



# Worship IN EVERY Key

THE PSALMS SPEAK.  
WILL YOU LISTEN?

WEEK EIGHT  
DEVOTIONAL

## Go to Worship



### Focus:

This week is all about praise.

In worship, we explore Psalms 8, 103, 145, and 150—songs that invite the whole world (and our whole selves) to bless God. These aren't detached hymns—they're earthy, joyful, embodied praise.



### Guiding Prompt:

What would it take for you to worship with your whole heart this week?

## Psalm 8



### Guiding Question:

Why would the God who made the stars care about us?

### Psalm 8 (NRSV)

- <sup>1</sup> O Lord, our Sovereign,  
how majestic is your name in all the earth!  
You have set your glory above the heavens.
- <sup>2</sup> Out of the mouths of babes and infants  
you have founded a bulwark because of your foes,  
to silence the enemy and the avenger.
- <sup>3</sup> When I look at your heavens, the work of your fingers,  
the moon and the stars that you have established;
- <sup>4</sup> what are human beings that you are mindful of them,  
mortals that you care for them?
- <sup>5</sup> Yet you have made them a little lower than God,  
and crowned them with glory and honor.
- <sup>6</sup> You have given them dominion over the works of your hands;  
you have put all things under their feet,
- <sup>7</sup> all sheep and oxen,  
and also the beasts of the field,
- <sup>8</sup> the birds of the air, and the fish of the sea,  
whatever passes along the paths of the seas.
- <sup>9</sup> O Lord, our Sovereign,  
how majestic is your name in all the earth!



### Closing Prayer:

God, the stars are your handiwork—and somehow, so am I. Thank you for noticing us.

## Psalm 103



### Guiding Question:

What would it look like to bless God with everything in you?

### Psalm 103 (NRSV)

- <sup>1</sup> Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.
- <sup>2</sup> Bless the Lord, O my soul,  
and do not forget all his benefits—
- <sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,
- <sup>4</sup> who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,
- <sup>5</sup> who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.
- <sup>6</sup> The Lord works vindication  
and justice for all who are oppressed.
- <sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.
- <sup>8</sup> The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.
- <sup>9</sup> He will not always accuse,  
nor will he keep his anger forever.
- <sup>10</sup> He does not deal with us according to our sins,  
nor repay us according to our iniquities.
- <sup>11</sup> For as the heavens are high above the earth,  
so great is his steadfast love toward those who fear him;
- <sup>12</sup> as far as the east is from the west,  
so far he removes our transgressions from us.
- <sup>13</sup> As a father has compassion for his children,  
so the Lord has compassion for those who fear him.
- <sup>15</sup> As for mortals, their days are like grass;  
they flourish like a flower of the field;
- <sup>16</sup> for the wind passes over it, and it is gone,  
and its place knows it no more.

- <sup>17</sup> But the steadfast love of the Lord is from  
everlasting to everlasting  
on those who fear him,  
and his righteousness to children's children,  
<sup>18</sup> to those who keep his covenant  
and remember to do his commandments.  
<sup>19</sup> The Lord has established his throne in the heavens,  
and his kingdom rules over all.  
<sup>20</sup> Bless the Lord, O you his angels,  
you mighty ones who do his bidding,  
obedient to his spoken word.  
<sup>21</sup> Bless the Lord, all his hosts,  
his ministers that do his will.  
<sup>22</sup> Bless the Lord, all his works,  
in all places of his dominion.  
Bless the Lord, O my soul.



### **Closing Prayer:**

Bless you, God—not just with my lips, but with my whole life.

## Psalm 145



### Guiding Question:

What part of God's character do I need to praise today?

