

# Lifting My Voice to God

## A Personal Study of Psalms Book 2

A First Baptist Church Resource

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## DEDICATION

Dedicated to the five generations who are growing, loving, serving, hoping, seeking, working, sharing, and living their lives together at First Baptist Church in Dickson, Tennessee.

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## INTRODUCTION AND INSTRUCTIONS

What if you were wrong about the Psalms?

Yes, the Psalms are many of the things you thought they were: songs written by David, Asaph, the Sons of Korah, and others. They span the range of emotions, from jubilation to depression to tragedy and anger. They thank, praise, honor, and extol God. They show us how to confess sins, pray for our enemies, seek God's face, and focus on Him.

But that's not all. **Prayers are our answer to God.** Eugene Peterson, in his book Answering God: The Psalms as Tools for Prayer, said this about the psalms:

The Psalms are acts of obedience, answering the God who has addressed us. God's word precedes these words: these prayers don't seek God; they respond to the God who seeks us .... What is essential in prayer is not that we learn to express ourselves, but that we learn to answer God. The Psalms show us how to answer.

So, I'm going to ask you to do something each morning as you pick up this Study of Book Two of the Psalms (which includes chapters 42-72). Before you open this study, sit in silence for at least one minute. Turn off every gadget and electronic device. You may pray, but that's not necessary. What I really want you to do is **listen**. Simply say to God, "Speak, for your servant is listening," (1 Samuel 3:10). With your focus on God, simply listen to Him speaking. If other things come to your mind—whether they are worries or to-do lists or interruptions—picture yourself lifting those things up to God, turning them over to Him. And for at least sixty seconds, **just listen**.

THEN, open this study. Use the psalm in front of you as your **answer** to God.

It might seem awkward at first; you might think you hear nothing. But please hear me carefully, here: learning to listen to the Lord is crucial to learning to obey and believe Him. And this study will teach you to do just that.

Psalm 4:3 promises that, “The Lord hears when I call to Him.” And we see the psalmist’s testimony in Psalm 85:8, “I will hear [or, *Let me hear*] what God the Lord will say; for He will speak peace to His people, to His godly ones.”

### **God hears us. We can hear Him.**

Like the Study of Psalms Book One, this is again a tool. Use this valuable, useful, practical tool to learn to answer God when He speaks. You’re challenged to study one Psalm a day for **40 consecutive days**, every day. The Scripture is printed in the New American Standard, but you will be blessed to use your own copy of God’s Word, as well. Please have a pen and your Bible handy each day.

My prayer is not that you become more knowledgeable about the Psalms; my prayer is that you develop the holy habit of hearing God speak and answering Him with these songs of centuries past. Join with David, Solomon, Asaph, and many other followers of God in responding to the Lord with these words.

Jesus said, “He who is of God hears the words of God,” (John 8:47). May we all experience the powerful, loving presence of God as we hear Him and answer.

*Pastor Mike*

## DAY 1: PSALM 42

### Thirsting for God in Trouble and Exile.

For the choir director. A Maskil of the sons of Korah.

<sup>1</sup> As the deer pants for the water brooks,  
So my soul pants for You, O God.

<sup>2</sup> My soul thirsts for God, for the living God;  
When shall I come and appear before God?

<sup>3</sup> My tears have been my food day and night,  
While they say to me all day long, “Where is your God?”

<sup>4</sup> These things I remember and I pour out my soul within me.  
For I used to go along with the throng and lead them in procession to  
the house of God,

With the voice of joy and thanksgiving, a multitude keeping festival.

<sup>5</sup> Why are you in despair, O my soul?  
And why have you become disturbed within me?  
Hope in God, for I shall again praise Him  
For the help of His presence.

<sup>6</sup> O my God, my soul is in despair within me;  
Therefore I remember You from the land of the Jordan  
And the peaks of Hermon, from Mount Mizar.

<sup>7</sup> Deep calls to deep at the sound of Your waterfalls;  
All Your breakers and Your waves have rolled over me.

<sup>8</sup> The Lord will command His lovingkindness in the daytime;  
And His song will be with me in the night,  
A prayer to the God of my life.

<sup>9</sup> I will say to God my rock, “Why have You forgotten me?  
Why do I go mourning because of the oppression of the enemy?”

<sup>10</sup> As a shattering of my bones, my adversaries revile me,  
While they say to me all day long, “Where is your God?”

<sup>11</sup> Why are you in despair, O my soul?  
And why have you become disturbed within me?  
Hope in God, for I shall yet praise Him,  
The help of my countenance and my God.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 42 slowly, aloud if possible, in **answer** to God.

Now read Psalm 42 one more time to **observe** it. Mark any words or phrases that stand out to you.

According to the description of the Psalm, who is the author?

You may not know who Korah is, but his story is in Numbers 16:1-35. Please read it and jot a quick description:

Write what happened to his sons, according to Numbers 26:9-11:

Not only did they not die, but what did David appoint the descendants of Korah to do, according to 1 Chronicles 9:17-22?

Go back to the description of this psalm: "Thirsting for God in trouble and exile." Consider a recent time when you were in trouble or felt all alone.

What did the Psalmist seek in his trouble and aloneness, according to verses 1-2?

Underline the word "soul" every time it appears in this psalm.

The Hebrew word for "soul," *NEH-fesh*, refers to the seat of appetites, emotions, and passions in a living thing. What do you observe about the psalmist's soul in this psalm?

**Apply** today's psalm by talking to your own soul today, reminding yourself to trust in God. Consider memorizing verse 11.

**Pray** today's psalm by reminding yourself to remember who God is regardless of your situation (verse 6).

## DAY 2: PSALM 43

### Prayer for Deliverance.

<sup>1</sup> Vindicate me, O God, and plead my case against an ungodly nation;  
O deliver me from the deceitful and unjust man!

<sup>2</sup> For You are the God of my strength; why have You rejected me?  
Why do I go mourning because of the oppression of the enemy?

<sup>3</sup> O send out Your light and Your truth, let them lead me;  
Let them bring me to Your holy hill  
And to Your dwelling places.

<sup>4</sup> Then I will go to the altar of God,  
To God my exceeding joy;  
And upon the lyre I shall praise You, O God, my God.

<sup>5</sup> Why are you in despair, O my soul?  
And why are you disturbed within me?  
Hope in God, for I shall again praise Him,  
The help of my countenance and my God.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 43 slowly, aloud if possible, in **answer** to God.

Now read Psalm 43 one more time to **observe** it. Mark any words or phrases that stand out to you.

Consider the description of today's psalm: A Prayer for Deliverance. Briefly describe a time in your life when you needed deliverance:

The psalmist requests several things of God. Circle each thing you see. (To get you started: "Vindicate me," "plead my case," and "deliver me" in verse 1.)

Underline the word God each time it appears. How many times did the psalmist speak directly to God?

Look carefully at verse 4: what is the difference between "O God" and "my God?"

In verses 1-4, the psalmist is talking to God. To whom is he talking in verse 5?

How does verse 5 remind you of Psalm 42?

The psalmist mentioned three places he would go: to God's holy hill (v. 3), to God's dwelling places (v. 3), and to the altar of God (v. 4). Why was the psalmist going to these places when he needed deliverance? (If you're not sure, read Psalm 16:11.)

What action would the psalmist take, according to verse 4?

**Apply** today's psalm by praising God aloud.

**Pray** today's psalm by finding joy in God's presence even in the midst of trouble (verse 4).

## DAY 3: PSALM 44:1-8

**Former Deliverances and Present Troubles.**

**For the choir director. A Maskil of the sons of Korah.**

<sup>1</sup> O God, we have heard with our ears,

Our fathers have told us

The work that You did in their days,

In the days of old.

<sup>2</sup> You with Your own hand drove out the nations;

Then You planted them;

You afflicted the peoples,

Then You spread them abroad.

<sup>3</sup> For by their own sword they did not possess the land,

And their own arm did not save them,

But Your right hand and Your arm and the light of Your presence,

For You favored them.

<sup>4</sup> You are my King, O God;

Command victories for Jacob.

<sup>5</sup> Through You we will push back our adversaries;

Through Your name we will trample down those

who rise up against us.

<sup>6</sup> For I will not trust in my bow, nor will my sword save me.

<sup>7</sup> But You have saved us from our adversaries,

And You have put to shame those who hate us.

<sup>8</sup> In God we have boasted all day long,

And we will give thanks to Your name forever. *Selah.*

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 44:1-8 slowly, aloud if possible, in **answer** to God.

Now read Psalm 44:1-8 one more time to **observe** it. Mark any words or phrases that stand out to you.

(This is the first part of Psalm 44. We'll study the rest tomorrow.)

Write everything you remember about the sons of Korah, who wrote this Psalm. Look back at Psalm 42 if you need to refresh your memory.

Verse 8 ends with the word *Selah*. This is a musical term, referring to a musical interlude, providing time for the psalm-singers to pause and quietly think about the words. We are wise to develop the holy habit of doing those very things at the *Selah* instruction.

Re-read verses 1-3. Are these about the past, present, or future?

To whom was God faithful in verses 1-3? Circle the third person pronouns (their, them) that refer to "our fathers."

The idea of "remembering" God appeared twice in Psalm 42. How is the psalmist remembering God in verses 1-3 of today's psalm?

Now re-read verses 4-8. Are these about the past, present, or future? Circle the first-person pronouns (my, me, we, us) that refer to the psalmist and his contemporaries.

How does remembering God's past faithfulness give strength for today?

**Apply** today's psalm by intentionally remembering His strength and power in the past.

**Pray** today's psalm by thanking Him for past and present victories.

## DAY 4: PSALM 44:9-26

<sup>9</sup> Yet You have rejected us and brought us to dishonor,  
And do not go out with our armies.

<sup>10</sup> You cause us to turn back from the adversary;  
And those who hate us have taken spoil for themselves.

<sup>11</sup> You give us as sheep to be eaten  
And have scattered us among the nations.

<sup>12</sup> You sell Your people cheaply,  
And have not profited by their sale.

<sup>13</sup> You make us a reproach to our neighbors,  
A scoffing and a derision to those around us.

<sup>14</sup> You make us a byword among the nations,  
A laughingstock among the peoples.

<sup>15</sup> All day long my dishonor is before me  
And my humiliation has overwhelmed me,

<sup>16</sup> Because of the voice of him who reproaches and reviles,  
Because of the presence of the enemy and the avenger.

<sup>17</sup> All this has come upon us, but we have not forgotten You,  
And we have not dealt falsely with Your covenant.

<sup>18</sup> Our heart has not turned back,  
And our steps have not deviated from Your way,

<sup>19</sup> Yet You have crushed us in a place of jackals  
And covered us with the shadow of death.

<sup>20</sup> If we had forgotten the name of our God  
Or extended our hands to a strange god,

<sup>21</sup> Would not God find this out?

For He knows the secrets of the heart.

<sup>22</sup> But for Your sake we are killed all day long;  
We are considered as sheep to be slaughtered.

<sup>23</sup> Arouse Yourself, why do You sleep, O Lord?  
Awake, do not reject us forever.

<sup>24</sup> Why do You hide Your face  
And forget our affliction and our oppression?

<sup>25</sup> For our soul has sunk down into the dust;  
Our body cleaves to the earth.

<sup>26</sup> Rise up, be our help,  
And redeem us for the sake of Your lovingkindness.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 44:9-26 slowly, aloud if possible, in **answer** to God.

Now read Psalm 44:9-26 one more time to **observe** it. Mark any words or phrases that stand out to you.

(This is the second part of Psalm 44. Review yesterday's passage by reading it once.)

Psalm 44:9-26 has a much different tone than the first 8 verses. What is the mood or overall feeling toward God?

Have you ever had these thoughts toward God?

Circle the phrases that show the psalmist's loyalty or faith in God.  
Underline the phrases that indicate the psalmist's doubt of God.

