average person. I'm also a Christian lifestyle blogger and the content manager at [www.InstaEncouragements.com](http://www.InstaEncouragements.com). If you haven't visited us over at the blog, or on social media, I hope you will very soon. Stop by and say hello. I'd love to hear from you!

Join us over at the private, *Sweeter Than Honey* Facebook group and share your thoughts. Find like-minded friends and let's do this together. We're waiting for you!

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*Patsy*