### Psalm 145 (NRSV)

- <sup>1</sup> I will extol you, my God and King,  
and bless your name forever and ever.
- <sup>2</sup> Every day I will bless you,  
and praise your name forever and ever.
- <sup>3</sup> Great is the Lord, and greatly to be praised;  
his greatness is unsearchable.
- <sup>4</sup> One generation shall laud your works to another,  
and shall declare your mighty acts.
- <sup>5</sup> On the glorious splendor of your majesty,  
and on your wondrous works, I will meditate.
- <sup>6</sup> The might of your awesome deeds shall be proclaimed,  
and I will declare your greatness.
- <sup>7</sup> They shall celebrate the fame of your abundant goodness,  
and shall sing aloud of your righteousness.
- <sup>8</sup> The Lord is gracious and merciful,  
slow to anger and abounding in steadfast love.
- <sup>9</sup> The Lord is good to all,  
and his compassion is over all that he has made.
- <sup>10</sup> All your works shall give thanks to you, O Lord,  
and all your faithful shall bless you.
- <sup>11</sup> They shall speak of the glory of your kingdom,  
and tell of your power,
- <sup>12</sup> to make known to all people your mighty deeds,  
and the glorious splendor of your kingdom.
- <sup>13</sup> Your kingdom is an everlasting kingdom,  
and your dominion endures throughout all generations.
- <sup>17</sup> The Lord is just in all his ways,  
and kind in all his doings.
- <sup>18</sup> The Lord is near to all who call on him,  
to all who call on him in truth.

- <sup>19</sup> He fulfills the desire of all who fear him;  
he also hears their cry, and saves them.
- <sup>20</sup> The Lord watches over all who love him,  
but all the wicked he will destroy.
- <sup>21</sup> My mouth will speak the praise of the Lord,  
and all flesh will bless his holy name forever and ever.



### Closing Prayer:

God, your love is steady, your kingdom unshakable—  
help me praise you like I believe it.

## Psalm 146



### Guiding Question:

Who am I tempted to trust instead of God—and why?

### Psalm 146 (NRSV)

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



### Closing Prayer:

Lord, I praise you—not politicians, not powers. You lift up the broken and keep your promises.

## Psalm 148



### Guiding Question:

What if creation is already praising God—and I'm just joining in?

### Psalm 148 (NRSV)

- <sup>1</sup> Praise the Lord!  
Praise the Lord from the heavens;  
praise him in the heights!
- <sup>2</sup> Praise him, all his angels;  
praise him, all his host!
- <sup>3</sup> Praise him, sun and moon;  
praise him, all you shining stars!
- <sup>4</sup> Praise him, you highest heavens,  
and you waters above the heavens!
- <sup>5</sup> Let them praise the name of the Lord,  
for he commanded and they were created.
- <sup>6</sup> He established them forever and ever;  
he fixed their bounds, which cannot be passed.
- <sup>7</sup> Praise the Lord from the earth,  
you sea monsters and all deeps,
- <sup>8</sup> fire and hail, snow and frost,  
stormy wind fulfilling his command!
- <sup>9</sup> Mountains and all hills,  
fruit trees and all cedars!
- <sup>10</sup> Wild animals and all cattle,  
creeping things and flying birds!
- <sup>11</sup> Kings of the earth and all peoples,  
princes and all rulers of the earth!
- <sup>12</sup> Young men and women alike,  
old and young together!
- <sup>13</sup> Let them praise the name of the Lord,  
for his name alone is exalted;  
his glory is above earth and heaven.

<sup>14</sup> He has raised up a horn for his people,  
praise for all his faithful,  
for the people of Israel who are close to him.  
Praise the Lord!



### **Closing Prayer:**

Lord, this rage is unbearable. Help me carry it without becoming it. Judge with truth and mercy.

## Psalm 150



### Guiding Question:

How can I praise God with more of my life—not just my voice?

### Psalm 150 (NRSV)

- <sup>1</sup> Praise the Lord!  
Praise God in his sanctuary;  
praise him in his mighty firmament!
- <sup>2</sup> Praise him for his mighty deeds;  
praise him according to his surpassing greatness!
- <sup>3</sup> Praise him with trumpet sound;  
praise him with lute and harp!
- <sup>4</sup> Praise him with tambourine and dance;  
praise him with strings and pipe!
- <sup>5</sup> Praise him with clanging cymbals;  
praise him with loud clashing cymbals!
- <sup>6</sup> Let everything that breathes praise the Lord!  
Praise the Lord!



### Closing Prayer:

Let my breath, my body, my whole life become praise to you today.



**Holy Covenant**  
United Methodist Church

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