Today's verses can seem hopeless and full of despair. However, we have the full counsel of God's word, which helps us hold up every passage to the truth and light of Jesus Christ.

Re-read Psalm 44:22. It is quoted by Paul in Romans 8:36. Read it in its context, Romans 8:31-39.

How does this passage give hope to Psalm 44?

**Apply** today's psalm by restating Romans 8:31-39 in your own words, dealing with your own situation.

**Pray** today's psalm by honestly confessing your own doubts and fears. Speak truth to yourself by reflecting on Romans 8:31-39 throughout the day.

## DAY 5: PSALM 45

### A Song Celebrating the King's Marriage.

For the choir director; according to the Shoshannim. A Maskil of the sons of Korah. A Song of Love.

(We will study only portions of Psalm 45. Please consider these verses for our study today but make time to read it in its entirety after you complete the study.)

<sup>1</sup> My heart overflows with a good theme;  
I address my verses to the King; My tongue is the pen of a ready writer.

<sup>2</sup> You are fairer than the sons of men; Grace is poured upon Your lips;  
Therefore God has blessed You forever.

<sup>3</sup> Gird Your sword on Your thigh, O Mighty One,  
In Your splendor and Your majesty!

<sup>4</sup> And in Your majesty ride on victoriously,  
For the cause of truth and meekness and righteousness;  
Let Your right hand teach You awesome things.

<sup>5</sup> Your arrows are sharp; The peoples fall under You;  
Your arrows are in the heart of the King's enemies.

<sup>6</sup> Your throne, O God, is forever and ever;  
A scepter of uprightness is the scepter of Your kingdom.

<sup>7</sup> You have loved righteousness and hated wickedness;  
Therefore God, Your God, has anointed You  
With the oil of joy above Your fellows.

<sup>8</sup> All Your garments are fragrant with myrrh and aloes and cassia;  
Out of ivory palaces stringed instruments have made You glad.

<sup>9</sup> Kings' daughters are among Your noble ladies;  
At Your right hand stands the queen in gold from Ophir.

<sup>10</sup> Listen, O daughter, give attention and incline your ear:  
Forget your people and your father's house;

<sup>11</sup> Then the King will desire your beauty.  
Because He is your Lord, bow down to Him.

<sup>16</sup> In place of your fathers will be your sons;  
You shall make them princes in all the earth.

<sup>17</sup> I will cause Your name to be remembered in all generations;  
Therefore the peoples will give You thanks forever and ever.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 45 slowly, aloud if possible, in **answer** to God.

Now read Psalm 45 one more time to **observe** it. Mark any words or phrases that stand out to you.

According to the description, what is the occasion for this song?

Consider the definitions of these Hebrew words from the description:  
*Shoshannim*: lilies. May refer to a lily-shaped instrument, a flower used in worship, or a tune given this name.

How does this definition help your understanding of what this psalm sounded or looked like?

*Maskil*: A teaching psalm.

What is the psalmist teaching us in this psalm?

If you need to review, look back at the description of the Sons of Korah on Day 1.

Would you have named this "A Song of Love?" Why or why not?

What topic is a focus of the psalm, besides love?

Underline descriptions of the King in Psalm 45.

Though the psalmist was likely inspired by an earthly king, his prophetic words also ring true for another King, the promised One. Read about Him in Revelation 19:7-19. Make notes of any similarities between the King in Psalm 45 and Revelation 19.

**Apply** today's Psalm by remembering your King and thanking Him, as instructed in verse 17.

As you **pray** today's psalm, focus on your coming, eternal King!

## DAY 6: PSALM 46

### God the Refuge of His People.

**For the choir director. A Psalm of the sons of Korah, set to Alamo. A Song.**

<sup>1</sup> God is our refuge and strength,

A very present help in trouble.

<sup>2</sup> Therefore we will not fear, though the earth should change

And though the mountains slip into the heart of the sea;

<sup>3</sup> Though its waters roar and foam,

Though the mountains quake at its swelling pride. *Selah.*

<sup>4</sup> There is a river whose streams make glad the city of God,

The holy dwelling places of the Most High.

<sup>5</sup> God is in the midst of her, she will not be moved;

God will help her when morning dawns.

<sup>6</sup> The nations made an uproar, the kingdoms tottered;

He raised His voice, the earth melted.

<sup>7</sup> The Lord of hosts is with us;

The God of Jacob is our stronghold. *Selah.*

<sup>8</sup> Come, behold the works of the Lord,

Who has wrought desolations in the earth.

<sup>9</sup> He makes wars to cease to the end of the earth;

He breaks the bow and cuts the spear in two;

He burns the chariots with fire.

<sup>10</sup> “Cease striving and know that I am God;

I will be exalted among the nations, I will be exalted in the earth.”

<sup>11</sup> The Lord of hosts is with us;

The God of Jacob is our stronghold. *Selah.*

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 46 slowly, aloud if possible, in **answer** to God.

Today's psalm is intentionally split every time the word *Selah* appears. As you saw in Psalm 44:8, the term indicates a musical interlude, and instructs us to "pause, and calmly think about that" (Amplified Bible).

**Observe** this instruction as you read Psalm 46 one more time to observe it. Mark any words or phrases that stand out to you.

What do you learn about this psalm from its description?

(Though scholars are not exactly sure what the term "Alamoth" means, it likely refers to women's voices or a high melody.)

Consider the following translation for the second line for verse 1: "Abundantly available for help in tight places." Jot a few "tight places" you're in today.

Re-read verses 1-3, replacing "our" and "we" with "my" and "I."

According to verse 1, why will we not fear?

Focus on verse 4. Look up the following verses about rivers. Write what each verse teaches that a river would provide:

Ezra 8:21, 31

Psalm 36:8

Isaiah 66:12-13

Revelation 22:1

What is the instruction in Psalm 46:10?

**Apply** today's verse by reviewing the characteristics about God in this psalm, then choosing to *cease striving* because of who He is.

**Pray** the verse God most strongly impressed upon you today.

## DAY 7: PSALM 47

**God the King of the Earth.**

**For the choir director. A Psalm of the sons of Korah.**

<sup>1</sup> O clap your hands, all peoples;

Shout to God with the voice of joy.

<sup>2</sup> For the Lord Most High is to be feared,

A great King over all the earth.

<sup>3</sup> He subdues peoples under us

And nations under our feet.

<sup>4</sup> He chooses our inheritance for us,

The glory of Jacob whom He loves. *Selah.*

<sup>5</sup> God has ascended with a shout,

The Lord, with the sound of a trumpet.

<sup>6</sup> Sing praises to God, sing praises;

Sing praises to our King, sing praises.

<sup>7</sup> For God is the King of all the earth;

Sing praises with a skillful psalm.

<sup>8</sup> God reigns over the nations,

God sits on His holy throne.

<sup>9</sup> The princes of the people have assembled themselves as the people of  
the God of Abraham,

For the shields of the earth belong to God;

He is highly exalted.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 47 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 47 one more time to **observe** it. Mark any words or phrases that stand out to you.

Underline every phrase that voices praise to God.

Circle every phrase that gives instruction on how to worship Him.

In Psalm 47, the psalmist seems to be listing attributes of God and can't help but breaking out in praise, not just privately but also by encouraging others to praise God, too. Paul does the same thing in Romans 11:33-36. After reading it, take a moment to **apply** today's psalm and do the same here:

What instrument is mentioned in this psalm?

What is the trumpet used to do in each of the following verses?

Exodus 20:18

1 Corinthians 15:51-52

1 Thessalonians 4:16

What two-word phrase appears five times in verses 6-7?

Why is that phrase repeated over and over?

**Why** are we supposed to sing praises, clap our hands, and shout? *For every item you underlined and more.* When we understand who God is, **we respond.**

**Pray** today's psalm by singing, just as the psalmist encouraged us to do.

## DAY 8: PSALM 48

### The Beauty and Glory of Zion.

#### A Song; a Psalm of the sons of Korah.

<sup>1</sup> Great is the Lord, and greatly to be praised,  
In the city of our God, His holy mountain.

<sup>2</sup> Beautiful in elevation, the joy of the whole earth,  
Is Mount Zion in the far north,  
The city of the great King.

<sup>3</sup> God, in her palaces,  
Has made Himself known as a stronghold.

<sup>4</sup> For, lo, the kings assembled themselves,  
They passed by together.

<sup>5</sup> They saw it, then they were amazed;  
They were terrified, they fled in alarm.

<sup>6</sup> Panic seized them there,  
Anguish, as of a woman in childbirth.

<sup>7</sup> With the east wind  
You break the ships of Tarshish.

<sup>8</sup> As we have heard, so have we seen  
In the city of the Lord of hosts, in the city of our God;  
God will establish her forever. *Selah.*

<sup>9</sup> We have thought on Your lovingkindness, O God,  
In the midst of Your temple.

<sup>10</sup> As is Your name, O God,  
So is Your praise to the ends of the earth;  
Your right hand is full of righteousness.

<sup>11</sup> Let Mount Zion be glad,  
Let the daughters of Judah rejoice  
Because of Your judgments.

<sup>12</sup> Walk about Zion and go around her; count her towers;

<sup>13</sup> Consider her ramparts; go through her palaces,  
That you may tell it to the next generation.

<sup>14</sup> For such is God, our God forever and ever;  
He will guide us until death.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 48 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 48 one more time to **observe** it. Mark any words or phrases that stand out to you.

Circle every reference to Jerusalem in Psalm 48: Mount Zion, holy mountain, etc.

Underline every description of Jerusalem in Psalm 48.

Though this seems to be a psalm praising Jerusalem, what is it truly praising? (verse 3)

How was God revealed in the city of Jerusalem?

Verse 3 says, "God...has made Himself known as a stronghold." This word is used several times to describe God in the psalms. Write what each of the following verses teaches you about God:

Psalm 9:9

Psalm 18:2

Psalm 31:2

(and it also appeared twice in Psalm 46; can you find it there, too?)

**Apply** today's psalm by personalizing it: How is God **your** stronghold?

What did the worshipers think about in the temple, according to verse 9?

The Hebrew word used there, *chesed*, can mean *loyal love, faithful love, covenant love, mercy, and faithfulness*. When we reflect on God as our stronghold, we can't help but dwell on His faithful love to us.

**Pray** today's psalm by speaking aloud several ways He has been faithfully loving to you.

## DAY 9: PSALM 49

### The Folly of Trusting in Riches.

For the choir director. A Psalm of the sons of Korah.

(Please read the first four verses from your own copy of God's Word.)

<sup>5</sup> Why should I fear in days of adversity,  
When the iniquity of my foes surrounds me,

<sup>6</sup> Even those who trust in their wealth  
And boast in the abundance of their riches?

<sup>7</sup> No man can by any means redeem his brother  
Or give to God a ransom for him—

<sup>8</sup> For the redemption of his soul is costly,  
And he should cease trying forever—

<sup>9</sup> That he should live on eternally, that he should not undergo decay.

<sup>10</sup> For he sees that even wise men die; The stupid and the senseless alike  
perish and leave their wealth to others.

<sup>11</sup> Their inner thought is that their houses are forever  
And their dwelling places to all generations;

They have called their lands after their own names.

<sup>12</sup> But man in his pomp will not endure; He is like the beasts that perish.

<sup>13</sup> This is the way of those who are foolish,  
And of those after them who approve their words. *Selah.*

<sup>14</sup> As sheep they are appointed for Sheol; Death shall be their shepherd;  
And the upright shall rule over them in the morning,  
And their form shall be for Sheol to consume  
So that they have no habitation.

<sup>15</sup> But God will redeem my soul from the power of Sheol,  
For He will receive me. *Selah.*

<sup>16</sup> Do not be afraid when a man becomes rich,  
When the glory of his house is increased;

<sup>17</sup> For when he dies he will carry nothing away;  
His glory will not descend after him.

<sup>18</sup> Though while he lives he congratulates himself—  
And though men praise you when you do well for yourself—

<sup>19</sup> He shall go to the generation of his fathers;  
They will never see the light.

