



Worship
IN EVERY
Key

THE PSALMS SPEAK.
WILL YOU LISTEN?

WEEK TEN
DEVOTIONAL

Go to Worship



Focus:

We end the summer where the psalms have led us—from sorrow to singing.

This week in worship, we reflect on how the psalms shape our whole lives. These songs have given voice to grief, hope, doubt, praise, and trust. Wherever you are today, the psalms can help you speak to God.



Guiding Prompt:

Which kind of psalm has shaped you most—and how will you carry it with you after this summer?

Psalm 3



Guiding Question:

What does trust in God look like after a sleepless, anxious night?

Psalm 3 (NRSV)

- 1 O Lord, how many are my foes!
Many are rising against me;
- 2 many are saying to me,
"There is no help for you in God."
- 3 But you, O Lord, are a shield around me,
my glory, and the one who lifts up my head.
- 4 I cry aloud to the Lord,
and he answers me from his holy hill.
- 5 I lie down and sleep;
I wake again, for the Lord sustains me.
- 6 I am not afraid of tens of thousands of people
who have set themselves against me all around.
- 7 Rise up, O Lord!
Deliver me, O my God!
For you strike all my enemies on the cheek;
you break the teeth of the wicked.
- 8 Deliverance belongs to the Lord;
may your blessing be on your people!



Closing Prayer:

God, I trust you with this day—not because I'm strong,
but because you are my shield.

Psalm 32



Guiding Question:

What burden have I been carrying that God wants to lift?

Psalm 32 (NRSV)

- 1 Happy are those whose transgression is forgiven,
whose sin is covered.
- 2 Happy are those to whom the Lord imputes no iniquity,
and in whose spirit there is no deceit.
- 3 While I kept silence, my body wasted away
through my groaning all day long.
- 4 For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.
- 5 Then I acknowledged my sin to you,
and I did not hide my iniquity;
I said, "I will confess my transgressions to the Lord,"
and you forgave the guilt of my sin.
- 6 Therefore let all who are faithful offer prayer to you;
at a time of distress, the rush of mighty waters shall not reach
them.
- 7 You are a hiding place for me;
you preserve me from trouble;
you surround me with glad cries of deliverance.
- 8 I will instruct you and teach you the way you should go;
I will counsel you with my eye upon you.
- 9 Do not be like a horse or a mule, without understanding,
whose temper must be curbed with bit and bridle,
else it will not stay near you.
- 10 Many are the torments of the wicked,
but steadfast love surrounds those who trust in the Lord.
- 11 Be glad in the Lord and rejoice, O righteous,
and shout for joy, all you upright in heart.



Closing Prayer:

Lord, you've forgiven me more than I admit—and loved me more than I deserve.

Psalm 63



Guiding Question:

What do I desire most right now—and is it bringing me closer to God?

Psalm 63 (NRSV)

- 1 O God, you are my God, I seek you,
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
- 2 So I have looked upon you in the sanctuary,
beholding your power and glory.
- 3 Because your steadfast love is better than life,
my lips will praise you.
- 4 So I will bless you as long as I live;
I will lift up my hands and call on your name.
- 5 My soul is satisfied as with a rich feast,
and my mouth praises you with joyful lips
- 6 when I think of you on my bed,
and meditate on you in the watches of the night;
- 7 for you have been my help,
and in the shadow of your wings I sing for joy.
- 8 My soul clings to you;
your right hand upholds me.
- 9 But those who seek to destroy my life
shall go down into the depths of the earth;
- 10 they shall be given over to the power of the sword,
they shall be prey for jackals.
- 11 But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped.



Closing Prayer:

God, satisfy my soul with your love more than anything else I'm chasing today.

Psalm 90



Guiding Question:

How does remembering my limits help me live more wisely?

Psalm 90 (NRSV)

- 1 Lord, you have been our dwelling place
in all generations.
- 2 Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.
- 3 You turn us back to dust,
and say, "Turn back, you mortals."
- 4 For a thousand years in your sight
are like yesterday when it is past,
or like a watch in the night.
- 5 You sweep them away; they are like a dream,
like grass that is renewed in the morning;
6 in the morning it flourishes and is renewed;
in the evening it fades and withers.
- 9 For all our days pass away under your wrath;
our years come to an end like a sigh.
- 10 The days of our life are seventy years,
or perhaps eighty, if we are strong;
even then their span is only toil and trouble;
they are soon gone, and we fly away.
- 12 So teach us to count our days
that we may gain a wise heart.
- 14 Satisfy us in the morning with your steadfast love,
so that we may rejoice and be glad all our days.
- 17 Let the favor of the Lord our God be upon us,
and prosper for us the work of our hands—
O prosper the work of our hands!



Closing Prayer:

Teach me to number my days, Lord—and to spend them well.

Psalm 103



Guiding Question:

How has God shown mercy in my life—and who needs mercy from me?

Psalm 103 (NRSV)

*Note: Also read during Week 8. Here it serves as a full-circle moment—
inviting praise from a different perspective.*

- 1 Bless the Lord, O my soul,
and all that is within me,
bless his holy name.
- 2 Bless the Lord, O my soul,
and do not forget all his benefits—
- 3 who forgives all your iniquity,
who heals all your diseases,
- 4 who redeems your life from the Pit,
who crowns you with steadfast love and mercy,
- 5 who satisfies you with good as long as you live
so that your youth is renewed like the eagle's.
- 8 The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
- 9 He will not always accuse,
nor will he keep his anger forever.
- 10 He does not deal with us according to our sins,
nor repay us according to our iniquities.
- 11 For as the heavens are high above the earth,
so great is his steadfast love toward those who fear him;
- 12 as far as the east is from the west,
so far he removes our transgressions from us.



Closing Prayer:

God of mercy, thank you for not treating me as I deserve. Help me show that same mercy to others.

Psalm 146



Guiding Question:

If praise is my final word this summer, what am I praising God for?

Psalm 146 (NRSV)

- 1 Praise the Lord!
Praise the Lord, O my soul!
- 2 I will praise the Lord as long as I live;
I will sing praises to my God all my life long.
- 3 Do not put your trust in princes,
in mortals, in whom there is no help.
- 4 When their breath departs, they return to the earth;
on that very day their plans perish.
- 5 Happy are those whose help is the God of Jacob,
whose hope is in the Lord their God,
- 6 who made heaven and earth,
the sea, and all that is in them;
who keeps faith forever;
- 7 who executes justice for the oppressed;
who gives food to the hungry.
- 8 The Lord sets the prisoners free;
the Lord opens the eyes of the blind.
The Lord lifts up those who are bowed down;
the Lord loves the righteous.
- 9 The Lord watches over the strangers;
he upholds the orphan and the widow,
but the way of the wicked he brings to ruin.
- 10 The Lord will reign forever,
your God, O Zion, for all generations.
Praise the Lord!



Closing Prayer:

With every breath I have left, Lord—I praise you.