<sup>20</sup> Man in his pomp, yet without understanding,  
Is like the beasts that perish.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 49 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 49 one more time to **observe** it. Mark any words or phrases that stand out to you.

Who wrote today's psalm?

How many psalms in this study have been written by the sons of Korah?

Summarize the purpose of this psalm, according to verses 1-4, from the text in your own Bible:

Circle the question that the psalmist asks in verse 5. Draw an arrow pointing to the answer to the question.

Draw a line connecting verse 12 to verse 20. How are these verses similar?

Read Luke 12:15. Who said these words?

Summarize what He said:

How does Luke 12:15 echo the words of Psalm 49?

Underline every phrase that points to pride or material possessions.

Box every phrase that deals with death or hell.

Re-read verses 1-4. **Apply** today's psalm by summarizing the wisdom you received.

**Pray** today's psalm by speaking aloud verses 5 and 15.

## DAY 10: PSALM 50

### God the Judge of the Righteous and the Wicked.

#### A Psalm of Asaph.

(We will study only portions of Psalm 50. Please consider these verses for our study today but make time to read it in its entirety after you complete the study.)

- <sup>1</sup> The Mighty One, God, the Lord, has spoken,  
And summoned the earth from the rising of the sun to its setting.
- <sup>2</sup> Out of Zion, the perfection of beauty, God has shone forth.
- <sup>3</sup> May our God come and not keep silence;  
Fire devours before Him, and it is very tempestuous around Him.
- <sup>4</sup> He summons the heavens above, and the earth, to judge His people:
- <sup>5</sup> “Gather My godly ones to Me,  
Those who have made a covenant with Me by sacrifice.”
- <sup>6</sup> And the heavens declare His righteousness,  
For God Himself is judge. *Selah.*
- <sup>7</sup> “Hear, O My people, and I will speak;  
O Israel, I will testify against you; I am God, your God.
- <sup>8</sup> “I do not reprove you for your sacrifices,  
And your burnt offerings are continually before Me.
- <sup>9</sup> “I shall take no young bull out of your house  
Nor male goats out of your folds.
- <sup>10</sup> “For every beast of the forest is Mine, the cattle on a thousand hills.
- <sup>11</sup> “I know every bird of the mountains,  
And everything that moves in the field is Mine.
- <sup>12</sup> “If I were hungry I would not tell you,  
For the world is Mine, and all it contains.
- <sup>13</sup> “Shall I eat the flesh of bulls or drink the blood of male goats?
- <sup>14</sup> “Offer to God a sacrifice of thanksgiving  
And pay your vows to the Most High;
- <sup>15</sup> Call upon Me in the day of trouble;  
I shall rescue you, and you will honor Me.”
- <sup>23</sup> “He who offers a sacrifice of thanksgiving honors Me;  
And to him who orders his way aright  
I shall show the salvation of God.”

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 50 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 50 one more time to **observe** it. Mark any words or phrases that stand out to you.

According to the description, who wrote today's psalm?

Asaph is mentioned several times in 1 Chronicles 16. Read the entire chapter, marking his name every time you see it.

Do the same for 1 Chronicles 25:1-7.

According to all these passages, describe Asaph:

Underline every phrase in Psalm 50 that describes God's power.

Circle every phrase that is a direct quote from God.

What is God's message to His people in today's psalm?

What are God's commands in verse 14?

What are God's promises in verses 15 and 23?

**Apply** today's psalm by offering a "sacrifice of thanksgiving." Right now, thank God for the good AND the bad things in your life.

As you **pray** today, picture God as He is described in verses 1-4.

## DAY 11: PSALM 51:1-6

### **A Contrite Sinner's Prayer for Pardon.**

**For the choir director. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba.**

<sup>1</sup> Be gracious to me, O God, according to Your lovingkindness;  
According to the greatness of Your compassion blot out my  
transgressions.

<sup>2</sup> Wash me thoroughly from my iniquity  
And cleanse me from my sin.

<sup>3</sup> For I know my transgressions,  
And my sin is ever before me.

<sup>4</sup> Against You, You only, I have sinned  
And done what is evil in Your sight,  
So that You are justified when You speak  
And blameless when You judge.

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

<sup>6</sup> Behold, You desire truth in the innermost being,  
And in the hidden part You will make me know wisdom.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 51:1-6 slowly, aloud if possible, in **answer** to God.

Now read Psalm 51:1-6 one more time to **observe** it. Mark any words or phrases that stand out to you.

Whether or not you're familiar with the story of David and Bathsheba, please read it afresh from 2 Samuel 11—12:15. Note something from this passage that you didn't know or had forgotten.

Look carefully at the first line of the description of this Psalm.

What does contrite mean?

Underline every request David asks of God in today's verses.

According to today's verses,  
Who alone is able to cleanse us from sin?  
Against Whom is every sin?  
Who alone has the right to judge?

Upon which 3 characteristics of God was David trusting in verse 1?

How do you see these same characteristics of God in Psalm 86:15?

Who wrote those words in Psalm 86?

**Apply** today's Psalm by considering David's prayer as a contrite sinner. Use His example to admit your sin and confess God's faithfulness.

**Pray** verse 1 today, trusting God to be gracious, loving, and compassionate.

## DAY 12: PSALM 51:7-19

<sup>7</sup> Purify me with hyssop, and I shall be clean;

Wash me, and I shall be whiter than snow.

<sup>8</sup> Make me to hear joy and gladness,

Let the bones which You have broken rejoice.

<sup>9</sup> Hide Your face from my sins

And blot out all my iniquities.

<sup>10</sup> Create in me a clean heart, O God,

And renew a steadfast spirit within me.

<sup>11</sup> Do not cast me away from Your presence

And do not take Your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of Your salvation

And sustain me with a willing spirit.

<sup>13</sup> Then I will teach transgressors Your ways,

And sinners will be converted to You.

<sup>14</sup> Deliver me from bloodguiltiness, O God, the God of my salvation;

Then my tongue will joyfully sing of Your righteousness.

<sup>15</sup> O Lord, open my lips,

That my mouth may declare Your praise.

<sup>16</sup> For You do not delight in sacrifice, otherwise I would give it;

You are not pleased with burnt offering.

<sup>17</sup> The sacrifices of God are a broken spirit;

A broken and a contrite heart, O God, You will not despise.

<sup>18</sup> By Your favor do good to Zion;

Build the walls of Jerusalem.

<sup>19</sup> Then You will delight in righteous sacrifices,

In burnt offering and whole burnt offering;

Then young bulls will be offered on Your altar.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 51:7-19 slowly, aloud if possible, in **answer** to God.

Now read Psalm 51:7-19 one more time to **observe** it. Mark any words or phrases that stand out to you.

Review from yesterday: who wrote this psalm and why?

Circle the word *me* each time it appears in verses 7-14.

Each time *me* appears, David is asking God to do something. So, for each *me*, you'll see a verb that is David's prayer. Underline those.

Search verses 7-14 for any more requests David makes of God. Underline those, as well.

Review the first line of the description of this psalm. Write it here:

The Hebrew word for "contrite," *dakka*, is from the root word that means "crushed," literally "powdered." Look up each of the following verses and write what you learn about being contrite or crushed:

Psalm 34:18

Psalm 90:3

Isaiah 57:15

Don't wait for sin to overwhelm your life before you **pray** these same things of God. Use the prayer of David in Psalm 51 as your guide today.

**Apply** today's psalm by trusting that God saves those crushed in spirit (Psalm 34:18) and dwells with those who are contrite (Isaiah 57:15). Don't turn away from God in your sin; draw near to Him.

## DAY 13: PSALM 52

### Futility of Boastful Wickedness.

**For the choir director. A Maskil of David, when Doeg the Edomite came and told Saul and said to him, “David has come to the house of Ahimelech.”**

<sup>1</sup> Why do you boast in evil, O mighty man?

The lovingkindness of God endures all day long.

<sup>2</sup> Your tongue devises destruction,

Like a sharp razor, O worker of deceit.

<sup>3</sup> You love evil more than good,

Falsehood more than speaking what is right. *Selah.*

<sup>4</sup> You love all words that devour, O deceitful tongue.

<sup>5</sup> But God will break you down forever;

He will snatch you up and tear you away from your tent,

And uproot you from the land of the living. *Selah.*

<sup>6</sup> The righteous will see and fear,

And will laugh at him, saying,

<sup>7</sup> “Behold, the man who would not make God his refuge,

But trusted in the abundance of his riches

And was strong in his evil desire.”

<sup>8</sup> But as for me, I am like a green olive tree in the house of God;

I trust in the lovingkindness of God forever and ever.

<sup>9</sup> I will give You thanks forever, because You have done it,

And I will wait on Your name, for it is good, in the presence of Your godly ones.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 52 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 52 one more time to **observe** it. Mark any words or phrases that stand out to you.

Who wrote today's psalm?

According to the description, who inspired this Psalm?

Take a few minutes to read the background on Doeg the Edomite in 1 Samuel 21:1-7 and 1 Samuel 22. Briefly describe what Doeg did in those verses:

Draw brackets around verses 1-5. Who is David describing in these?

Summarize David's description of Doeg:

Draw brackets around verses 8-9. Who is David describing in these?

What does David pledge to do to in those verses?

**Apply** today's psalm by choosing to grow like a green olive tree: trusting in God's lovingkindness. Where are you challenged to trust God?

As you **pray** today, invite God to reveal where you have allowed pride to come into your life.

## DAY 14: PSALM 53

### **Folly and Wickedness of Men.**

**For the choir director; according to Mahalath. A Maskil of David.**

<sup>1</sup>The fool has said in his heart, "There is no God,"

They are corrupt, and have committed abominable injustice;

There is no one who does good.

<sup>2</sup>God has looked down from heaven upon the sons of men

To see if there is anyone who understands,

Who seeks after God.

<sup>3</sup>Every one of them has turned aside;

together they have become corrupt;

There is no one who does good, not even one.

<sup>4</sup>Have the workers of wickedness no knowledge, who eat up My

people as though they ate bread and have not called upon God?

<sup>5</sup>There they were in great fear where no fear had been;

For God scattered the bones of him who encamped against you;

You put them to shame, because God had rejected them.

<sup>6</sup>Oh, that the salvation of Israel would come out of Zion!

When God restores His captive people,

Let Jacob rejoice, let Israel be glad.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 53 slowly, aloud if possible, in **answer** to God.

Now read Psalm 53 one more time to **observe** it. Mark any words or phrases that stand out to you.

Note the description. Who wrote today's psalm?

What is a Maskil? (You saw this term in Psalm 45; look back if you need to review it.)

(The Hebrew word *Mahalath* may mean sickness, a sad tone, a stringed instrument, or something else; biblical scholars are not certain.)

Read carefully verse 1. How is this verse reflected in Proverbs 1:7?

Re-read verses 2-3. How do you see this same idea in Psalm 14:2?

We can see a bold example of those who do not seek God in Genesis 11:1-9. What happened in this passage?

In Romans 1:18-32, Paul describes what happens to people who do not seek God.

**Apply** today's psalm by committing your life to knowing, seeking, and obeying God. Write your **prayer** of commitment here:

## DAY 15: PSALM 54

**Prayer for Defense against Enemies.**

**For the choir director; on stringed instruments. A Maskil of David, when the Ziphites came and said to Saul, "Is not David hiding himself among us?"**

<sup>1</sup> Save me, O God, by Your name,

And vindicate me by Your power.

<sup>2</sup> Hear my prayer, O God;

Give ear to the words of my mouth.

<sup>3</sup> For strangers have risen against me

And violent men have sought my life;

They have not set God before them. *Selab.*

<sup>4</sup> Behold, God is my helper;

The Lord is the sustainer of my soul.

<sup>5</sup> He will recompense the evil to my foes;

Destroy them in Your faithfulness.

<sup>6</sup> Willingly I will sacrifice to You;

I will give thanks to Your name, O Lord, for it is good.

<sup>7</sup> For He has delivered me from all trouble,

And my eye has looked with satisfaction upon my enemies.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 54 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 54 one more time to **observe** it. Mark any words or phrases that stand out to you.

Focus on the first line of the description: Prayer for defense against enemies. David faced many enemies in his lifetime. Read about his experience with the Ziphites in 1 Samuel 23:15-29. Summarize it here:

Bracket verses 1-3 together.

Bracket verse 4 and the first half of verse 5 together.

Bracket the rest of verse 5 and verse 6 together.

Bracket verse 7 alone.

For each of the brackets, draw an up-and-down arrow showing when David is talking to God OR a left-and-right arrow showing when David is addressing others.

This psalm shows the mix of congregational singing and personal prayer found in the psalms.

What is the relationship between talking **to** God and telling others **about** God?

How did David's prayers to God influence his testimony to others?

**Apply** today's psalm by writing a **prayer** similar to David's: Write a simple prayer to God, followed by a testimony about God. Repeat this several times. If the opportunity arises, share your testimony about God today.

## DAY 16: PSALM 55:1-11

**Prayer for the Destruction of the Treacherous.**

**For the choir director; on stringed instruments. A Maskil of David.**

<sup>1</sup> Give ear to my prayer, O God;  
And do not hide Yourself from my supplication.

<sup>2</sup> Give heed to me and answer me;  
I am restless in my complaint and am surely distracted,

<sup>3</sup> Because of the voice of the enemy,  
Because of the pressure of the wicked;  
For they bring down trouble upon me  
And in anger they bear a grudge against me.

<sup>4</sup> My heart is in anguish within me,  
And the terrors of death have fallen upon me.

<sup>5</sup> Fear and trembling come upon me,  
And horror has overwhelmed me.

<sup>6</sup> I said, "Oh, that I had wings like a dove!  
I would fly away and be at rest.

<sup>7</sup> "Behold, I would wander far away,  
I would lodge in the wilderness. *Selah.*

<sup>8</sup> "I would hasten to my place of refuge  
From the stormy wind and tempest."

<sup>9</sup> Confuse, O Lord, divide their tongues,  
For I have seen violence and strife in the city.

<sup>10</sup> Day and night they go around her upon her walls,  
And iniquity and mischief are in her midst.

<sup>11</sup> Destruction is in her midst;  
Oppression and deceit do not depart from her streets.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 55:1-11 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 55:1-11 one more time to **observe** it. Mark any words or phrases that stand out to you.

The description for Psalm 55 says, "on stringed instruments." Take just a moment and imagine the tone and mood of those stringed instruments as you reflect on David's words.

Circle every phrase in which David describes himself or his situation.

Underline every request David makes of God.

According to verse 3, who is causing turmoil in David's life?

According to verses 6-7, what would David do if given the chance?

**Apply** today's psalm by considering a similar time in your own life: turmoil on every side, full of fear, the desire to get away from it all, crying out to God for help. Briefly describe what caused a similar experience for you:

Notice David's complete honesty. In the circled words, you see David admitting his own shortcomings, lack of confidence, and anxiety.

**Pray** like David today: be completely and totally honest before God. Tell Him your fears, your shortcomings, and your worries.

Write Psalm 62:8 here. Reflect on how Psalm 62:8 and Psalm 55:8 refer to the word "refuge" and how we find a refuge in storms.

## DAY 17: PSALM 55:12-23

<sup>12</sup> For it is not an enemy who reproaches me,  
Then I could bear it;  
Nor is it one who hates me who has exalted himself against me,  
Then I could hide myself from him.  
<sup>13</sup> But it is you, a man my equal,  
My companion and my familiar friend;  
<sup>14</sup> We who had sweet fellowship together  
Walked in the house of God in the throng.  
<sup>15</sup> Let death come deceitfully upon them;  
Let them go down alive to Sheol,  
For evil is in their dwelling, in their midst.  
<sup>16</sup> As for me, I shall call upon God,  
And the Lord will save me.  
<sup>17</sup> Evening and morning and at noon, I will complain and murmur,  
And He will hear my voice.  
<sup>18</sup> He will redeem my soul in peace from the battle which is against me,  
For they are many who strive with me.  
<sup>19</sup> God will hear and answer them—  
Even the one who sits enthroned from of old— *Selah*.

With whom there is no change,  
And who do not fear God.  
<sup>20</sup> He has put forth his hands against those who were at peace with him;  
He has violated his covenant.  
<sup>21</sup> His speech was smoother than butter,  
But his heart was war;  
His words were softer than oil,  
Yet they were drawn swords.  
<sup>22</sup> Cast your burden upon the Lord and He will sustain you;  
He will never allow the righteous to be shaken.  
<sup>23</sup> But You, O God, will bring them down to the pit of destruction;  
Men of bloodshed and deceit will not live out half their days.  
But I will trust in You.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 55:12-23 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selab!*

Now read Psalm 55:12-23 one more time to **observe** it. Mark any words or phrases that stand out to you.

Briefly reflect on the first half of Psalm 55, which you studied yesterday.

Circle every phrase that describes the person who caused David turmoil in these verses.

Put a square around the words, "As for me," in verse 16. What two things does David commit to doing in verses 16-17?

What will God do in response, according to verses 16-19?

Notice that the *Selab* of verse 19 is an interruption of a sentence. Why do you suppose it is placed there?

Observe the *Selab* again, dwelling richly on the descriptions of God in verse 19.

How does Isaiah 37:16 reflect this verse?

To whom is David talking in verse 22?

To whom is David talking in verse 23?

**Apply** today's psalm by observing David's commitment in verse 17: **pray** by calling out morning, noon, and night, trusting that He will hear your voice.

## DAY 18: PSALM 56

**Supplication for Deliverance and Grateful Trust in God.**

**For the choir director; according to Jonath elem rehokim.**

**A Mikhtam of David, when the Philistines seized him in Gath.**

<sup>1</sup> Be gracious to me, O God, for man has trampled upon me;

Fighting all day long he oppresses me.

<sup>2</sup> My foes have trampled upon me all day long,

For they are many who fight proudly against me.

<sup>3</sup> When I am afraid,

I will put my trust in You.

<sup>4</sup> In God, whose word I praise,

In God I have put my trust; I shall not be afraid.

What can mere man do to me?

<sup>5</sup> All day long they distort my words;

All their thoughts are against me for evil.

<sup>6</sup> They attack, they lurk, they watch my steps,

As they have waited to take my life.

<sup>7</sup> Because of wickedness, cast them forth,

In anger put down the peoples, O God!

<sup>8</sup> You have taken account of my wanderings;

Put my tears in Your bottle.

Are they not in Your book?

<sup>9</sup> Then my enemies will turn back in the day when I call;

This I know, that God is for me.

<sup>10</sup> In God, whose word I praise,

In the Lord, whose word I praise,

<sup>11</sup> In God I have put my trust, I shall not be afraid.

What can man do to me?

<sup>12</sup> Your vows are binding upon me, O God;

I will render thank offerings to You.

<sup>13</sup> For You have delivered my soul from death,

Indeed my feet from stumbling,

So that I may walk before God

In the light of the living.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 56 slowly, aloud if possible, in **answer** to God.

Now read Psalm 56 one more time to **observe** it. Mark any words or phrases that stand out to you.

The phrase *Jonath Elem rebokim* means something like, “the silent, far-away dove.” How does David embody this description in this psalm?

The word *Mikhtam* may mean a satirical poem or an atonement psalm.

You may not be familiar with the town of Gath found in the title, but you know of one of its most famous inhabitants. Read about him in 1 Samuel 17:4. Who was it?

Read the background for today's psalm in 1 Samuel 21:10-12.

Box all the phrases David uses in Psalm 56 to describe his circumstances.

Circle David's statements of faith.

Underline David's requests of God.

How is verse 4 like verses 10-11?

**Apply** today's psalm by following David's example: Write out the specific things that make you fearful. **Pray** by asking God to be gracious to you (verse 1).

Choose one of David's statements of faith (verses 3, 4, 9, etc.). Put it in your phone or another prominent place and begin memorizing it.

## DAY 19: PSALM 57

### Prayer for Rescue from Persecutors.

**For the choir director; set to Al-tashheth. A Mikhtam of David, when he fled from Saul in the cave.**

<sup>1</sup>Be gracious to me, O God, be gracious to me,  
For my soul takes refuge in You;  
And in the shadow of Your wings I will take refuge  
Until destruction passes by.

<sup>2</sup>I will cry to God Most High,  
To God who accomplishes all things for me.

<sup>3</sup>He will send from heaven and save me;  
He reproaches him who tramples upon me. *Selah.*

God will send forth His lovingkindness and His truth.

<sup>4</sup>My soul is among lions;  
I must lie among those who breathe forth fire,  
Even the sons of men, whose teeth are spears and arrows  
And their tongue a sharp sword.

<sup>5</sup>Be exalted above the heavens, O God;  
Let Your glory be above all the earth.

<sup>6</sup>They have prepared a net for my steps;  
My soul is bowed down;  
They dug a pit before me;  
They themselves have fallen into the midst of it. *Selah.*

<sup>7</sup>My heart is steadfast, O God, my heart is steadfast;  
I will sing, yes, I will sing praises!

<sup>8</sup>Awake, my glory!  
Awake, harp and lyre!  
I will awaken the dawn.

<sup>9</sup>I will give thanks to You, O Lord, among the peoples;  
I will sing praises to You among the nations.

<sup>10</sup>For Your lovingkindness is great to the heavens  
And Your truth to the clouds.

<sup>11</sup>Be exalted above the heavens, O God;  
Let Your glory be above all the earth.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 57 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 57 one more time to **observe** it. Mark any words or phrases that stand out to you.

Look at the description for today's psalm. *Al-tashbeth* means, "Do not destroy" and is the name of this tune of worship. Review what a Mikhtam is by looking back at Psalm 56.

Who do you know that needs to hear or pray this prayer because they feel they are being destroyed? **Pray** this for them right now. Substitute his or her name every time David says "me" or "I." Consider calling or sending them a message that you are lifting up their name in Psalm 57 today. If YOU are the person who feels near destruction, do not be ashamed to pray it for yourself. Go before the throne of grace with confidence! (Hebrews 4:16).

The word "soul" appears three times. Find and circle each. What three descriptions does David give of his soul in this psalm?

Review what you learned about the Hebrew word for "soul" in Day 1.

What phrase is repeated in verse 7?

The Hebrew word for "heart", pronounced "lave," is also found in Psalms 51:10, 53:1, and 55:4. Draw a small heart next to each of those verses, as well as this one, in your Bible. This word refers to the center of a person: mind, emotions, memories, reflections, conscience, and moral character.

The word "steadfast" in verse 7 can be translated "fixed," "confident," "unwavering," "ready," "right," or "steady."

**Apply** today's psalm by assessing your own heart: is it steadfast?

## DAY 20: PSALM 58

**Prayer for the Punishment of the Wicked.**

**For the choir director; set to Al-tashheth. A Mikhtam of David.**

<sup>1</sup> Do you indeed speak righteousness, O gods?

Do you judge uprightly, O sons of men?

<sup>2</sup> No, in heart you work unrighteousness;

On earth you weigh out the violence of your hands.

<sup>3</sup> The wicked are estranged from the womb;

These who speak lies go astray from birth.

<sup>4</sup> They have venom like the venom of a serpent;

Like a deaf cobra that stops up its ear,

<sup>5</sup> So that it does not hear the voice of charmers,

Or a skillful caster of spells.

<sup>6</sup> O God, shatter their teeth in their mouth;

Break out the fangs of the young lions, O Lord.

<sup>7</sup> Let them flow away like water that runs off;

When he aims his arrows, let them be as headless shafts.

<sup>8</sup> Let them be as a snail which melts away as it goes along,

Like the miscarriages of a woman which never see the sun.

<sup>9</sup> Before your pots can feel the fire of thorns

He will sweep them away with a whirlwind, the green and the burning alike.

<sup>10</sup> The righteous will rejoice when he sees the vengeance;

He will wash his feet in the blood of the wicked.

<sup>11</sup> And men will say, "Surely there is a reward for the righteous;

Surely there is a God who judges on earth!"

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 58 slowly, aloud if possible, in **answer** to God.

Now read Psalm 58 one more time to **observe** it. Mark any words or phrases that stand out to you.

Today's description should look familiar to you; compare it with the description of Psalm 57.

To whom is David talking in verses 1-2? Summarize it:

To whom is David talking in verses 3-5? Summarize it:

To whom is David talking in 6-11? What is he asking?

Underline the word "righteous" every time it appears, in any form, in today's psalm.

What do you learn about righteous people in verses 10-11?

Some Bible scholars compare this psalm to the primary question in the book of Job: Why do the righteous suffer while the wicked prosper? What hope does this psalm give us in verse 11?

**Apply** today's psalm by speaking your confidence in the fact that God is the judge of the earth and He will judge.

**Pray** as you read John 3:16-18, recognizing that God gave Jesus the power to save us from the judgment of God.

## DAY 21: PSALM 59

**Prayer for Deliverance from Enemies. For the choir director; set to Al-tashheth. A Mikhtam of David, when Saul sent men and they watched the house in order to kill him.**

<sup>1</sup> Deliver me from my enemies, O my God;  
Set me securely on high away from those who rise up against me.

<sup>2</sup> Deliver me from those who do iniquity  
And save me from men of bloodshed.

<sup>3</sup> For behold, they have set an ambush for my life;  
Fierce men launch an attack against me,  
Not for my transgression nor for my sin, O Lord,

<sup>4</sup> For no guilt of mine, they run and set themselves against me.  
Arouse Yourself to help me, and see!

<sup>5</sup> You, O Lord God of hosts, the God of Israel,  
Awake to punish all the nations;

Do not be gracious to any who are treacherous in iniquity. *Selah.*

<sup>9</sup> Because of his strength I will watch for You,  
For God is my stronghold.

<sup>10</sup> My God in His lovingkindness will meet me;  
God will let me look triumphantly upon my foes.

<sup>11</sup> Do not slay them, or my people will forget;  
Scatter them by Your power, and bring them down, O Lord, our  
shield.

<sup>12</sup> On account of the sin of their mouth and the words of their lips,  
Let them even be caught in their pride,  
And on account of curses and lies which they utter.

<sup>13</sup> Destroy them in wrath, destroy them that they may be no more;  
That men may know that God rules in Jacob  
To the ends of the earth. *Selah.*

<sup>16</sup> But as for me, I shall sing of Your strength;  
Yes, I shall joyfully sing of Your lovingkindness in the morning,  
For You have been my stronghold  
And a refuge in the day of my distress.

<sup>17</sup> O my strength, I will sing praises to You;  
For God is my stronghold, the God who shows me lovingkindness.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 59 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 59 one more time to **observe** it. Mark any words or phrases that stand out to you.

(We will study only portions of Psalm 59. Please consider these verses for our study today but make time to read it in its entirety after you complete the study.)

Note the description of today's psalm. If you don't remember what Al-tashheth means, look at Psalm 57. If you don't remember what Mikhtam means, look at Psalm 56.

Read the background of today's psalm in 1 Samuel 19:8-18. Summarize it briefly:

You may feel that many of the psalms in this study focus on David's enemies. Obviously, David felt that way, too! Re-read verses 1-5 and observe David's emotions and frustrations.

Did David feel he had done something to deserve his mistreatment?

David was persecuted by Saul. What do each of these passages teach about being persecuted?

Matthew 5:10-12

John 15:18-20

2 Corinthians 4:7-10

There are three words that are repeated in verses 16-17. Circle them.

**Pray** verses 16-17. Meditate on the repeated words.

**Apply** today's psalm by singing to God for being your strength and your stronghold.

## DAY 22: PSALM 60

**Lament over Defeat in Battle, and Prayer for Help.**

**For the choir director; according to Shushan. A Mikhtam of David, to teach; when he struggled with Aram-naharaim and with Aram-zobah, and Joab returned, and smote twelve thousand of Edom in the Valley of Salt.**

<sup>1</sup> O God, You have rejected us. You have broken us;  
You have been angry; O, restore us.

<sup>2</sup> You have made the land quake, You have split it open;  
Heal its breaches, for it totters.

<sup>3</sup> You have made Your people experience hardship;  
You have given us wine to drink that makes us stagger.

<sup>4</sup> You have given a banner to those who fear You,  
That it may be displayed because of the truth. *Selah.*

<sup>5</sup> That Your beloved may be delivered,  
Save with Your right hand, and answer us!

<sup>6</sup> God has spoken in His holiness:

“I will exult, I will portion out Shechem and measure out the valley of Succoth.

<sup>7</sup> “Gilead is Mine, and Manasseh is Mine;  
Ephraim also is the helmet of My head;  
Judah is My scepter.

<sup>8</sup> “Moab is My washbowl;  
Over Edom I shall throw My shoe;  
Shout loud, O Philistia, because of Me!”

<sup>9</sup> Who will bring me into the besieged city?  
Who will lead me to Edom?

<sup>10</sup> Have not You Yourself, O God, rejected us?  
And will You not go forth with our armies, O God?

<sup>11</sup> O give us help against the adversary,  
For deliverance by man is in vain.

<sup>12</sup> Through God we shall do valiantly,  
And it is He who will tread down our adversaries.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 60 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 60 one more time to **observe** it. Mark any words or phrases that stand out to you.

The term *Shushan* in the title is similar to *Shoshannim* in verse 45. They refer to a lily. *Shushan Eduth* means something like, "Lily of the testimony."

Read the background for today's psalm in 1 Chronicles 18:1-13.

Underline the word "you" each time it appears in verses 1-3. Summarize what David is saying in these verses.

How does Hosea 6:1-3 reflect Psalm 60:1-3?

Consider these alternate translations for verse 4:

"You gave a signal to those who worship you, so they could escape from enemy arrows" (CEV)

"But you have provided a flag to show your faithful followers where to gather to escape the enemy's attack" (ERV)

"You have set up a banner for those who fear you, that they may flee to it from the bow" (ESV)

What do you learn about a banner from these verses?

Exodus 17:15

Psalm 20:5

Song of Solomon 2:4

**Apply** today's psalm by picturing God's banner as your protection and identity.

**Pray** today's psalm by echoing David: admit to God where you are suffering. Then commit to trusting His protection and salvation.

## DAY 23: PSALM 61

### **Confidence in God's Protection.**

**For the choir director; on a stringed instrument. A Psalm of David.**

<sup>1</sup> Hear my cry, O God;

Give heed to my prayer.

<sup>2</sup> 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.

<sup>3</sup> For You have been a refuge for me,

A tower of strength against the enemy.

<sup>4</sup> Let me dwell in Your tent forever;

Let me take refuge in the shelter of Your wings. *Selah.*

<sup>5</sup> For You have heard my vows, O God;

You have given me the inheritance of those who fear Your name.

<sup>6</sup> You will prolong the king's life;

His years will be as many generations.

<sup>7</sup> He will abide before God forever;

Appoint lovingkindness and truth that they may preserve him.

<sup>8</sup> So I will sing praise to Your name forever,

That I may pay my vows day by day.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 61 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 61 one more time to **observe** it. Mark any words or phrases that stand out to you.

Re-read verse 1. What is David asking of God?

How does verse 1 remind you of David's song in 2 Samuel 22:7?

In verses 2-4, underline every phrase that David uses to describe God. What images come to mind as you reflect on these?

This is not the only time David speaks of God's wings. What do each of the following passages by David teach you about wings?

2 Samuel 22:11

Psalm 17:8

Psalm 18:10

Psalm 36:7

Psalm 55:6

The description of today's psalm is "Confidence in God's protection." Circle every phrase in the psalm that speaks of David's confidence in God.

Note that some verses (3, 5) speak of things God did in the past, while some (6, 7) speak of things God will do in the future. In verse 8, what does David vow to do in light of all God has done and will do?

**Apply** today's psalm by writing how God has been faithful to you in the past and how he will be faithful to you in the future.

**Pray** for faith to respond in praise to God's work in your life.

## DAY 24: PSALM 62

### God Alone a Refuge from Treachery and Oppression.

For the choir director; according to Jeduthun. A Psalm of David.

<sup>1</sup> My soul waits in silence for God only;  
From Him is my salvation.

<sup>2</sup> He only is my rock and my salvation,  
My stronghold; I shall not be greatly shaken.

<sup>3</sup> How long will you assail a man,  
That you may murder him, all of you,  
Like a leaning wall, like a tottering fence?

<sup>4</sup> They have counseled only to thrust him down from his high position;  
They delight in falsehood;  
They bless with their mouth,  
But inwardly they curse. *Selah.*

<sup>5</sup> My soul, wait in silence for God only,  
For my hope is from Him.

<sup>6</sup> He only is my rock and my salvation,  
My stronghold; I shall not be shaken.

<sup>7</sup> On God my salvation and my glory rest;  
The rock of my strength, my refuge is in God.

<sup>8</sup> Trust in Him at all times, O people;  
Pour out your heart before Him;  
God is a refuge for us. *Selah.*

<sup>9</sup> Men of low degree are only vanity and men of rank are a lie;  
In the balances they go up;  
They are together lighter than breath.

<sup>10</sup> Do not trust in oppression  
And do not vainly hope in robbery;  
If riches increase, do not set your heart upon them.

<sup>11</sup> Once God has spoken;  
Twice I have heard this:

That power belongs to God;

<sup>12</sup> And lovingkindness is Yours, O Lord,  
For You recompense a man according to his work.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 62 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 62 one more time to **observe** it. Mark any words or phrases that stand out to you.

What name did you see, besides David, in the description? Read about him in 1 Chronicles 16:41 and 25:1. Describe him:

Did you mark that verses 1-2 are extremely similar to verses 5-6?

To whom is David talking in verses 1-2?

To whom is David talking in verses 5-6?

What circumstances are troubling David, according to verses 3-4?

Underline the words *stronghold* and *refuge* each time they appear in today's psalm. Consider the following definitions for the Hebrew words:

Stronghold: *misgab*, a high place, refuge, secure height, retreat.

Refuge: *machaveh*, refuge, shelter, hope, protection from rain, a storm, danger, or falsehood.

The word "my" appears fifteen times in today's psalm. Circle each of them. How does the pronoun "My" affect the noun that follows?

**Apply** today's psalm by quoting verses 1-2 and 5-7, stressing the word "my." If there are some "my" statements that you don't feel are true about your life right now, **pray** that God would help you believe and help you in your unbelief (Mark 9:24).

## DAY 25: PSALM 63

### **The Thirsting Soul Satisfied in God.**

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

<sup>1</sup> O God, You are my God; I shall seek You earnestly;

My soul thirsts for You, my flesh yearns for You,

In a dry and weary land where there is no water.

<sup>2</sup> Thus I have seen You in the sanctuary,

To see Your power and Your glory.

<sup>3</sup> Because Your lovingkindness is better than life,

My lips will praise You.

<sup>4</sup> So I will bless You as long as I live;

I will lift up my hands in Your name.

<sup>5</sup> My soul is satisfied as with marrow and fatness,

And my mouth offers praises with joyful lips.

<sup>6</sup> When I remember You on my bed,

I meditate on You in the night watches,

<sup>7</sup> For You have been my help,

And in the shadow of Your wings I sing for joy.

<sup>8</sup> My soul clings to You;

Your right hand upholds me.

<sup>9</sup> But those who seek my life to destroy it,

Will go into the depths of the earth.

<sup>10</sup> They will be delivered over to the power of the sword;

They will be a prey for foxes.

<sup>11</sup> But the king will rejoice in God;

Everyone who swears by Him will glory,

For the mouths of those who speak lies will be stopped.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 63 slowly, aloud if possible, in **answer** to God.

Now read Psalm 63 one more time to **observe** it. Mark any words or phrases that stand out to you.

Underline each phrase that begins with the words, "My soul."

Review what you learned about the Hebrew word for "soul" in Day One.

What do you observe about David's soul in this psalm?

According to the description, where did David write this psalm?

According to verse 1, in what conditions did David find himself?

Read 1 Samuel 22:5 and 23:14. What forced David into the dry and weary land?

Fill in the blanks:

In verse 1, David says, "My soul \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_"

In verse 5, David says, "My soul \_\_\_\_\_ \_\_\_\_\_"

What did he do in verses 2-4 that changed the condition of his soul?

In verse 8, David says, "My soul \_\_\_\_\_ \_\_\_\_\_"

What does that look like, according to verses 6-7?

**Apply** today's psalm by writing three statements about your soul *today*.

**Pray** today's psalm by following David's example: seek Him in power and glory, praise Him, bless Him, lift up your hands, and remember Him.

## DAY 26: PSALM 64

**Prayer for Deliverance from Secret Enemies.  
For the choir director. A Psalm of David.**

<sup>1</sup> Hear my voice, O God, in my complaint;  
Preserve my life from dread of the enemy.

<sup>2</sup> Hide me from the secret counsel of evildoers,  
From the tumult of those who do iniquity,

<sup>3</sup> Who have sharpened their tongue like a sword.  
They aimed bitter speech as their arrow,

<sup>4</sup> To shoot from concealment at the blameless;  
Suddenly they shoot at him, and do not fear.

<sup>5</sup> They hold fast to themselves an evil purpose;  
They talk of laying snares secretly;

They say, "Who can see them?"

<sup>6</sup> They devise injustices, saying,

"We are ready with a well-conceived plot";

For the inward thought and the heart of a man are deep.

<sup>7</sup> But God will shoot at them with an arrow;  
Suddenly they will be wounded.

<sup>8</sup> So they will make him stumble;

Their own tongue is against them;

All who see them will shake the head.

<sup>9</sup> Then all men will fear,

And they will declare the work of God,

And will consider what He has done.

<sup>10</sup> The righteous man will be glad in the Lord and will take refuge in  
Him;

And all the upright in heart will glory.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 64 slowly, aloud if possible, in **answer** to God.

Now read Psalm 64 one more time to **observe** it. Mark any words or phrases that stand out to you.

There are three things David requests of God in verses 1-2. Write them here:

Review the description of today's psalm. Underline the characteristics of David's enemies, found in verses 3-6.

According to these descriptions, are there people like this in our world today?

Are you in contact with this type of people? How do you respond?

When you find yourself dealing with this kind of enemy, **pray** David's words in verses 1-2.

Draw a bold box around the phrase, "But God" in verse 7.

The word "will" appears 10 times in verses 7-10. Circle them.

Consider the following outline for Psalm 64:

Verses 1-2: David pleads to God for protection

Verses 3-6: David describes his enemies

Verses 7-8: David is confident in how God will act

Verses 9-10: David understands how the righteous will triumph

Today's psalm is the perfect prayer for when you are overwhelmed with your personal enemies or evil in the world.

**Apply** this psalm by voicing your concern, followed by confident trust in God's plan.

## DAY 27: PSALM 65

**God's Abundant Favor to Earth and Man.**

**For the choir director. A Psalm of David. A Song.**

<sup>1</sup> There will be silence before You, and praise in Zion, O God,  
And to You the vow will be performed.

<sup>2</sup> O You who hear prayer,  
To You all men come.

<sup>3</sup> Iniquities prevail against me;  
As for our transgressions, You forgive them.

<sup>4</sup> How blessed is the one whom You choose and bring near to You  
To dwell in Your courts. We will be satisfied with the goodness of  
Your house, Your holy temple.

<sup>5</sup> By awesome deeds You answer us in righteousness, O God of our  
salvation, You who are the trust of all the ends of the earth and of the  
farthest sea;

<sup>6</sup> Who establishes the mountains by His strength,  
Being girded with might;

<sup>7</sup> Who stills the roaring of the seas, the roaring of their waves,  
And the tumult of the peoples.

<sup>8</sup> They who dwell in the ends of the earth stand in awe of Your signs;  
You make the dawn and the sunset shout for joy.

<sup>9</sup> You visit the earth and cause it to overflow; You greatly enrich it;  
The stream of God is full of water;  
You prepare their grain, for thus You prepare the earth.

<sup>10</sup> You water its furrows abundantly,  
You settle its ridges, You soften it with showers, You bless its growth.

<sup>11</sup> You have crowned the year with Your bounty,  
And Your paths drip with fatness.

<sup>12</sup> The pastures of the wilderness drip,  
And the hills gird themselves with rejoicing.

<sup>13</sup> The meadows are clothed with flocks  
And the valleys are covered with grain;  
They shout for joy, yes, they sing.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 65 slowly, aloud if possible, in **answer** to God.

Now read Psalm 65 one more time to **observe** it. Mark any words or phrases that stand out to you.

Circle the word "You" each time it appears in today's psalm.

Next to each "You," underline what it is that God does, according to David's song.

Which of those actions of God stands out to you today? Why?

Note the description of this psalm. Beside each verse, write "E" if it tells of God's favor to Earth; "M" if it tells of God's favor to man.

How does God show man favor?

How does God show the earth favor?

Find the word "bless/blessed," once in speaking of man and once in speaking of the earth.

David acknowledges God's power and blessing over all the earth. Look at how God Himself explained His active role in Job chapters 38-39.

**Apply** today's psalm by spending silent time in nature, acknowledging God's power and blessing.

**Pray** today's psalm by praising Him aloud for His creation.

## DAY 28: PSALM 66:1-7

**Praise for God's Mighty Deeds and for His Answer to Prayer.  
For the choir director. A Song. A Psalm.**

<sup>1</sup> Shout joyfully to God, all the earth;

<sup>2</sup> Sing the glory of His name;

Make His praise glorious.

<sup>3</sup> Say to God, "How awesome are Your works!

Because of the greatness of Your power Your enemies will give feigned  
obedience to You.

<sup>4</sup> "All the earth will worship You,

And will sing praises to You;

They will sing praises to Your name." *Selah.*

<sup>5</sup> Come and see the works of God,

Who is awesome in His deeds toward the sons of men.

<sup>6</sup> He turned the sea into dry land;

They passed through the river on foot;

There let us rejoice in Him!

<sup>7</sup> He rules by His might forever;

His eyes keep watch on the nations;

Let not the rebellious exalt themselves. *Selah.*

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 66:1-7 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 66:1-7 one more time to **observe** it. Mark any words or phrases that stand out to you.

Yesterday's psalm listed several actions that God does. Today's psalm explains what we should do in response to God. Underline every instruction for praise in today's psalm.

Pause right now and **apply** today's psalm: shout, sing, or say praise to Him!

Circle the phrase, "all the earth" each time you see it in today's psalm.

God's creation glorifies Him best when it does what it is created to do. Whales breach, the sun gives heat and light, oceans roar. We see God exalted when His creation fulfills its created purpose.

According to Isaiah 43:7, what is our created purpose?

How is this truth reflected in verses 1-4?

Reflect on verse 5 for a moment. What do you picture the choir director doing as he says these words?

How can you encourage someone near you to see the wonderful works and awesome deeds of God?

**Pray** that God would give you the opportunity to share His amazing might today.

## DAY 29: PSALM 66:8-20

<sup>8</sup> Bless our God, O peoples,  
And sound His praise abroad,  
<sup>9</sup> Who keeps us in life  
And does not allow our feet to slip.  
<sup>10</sup> For You have tried us, O God;  
You have refined us as silver is refined.  
<sup>11</sup> You brought us into the net;  
You laid an oppressive burden upon our loins.  
<sup>12</sup> You made men ride over our heads;  
We went through fire and through water,  
Yet You brought us out into a place of abundance.  
<sup>13</sup> I shall come into Your house with burnt offerings;  
I shall pay You my vows,  
<sup>14</sup> Which my lips uttered  
And my mouth spoke when I was in distress.  
<sup>15</sup> I shall offer to You burnt offerings of fat beasts,  
With the smoke of rams;  
I shall make an offering of bulls with male goats. *Selah.*

<sup>16</sup> Come and hear, all who fear God,  
And I will tell of what He has done for my soul.  
<sup>17</sup> I cried to Him with my mouth,  
And He was extolled with my tongue.  
<sup>18</sup> If I regard wickedness in my heart,  
The Lord will not hear;  
<sup>19</sup> But certainly God has heard;  
He has given heed to the voice of my prayer.  
<sup>20</sup> Blessed be God,  
Who has not turned away my prayer  
Nor His lovingkindness from me.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 66:8-20 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 66:8-20 one more time to **observe** it. Mark any words or phrases that stand out to you.

Bracket verses 8-9 together. How do these verses remind you of Habakkuk 3:19?

To whom is the psalmist speaking in verses 8-9?

Bracket verses 10-12 together. How do these verses remind you of Zechariah 13:9?

To whom is the psalmist speaking in verses 10-12? Circle the word "You" every time it appears in these verses.

Bracket verses 13-15 together. How do these verses remind you of First Samuel 15:22?

To whom is the psalmist speaking in verses 13-15? Box the word "I" every time it appears in these verses.

What is the relationship between the "You" statements and the "I" statements?

To whom is the psalmist speaking in verses 16-20?

What is he saying to them?

**Apply** today's psalm by following the psalmist's invitation in verse 16. Find one person with whom you can share what God has done for your soul.

**Pray** that He would give you the faith to believe that He hears your prayer (verse 19).

## DAY 30: PSALM 67

**The Nations Exhorted to Praise God.**

**For the choir director; with stringed instruments. A Psalm. A Song.**

<sup>1</sup> God be gracious to us and bless us,

And cause His face to shine upon us— *Selah*.

<sup>2</sup> That Your way may be known on the earth,

Your salvation among all nations.

<sup>3</sup> Let the peoples praise You, O God;

Let all the peoples praise You.

<sup>4</sup> Let the nations be glad and sing for joy;

For You will judge the peoples with uprightness

And guide the nations on the earth. *Selah*.

<sup>5</sup> Let the peoples praise You, O God;

Let all the peoples praise You.

<sup>6</sup> The earth has yielded its produce;

God, our God, blesses us.

<sup>7</sup> God blesses us,

That all the ends of the earth may fear Him.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 67 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 67 one more time to **observe** it. Mark any words or phrases that stand out to you.

Write verse 1 here from another translation or in your own words:

The phrase "to shine upon us" may be translated "to shine with us."  
How does that change the meaning of the verse?

What do each of these scriptures teach about God's face shining?  
Numbers 6:24-26

Psalm 31:15-16

Psalm 80:3

The psalmist's prayer is presented in verse 1. According to verse 2, what happens when God's face shines upon us?

**Apply** today's psalm by asking yourself: When God's grace and blessing are actively on my life, do I make Him known?

What is the recurring word in verses 3-5? Circle it.  
Why does the psalmist say this word so many times?

How do verses 6-7 reflect verse 1?

**Pray** today's psalm by choosing to praise Him for His grace and blessing, regardless of your trials or struggles.

## DAY 31: PSALM 68:1-14

**The God of Sinai and of the Sanctuary.**

**For the choir director. A Psalm of David. A Song.**

<sup>1</sup> Let God arise, let His enemies be scattered,  
And let those who hate Him flee before Him.

<sup>2</sup> As smoke is driven away, so drive them away;  
As wax melts before the fire,  
So let the wicked perish before God.

<sup>3</sup> But let the righteous be glad; let them exult before God;  
Yes, let them rejoice with gladness.

<sup>4</sup> Sing to God, sing praises to His name;  
Lift up a song for Him who rides through the deserts,  
Whose name is the Lord, and exult before Him.

<sup>5</sup> A father of the fatherless and a judge for the widows,  
Is God in His holy habitation.

<sup>6</sup> God makes a home for the lonely;  
He leads out the prisoners into prosperity,  
Only the rebellious dwell in a parched land.

<sup>7</sup> O God, when You went forth before Your people,  
When You marched through the wilderness, *Selah*.

<sup>8</sup> The earth quaked;  
The heavens also dropped rain at the presence of God;  
Sinai itself quaked at the presence of God, the God of Israel.

<sup>9</sup> You shed abroad a plentiful rain, O God;  
You confirmed Your inheritance when it was parched.

<sup>10</sup> Your creatures settled in it;  
You provided in Your goodness for the poor, O God.

<sup>11</sup> The Lord gives the command;  
The women who proclaim the good tidings are a great host:

<sup>12</sup> "Kings of armies flee, they flee,  
And she who remains at home will divide the spoil!"

<sup>13</sup> When you lie down among the sheepfolds,  
You are like the wings of a dove covered with silver,  
And its pinions with glistening gold.

<sup>14</sup> When the Almighty scattered the kings there,  
It was snowing in Zalmon.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 68:1-14 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selah!*

Now read Psalm 68:1-14 one more time to **observe** it. Mark any words or phrases that stand out to you.

The opening words of this psalm can also be translated, "God shall arise, His enemies shall be scattered." How does this alternate translation reveal David's confidence in his prayer?

Box the word "Let" each time it appears in verses 1-3. (There are seven!)

Underline the object of each plea of "Let" that David prays. Write all those (God, His enemies, those who hate Him, etc.) here:

In verses 1-2, what is David praying that God will do?

What are some things the righteous should do, according to verses 3-4?

Who are some of the marginalized people God helps, according to verses 5-6?

Read the account of God descending on Mt. Sinai in Exodus 19:16-25. This happened 500 years before David wrote Psalm 68; why do you think he referred to this event centuries later?

**Apply** today's psalm by taking time to remember God's power, revealed long before our time. **Pray** you will understand God has the same power and compassion for us today.

## DAY 32: PSALM 68:15-35

<sup>15</sup> A mountain of God is the mountain of Bashan;

A mountain of many peaks is the mountain of Bashan.

<sup>16</sup> Why do you look with envy, O mountains with many peaks,

At the mountain which God has desired for His abode?

Surely the Lord will dwell there forever.

<sup>17</sup> The chariots of God are myriads, thousands upon thousands;

The Lord is among them as at Sinai, in holiness.

<sup>18</sup> You have ascended on high, You have led captive Your captives;

You have received gifts among men,

Even among the rebellious also, that the Lord God may dwell there.

<sup>19</sup> Blessed be the Lord, who daily bears our burden,

The God who is our salvation. *Selah.*

<sup>24</sup> They have seen Your procession, O God,

The procession of my God, my King, into the sanctuary.

<sup>25</sup> The singers went on, the musicians after them, in the midst of the maidens beating tambourines.

<sup>26</sup> Bless God in the congregations,

Even the Lord, you who are of the fountain of Israel.

<sup>27</sup> There is Benjamin, the youngest, ruling them, the princes of

Judah in their throng, the princes of Zebulun, the princes of Naphtali,

<sup>28</sup> Your God has commanded your strength;

Show Yourself strong, O God, who have acted on our behalf.

<sup>29</sup> Because of Your temple at Jerusalem Kings will bring gifts to You.

<sup>30</sup> Rebuke the beasts in the reeds, the herd of bulls with the calves of the peoples, trampling under foot the pieces of silver;

He has scattered the peoples who delight in war.

<sup>31</sup> Envoys will come out of Egypt; Ethiopia will quickly stretch out her hands to God.

<sup>32</sup> Sing to God, O kingdoms of the earth, Sing praises to the Lord, *Selah.*

<sup>33</sup> To Him who rides upon the highest heavens, which are from ancient times; behold, He speaks forth with His voice, a mighty voice.

<sup>34</sup> Ascribe strength to God; His majesty is over Israel

And His strength is in the skies.

<sup>35</sup> O God, You are awesome from Your sanctuary.

The God of Israel Himself gives strength and power to the people.

Blessed be God!

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 68:15-35 slowly, aloud if possible, in **answer** to God. Don't forget to observe *Selab!*

Now read Psalm 68:15-35 one more time to **observe** it. Mark any words or phrases that stand out to you.

(Though Psalm 68 is split over two days, today's portion is still too long to fit into one page; please consider these verses for our study today but make time to read it in its entirety after you complete the study.)

What word appears 6 times in verses 15-16?

The "mountain of Bashan," mentioned in verse 15, is another name for Mount Hermon, which is a massive mountain range with peaks over 12,000 feet. It is the most distinguished mountain in all of Israel.

Of what is this mountain envious, according to verse 16?

Some Bible scholars believe this psalm was written and performed when the ark of God was brought into Jerusalem. Read that account in 2 Samuel 6:12-15.

Underline any phrases that may refer to the procession of the ark or the strength of Jerusalem.

**Apply** today's psalm by picturing God and Jesus not in an earthly sanctuary but in their holy dwelling place.

Lift up your **prayer** to God, acknowledging His eternal reign and ultimate power.

## DAY 33: PSALM 69:1-17

### **A Cry of Distress and Imprecation on Adversaries.**

**For the choir director; according to Shoshannim. A Psalm of David.**

<sup>1</sup> Save me, O God, for the waters have threatened my life.

<sup>2</sup> I have sunk in deep mire, and there is no foothold;  
I have come into deep waters, and a flood overflows me.

<sup>3</sup> I am weary with my crying; my throat is parched;  
My eyes fail while I wait for my God.

<sup>4</sup> Those who hate me without a cause are more than the hairs of my head; those who would destroy me are powerful, being wrongfully my enemies; what I did not steal, I then have to restore.

<sup>5</sup> O God, it is You who knows my folly,  
And my wrongs are not hidden from You.

<sup>6</sup> May those who wait for You not be ashamed through me, O Lord God of hosts; may those who seek You not be dishonored through me, O God of Israel,

<sup>7</sup> Because for Your sake I have borne reproach;  
Dishonor has covered my face.

<sup>8</sup> I have become estranged from my brothers  
And an alien to my mother's sons.

<sup>9</sup> For zeal for Your house has consumed me,  
And the reproaches of those who reproach You have fallen on me.

<sup>10</sup> When I wept in my soul with fasting, it became my reproach.

<sup>11</sup> When I made sackcloth my clothing, I became a byword to them.

<sup>12</sup> Those who sit in the gate talk about me,  
And I am the song of the drunkards.

<sup>13</sup> But as for me, my prayer is to You, O Lord, at an acceptable time;  
O God, in the greatness of Your lovingkindness,  
Answer me with Your saving truth.

<sup>14</sup> Deliver me from the mire and do not let me sink;  
May I be delivered from my foes and from the deep waters.

<sup>15</sup> May the flood of water not overflow me  
Nor the deep swallow me up, nor the pit shut its mouth on me.

<sup>16</sup> Answer me, O Lord, for Your lovingkindness is good;  
According to the greatness of Your compassion, turn to me,

<sup>17</sup> And do not hide Your face from Your servant,  
For I am in distress; answer me quickly.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 69:1-17 slowly, aloud if possible, in **answer** to God.

Now read Psalm 69:1-17 one more time to **observe** it. Mark any words or phrases that stand out to you. [If you don't remember the word *Shoshannim* in the description, review its meaning in Day 5.]

Underline the imagery David uses to describe his situation in verses 1-3.

What was going on literally, according to verse 4?

Pause for just a moment: what in your life today feels like overwhelming, flooding waters?

For what was David humiliated, according to verses 9-11?

Look up where each of these phrases from today's psalm are quoted in the New Testament. Write the circumstance surrounding it in the New Testament:

Verse 4, John 15:25

Verse 9a, John 2:17

Verse 9b, Romans 15:3

David, who wrote this psalm, lived almost 1000 years before Jesus. Yet the words he wrote to God were on the tips of the tongue and foremost on the heart of those who knew and followed Jesus centuries later. These words are not just David's; they are God's Words, available for our use, just as Jesus and the early apostles used them.

**Apply** today's psalm by choosing a phrase or verse that applies to your own life. **Pray** it each time you pray today.

## DAY 34: PSALM 69:18-36

<sup>18</sup> Oh draw near to my soul and redeem it;

Ransom me because of my enemies!

<sup>19</sup> You know my reproach and my shame and my dishonor;

All my adversaries are before You.

<sup>20</sup> Reproach has broken my heart and I am so sick. And I looked for sympathy, but there was none, and for comforters, but I found none.

<sup>21</sup> They also gave me gall for my food

And for my thirst they gave me vinegar to drink.

<sup>22</sup> May their table before them become a snare;

And when they are in peace, may it become a trap.

<sup>23</sup> May their eyes grow dim so that they cannot see,

And make their loins shake continually.

<sup>24</sup> Pour out Your indignation on them,

And may Your burning anger overtake them.

<sup>25</sup> May their camp be desolate; may none dwell in their tents.

<sup>26</sup> For they have persecuted him whom You Yourself have smitten,

And they tell of the pain of those whom You have wounded.

<sup>27</sup> Add iniquity to their iniquity,

And may they not come into Your righteousness.

<sup>28</sup> May they be blotted out of the book of life

And may they not be recorded with the righteous.

<sup>29</sup> But I am afflicted and in pain;

May Your salvation, O God, set me securely on high.

<sup>30</sup> I will praise the name of God with song

And magnify Him with thanksgiving.

<sup>31</sup> And it will please the Lord better than an ox

Or a young bull with horns and hoofs.

<sup>32</sup> The humble have seen it and are glad;

You who seek God, let your heart revive.

<sup>33</sup> For the Lord hears the needy

And does not despise His who are prisoners

<sup>34</sup> Let heaven and earth praise Him,

The seas and everything that moves in them.

<sup>35</sup> For God will save Zion and build the cities of Judah,

That they may dwell there and possess it.

<sup>36</sup> The descendants of His servants will inherit it,

And those who love His name will dwell in it.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 69:18-36 slowly, aloud if possible, in **answer** to God.

Now read Psalm 69:18-36 one more time to **observe** it. Mark any words or phrases that stand out to you.

Take a moment to review yesterday's passage and focus.

David opened Psalm 69 with a plea to God in verse 1. Write it here:

He cries out again in verse 18. Write it here:

Circle the word "comforter" in verse 20.

That Hebrew word, pronounced "nah—KHAM", carries the idea of being sorry, suffering grief, and having compassion. It is sometimes translated, "repent." Look up each of the following passages and write what you learn about the Hebrew word "nah—KHAM."

Ruth 2:13

1 Samuel 15:11

2 Samuel 10:3

Psalm 23:4

Psalm 86:17

For what is David praying in verses 22-28?

How are David's words here an example to us?

What changes in David's focus and attitude in verse 30?

**Apply** today's psalm by pouring out your heart to God about those who make your life miserable. Feel free to **pray** David's words as your own.

However, keep your ultimate attention on praising God in the midst of difficult relationships.

## DAY 35: PSALM 70

**Prayer for Help against Persecutors.**

**For the choir director. A Psalm of David; for a memorial.**

<sup>1</sup> O God, hasten to deliver me;

O Lord, hasten to my help!

<sup>2</sup> Let those be ashamed and humiliated

Who seek my life;

Let those be turned back and dishonored

Who delight in my hurt.

<sup>3</sup> Let those be turned back because of their shame

Who say, “Aha, aha!”

<sup>4</sup> Let all who seek You rejoice and be glad in You;

And let those who love Your salvation say continually,

“Let God be magnified.”

<sup>5</sup> But I am afflicted and needy;

Hasten to me, O God!

You are my help and my deliverer;

O Lord, do not delay.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 70 slowly, aloud if possible, in **answer** to God.

Now read Psalm 70 one more time to **observe** it. Mark any words or phrases that stand out to you.

Who wrote this psalm?

For what occasion?

How many times did the word "hasten" appear? Did you mark them?

The word "hasten" can also be translated, "come quickly," "hurry," "make haste."

What is it that David is asking God to "hurry" and do?

How many times is the phrase "Let those" found in verses 2-3?

What is he praying for them?

How many times is the phrase "Let all" or "let those" found in verse 4?

What is he praying for them?

In verses 2-3 and 4, David is praying about two groups of people: People who love the Lord and people who don't. However, the focus of verse 5 is different. Who is David praying for in verse 5?

**Apply** today's psalm by following David's example. **Pray** for people who do not know the Lord as well as those who do. But bring your own personal shortcomings and prayers to the Lord, as well.

## DAY 36: PSALM 71:1-13

### Prayer of an Old Man for Deliverance.

<sup>1</sup> In You, O Lord, I have taken refuge;  
Let me never be ashamed.

<sup>2</sup> In Your righteousness deliver me and rescue me;  
Incline Your ear to me and save me.

<sup>3</sup> Be to me a rock of habitation to which I may continually come;  
You have given commandment to save me,  
For You are my rock and my fortress.

<sup>4</sup> Rescue me, O my God, out of the hand of the wicked,  
Out of the grasp of the wrongdoer and ruthless man,

<sup>5</sup> For You are my hope;  
O Lord God, You are my confidence from my youth.

<sup>6</sup> By You I have been sustained from my birth;  
You are He who took me from my mother's womb;  
My praise is continually of You.

<sup>7</sup> I have become a marvel to many,  
For You are my strong refuge.

<sup>8</sup> My mouth is filled with Your praise  
And with Your glory all day long.

<sup>9</sup> Do not cast me off in the time of old age;  
Do not forsake me when my strength fails.

<sup>10</sup> For my enemies have spoken against me;  
And those who watch for my life have consulted together,

<sup>11</sup> Saying, "God has forsaken him;  
Pursue and seize him, for there is no one to deliver."

<sup>12</sup> O God, do not be far from me;  
O my God, hasten to my help!

<sup>13</sup> Let those who are adversaries of my soul be ashamed and consumed;  
Let them be covered with reproach and dishonor, who seek to injure  
me.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 71:1-13 slowly, aloud if possible, in **answer** to God.

Now read Psalm 71:1-13 one more time to **observe** it. Mark any words or phrases that stand out to you.

Note the description of today's psalm. What verses indicate that the psalmist is old?

Do we know the name of this old psalmist?

How many times does the phrase, "You are my \_\_\_\_\_" appear in these verses? Underline each one.

How many times does the word "You" or "Your" appear in today's verses? Circle each of them.

What do you learn about the psalmist through his repetition of these words?

Note the phrase, "My mouth is filled with Your praise and with Your glory all day long," in verse 8. Look up the following scriptures about having one's mouth filled and write what you observe:

Psalm 81:10

Psalm 126:2

Matthew 12:34

**Apply** today's psalm by filling your mouth with the things that would praise and glorify God. **Pray** that God would give you the words and faith to believe them.

## DAY 37: PSALM 71:14-24

<sup>14</sup> But as for me, I will hope continually,  
And will praise You yet more and more.

<sup>15</sup> My mouth shall tell of Your righteousness  
And of Your salvation all day long;  
For I do not know the sum of them.

<sup>16</sup> I will come with the mighty deeds of the Lord God;  
I will make mention of Your righteousness, Yours alone.

<sup>17</sup> O God, You have taught me from my youth,  
And I still declare Your wondrous deeds.

<sup>18</sup> And even when *I* am old and gray, O God, do not forsake me,  
Until I declare Your strength to this generation,  
Your power to all who are to come.

<sup>19</sup> For Your righteousness, O God, reaches to the heavens,  
You who have done great things;  
O God, who is like You?

<sup>20</sup> You who have shown me many troubles and distresses  
Will revive me again,  
And will bring me up again from the depths of the earth.

<sup>21</sup> May You increase my greatness  
And turn to comfort me.

<sup>22</sup> I will also praise You with a harp,  
Even Your truth, O my God;  
To You I will sing praises with the lyre,  
O Holy One of Israel.

<sup>23</sup> My lips will shout for joy when I sing praises to You;  
And my soul, which You have redeemed.

<sup>24</sup> My tongue also will utter Your righteousness all day long;  
For they are ashamed, for they are humiliated who seek my hurt.



Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 71:14-24 slowly, aloud if possible, in **answer** to God.

Now read Psalm 71:14-24 one more time to **observe** it. Mark any words or phrases that stand out to you.

Take a moment to review yesterday's passage and focus.

We saw the word "You/Your" repeated over and over yesterday in the first half of Psalm 71. It appears twenty more times in this second half! Be sure you mark them all.

There is one more phrase repeated in this psalm. Look back to verses 1-13 and circle "O God" and "O my God" in verse 12.

How many times does "O God" appear in verses 17-19?

What do you learn about the psalmist in his repetition of the phrase, "O God?"

What did you learn about the psalmist's age in yesterday's study?

What are some confessions of weakness or need in today's verses?

What are some confessions of faith he wrote in today's verses?

How does Psalm 71:20 remind you of Job's words in Job 19:23-27?

In yesterday's study, you saw that in verse 8 the psalmist said, "My mouth is filled with Your praise and with Your glory all day long." How does he expound on these statements in verses 22-24?

**Apply** today's passage by singing praise to the Lord. What song came to mind as you read today's verses? Use that praise song as a **prayer** throughout the day.

## DAY 38: PSALM 72:1-11

### **The Reign of the Righteous King.**

#### **A Psalm of Solomon.**

<sup>1</sup> Give the king Your judgments, O God,

And Your righteousness to the king's son.

<sup>2</sup> May he judge Your people with righteousness

And Your afflicted with justice.

<sup>3</sup> Let the mountains bring peace to the people,

And the hills, in righteousness.

<sup>4</sup> May he vindicate the afflicted of the people,

Save the children of the needy

And crush the oppressor.

<sup>5</sup> Let them fear You while the sun endures,

And as long as the moon, throughout all generations.

<sup>6</sup> May he come down like rain upon the mown grass,

Like showers that water the earth.

<sup>7</sup> In his days may the righteous flourish,

And abundance of peace till the moon is no more.

<sup>8</sup> May he also rule from sea to sea

And from the River to the ends of the earth.

<sup>9</sup> Let the nomads of the desert bow before him,

And his enemies lick the dust.

<sup>10</sup> Let the kings of Tarshish and of the islands bring presents;

The kings of Sheba and Seba offer gifts.

<sup>11</sup> And let all kings bow down before him,

All nations serve him.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 72:1-11 slowly, aloud if possible, in **answer** to God.

Now read Psalm 72:1-11 one more time to **observe** it. Mark any words or phrases that stand out to you.

To whom is today's psalm attributed?

There is some debate over whether Solomon wrote today's psalm or if David wrote this psalm *for* his son Solomon. Some Bible scholars even think that Solomon, upon hearing his father's prayers for him as king, wrote this psalm as a poetic summary.

Read today's psalm once more, understanding that it may be David's prayer about Solomon. How does this understanding change the prayer?

In what ways do verses 1-2 remind you of 2 Chronicles 1:6-12?

Regardless of who wrote today's psalm, it immediately referred to Solomon. However, it also prophetically referred to the Ultimate King, Jesus.

Box every phrase that could refer to Jesus.

Solomon's rule was marked by peace from his enemies. In a prophetic way, Solomon's rule pointed to the all-powerful, peaceful rule of Jesus as the King over the Earth.

**Apply** today's psalm by looking expectantly for Jesus' rule on earth.

**Pray** the words of Jesus, who said, "Your kingdom come, your will be done on earth as it is in heaven," (Matthew 6:10).

## DAY 39: PSALM 72:12-20

<sup>12</sup> For he will deliver the needy when he cries for help,  
The afflicted also, and him who has no helper.

<sup>13</sup> He will have compassion on the poor and needy,  
And the lives of the needy he will save.

<sup>14</sup> He will rescue their life from oppression and violence,  
And their blood will be precious in his sight;

<sup>15</sup> So may he live, and may the gold of Sheba be given to him;  
And let them pray for him continually;  
Let them bless him all day long.

<sup>16</sup> May there be abundance of grain in the earth on top of the  
mountains;  
Its fruit will wave like the cedars of Lebanon;  
And may those from the city flourish like vegetation of the earth.

<sup>17</sup> May his name endure forever;  
May his name increase as long as the sun shines;  
And let men bless themselves by him;  
Let all nations call him blessed.

<sup>18</sup> Blessed be the Lord God, the God of Israel,  
Who alone works wonders.

<sup>19</sup> And blessed be His glorious name forever;  
And may the whole earth be filled with His glory.  
Amen, and Amen.

<sup>20</sup> The prayers of David the son of Jesse are ended.

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Read Psalm 72:12-20 slowly, aloud if possible, in **answer** to God.

Now read Psalm 72:12-20 one more time to **observe** it. Mark any words or phrases that stand out to you.

Take a moment to review yesterday's passage and focus.

Did you note that the phrase "he will" occurs four times in verses 12-14? What four things did these verses tell us that He will do?

Who is the "he" in those statements? (It's not God.)

Remember that though this prayer was immediately for or about Solomon, it was ultimately fulfilled in Jesus. How do verses 12-14 remind you of Isaiah 61:1?

Though this song is a prayer for their king, its focus is on God. Underline the characteristics of God listed in verses 18-19.

Each of the Books of Psalms ends with a similar phrase. (This is the end of Book Two.) Look at the end of Book One in Psalm 41:13. Write it here:

You certainly noticed verse 20: "The prayers of David the son of Jesse are ended." Bible scholars are divided on what this means. What might it indicate?

**Apply** today's passage by verbally blessing God, speaking His goodness and glory, aloud.

**Pray** you will be aware of God's wonderful works all day today.

## DAY 40: Psalms Book 2 Reflection

Today's Date \_\_\_\_\_

Begin your study time with at least sixty seconds of quiet listening to God. Ask Him to speak to you.

Spend a few minutes flipping back through the psalms of this study.

What were some repeated themes God showed you throughout the psalms?

What words or ideas stuck out most vividly to you as you studied?

What struggles did God bring to your mind through your times of quiet listening in the past 40 days?

In what ways did God speak to you through these psalms?

Which psalms perfectly provided your answer to God?

How did applying or praying the psalms impact your faith?

How are you changed through your study the past 40 days?

## Continuing the Study

If you are looking for some ideas to continue this study of Psalms Book 2, consider these ideas:

- Ask God to show you which Psalm (or Psalms!) you should memorize.
- Go back through each psalm. For each one, outline it according to themes or audience. Or, use a Study Bible or website to discover more background or historical significance.
- For each psalm, write at the top which emotions are felt or described by the psalmist. When you are personally experiencing those emotions, use those psalms as a tool to know how to answer God.
- Review each psalm and look intently for descriptions of God or glimpses of Jesus.
- Study the Hebrew for notable words in the Psalm. Use a concordance or the website [blueletterbible.org](http://blueletterbible.org) (click on Strong's) to gain a deeper understanding of these rich words.
- Turn your favorite verses or phrases into word art.
- Ask God how you could pray each psalm for someone you know. Write that person's name next to the psalm. Pray for that person each time you read it.
- Carry a verse or portion of a psalm with you every day. Write it on an index card or put it in your phone. Ask God to help you not just believe it but to also act on it.

This study was a group effort. Credit goes to Pastor Mike for the vision and direction, Leslie Hudson for the study and focus, Anita Russell for the beautiful cover art, and Lori Martin for her organization and punctuation.

However, all glory goes to God alone: Soli Deo Gloria.