



Worship IN EVERY Key

THE PSALMS SPEAK.
WILL YOU LISTEN?

WEEK SEVEN
DEVOTIONAL

Go to Worship



Focus:

Today we enter hard but holy ground: anger, injustice, and raw honesty before God.

In worship, we'll hear from Psalms 35, 58, and 137—prayers that don't sanitize rage but entrust it to the only One who can judge rightly.



Guiding Prompt:

What pain have you buried instead of praying? What would it sound like to hand your anger to God?

Psalm 35



Guiding Question:

How do I ask for justice without becoming consumed by vengeance?

Psalm 35 (NRSV)

- ¹ Contend, O Lord, with those who contend with me;
fight against those who fight against me!
- ² Take hold of shield and buckler,
and rise up to help me!
- ³ Draw the spear and javelin
against my pursuers;
say to my soul,
"I am your salvation."
- ⁴ Let them be put to shame and dishonor
who seek after my life.
Let them be turned back and confounded
who devise evil against me.
- ⁵ Let them be like chaff before the wind,
with the angel of the Lord driving them on.
- ⁶ Let their way be dark and slippery,
with the angel of the Lord pursuing them.
- ⁷ For without cause they hid their net for me;
without cause they dug a pit for my life.
- ⁸ Let ruin come on them unawares.
And let the net that they hid ensnare them;
let them fall in it—to their ruin.
- ⁹ Then my soul shall rejoice in the Lord,
exulting in his deliverance.
- ¹⁰ All my bones shall say,
"O Lord, who is like you?
You deliver the weak
from those too strong for them,
the weak and needy from those who despoil them."

[...Psalm continues in this vein for 28 verses—abridged here for devotional clarity...]

- ²⁷ Let those who desire my vindication
shout for joy and be glad,
and say evermore, "Great is the Lord,
who delights in the welfare of his servant."
²⁸ Then my tongue shall tell of your righteousness
and of your praise all day long.



Closing Prayer:

God, when I want to fight back, remind me: you are my defender. Teach me to rage without sinning.

Psalm 58



Guiding Question:

What do I do with my longing for justice in a world of lies?

Psalm 58 (NRSV)

- ¹ Do you indeed decree what is right, you gods?
Do you judge people fairly?
- ² No, in your hearts you devise wrongs;
your hands deal out violence on earth.
- ³ The wicked go astray from the womb;
they err from their birth, speaking lies.
- ⁴ They have venom like the venom of a serpent,
like the deaf adder that stops its ear,
- ⁵ so that it does not hear the voice of charmers
or of the cunning enchanter.
- ⁶ O God, break the teeth in their mouths;
tear out the fangs of the young lions, O Lord!
- ⁷ Let them vanish like water that runs away;
like grass let them be trodden down and wither.
- ⁸ Let them be like the snail that dissolves into slime;
like the untimely birth that never sees the sun.
- ¹⁰ The righteous will rejoice when they see vengeance done;
they will bathe their feet in the blood of the wicked.
- ¹¹ People will say, "Surely there is a reward for the righteous;
surely there is a God who judges on earth."



Closing Prayer:

God, you see every lie, every abuse. I won't pretend it's okay. I'm giving it to you—judge rightly.

Psalm 69



Guiding Question:

What do I say to God when I'm drowning in injustice?

Psalm 69 (NRSV)

- ¹ Save me, O God,
for the waters have come up to my neck.
- ² I sink in deep mire,
where there is no foothold;
I have come into deep waters,
and the flood sweeps over me.
- ³ I am weary with my crying;
my throat is parched.
My eyes grow dim
with waiting for my God.
- ⁴ More in number than the hairs of my head
are those who hate me without cause;
many are those who would destroy me,
my enemies who accuse me falsely.
What I did not steal
must I now restore?
- ⁵ O God, you know my folly;
the wrongs I have done are not hidden from you.
- ⁶ Do not let those who hope in you be put to shame
because of me,
O Lord God of hosts;
do not let those who seek you be dishonored because of me,
O God of Israel.
- ⁷ It is for your sake that I have borne reproach,
that shame has covered my face.
- ⁸ I have become a stranger to my kindred,
an alien to my mother's children.
- ⁹ It is zeal for your house that has consumed me;
the insults of those who insult you have fallen on me.

- ¹³ But as for me, my prayer is to you, O Lord.
At an acceptable time, O God,
in the abundance of your steadfast love, answer me.
- ¹⁶ Answer me, O Lord, for your steadfast love is good;
according to your abundant mercy, turn to me.
- ¹⁷ Do not hide your face from your servant,
for I am in distress—make haste to answer me.
- ¹⁸ Draw near to me, redeem me,
set me free because of my enemies.



Closing Prayer:

God, I'm sinking. I'm angry. I'm tired. Come close—redeem me and remind me I'm not alone

Psalm 109



Guiding Question:

Can I pray through betrayal without becoming bitter?

Psalm 109:1–5, 20–31 (NRSV)

- ¹ Do not be silent, O God of my praise.
² For wicked and deceitful mouths are opened against me,
speaking against me with lying tongues.
³ They beset me with words of hate,
and attack me without cause.
⁴ In return for my love they accuse me,
even while I make prayer for them.
⁵ So they reward me evil for good,
and hatred for my love.
²⁰ May that be the reward of my accusers from the Lord,
of those who speak evil against my life.
²¹ But you, O Lord my Lord,
act on my behalf for your name's sake;
because your steadfast love is good, deliver me.
²² For I am poor and needy,
and my heart is pierced within me.
²⁶ Help me, O Lord my God!
Save me according to your steadfast love.
²⁷ Let them know that this is your hand;
you, O Lord, have done it.
³⁰ With my mouth I will give great thanks to the Lord;
I will praise him in the midst of the throng.
³¹ For he stands at the right hand of the needy,
to save them from those who would condemn them to death.



Closing Prayer:

God, I've been hurt deeply. I won't return hate for hate—
but I will let you carry the pain.

Psalm 137



Guiding Question:

What do we do with the kind of pain that doesn't make sense?

Psalm 137 (NRSV)

- ¹ By the rivers of Babylon—
there we sat down and there we wept
when we remembered Zion.
- ² On the willows there
we hung up our harps.
- ³ For there our captors
asked us for songs,
and our tormentors asked for mirth, saying,
"Sing us one of the songs of Zion!"
- ⁴ How could we sing the Lord's song
in a foreign land?
- ⁵ If I forget you, O Jerusalem,
let my right hand wither!
- ⁶ Let my tongue cling to the roof of my mouth,
if I do not remember you,
if I do not set Jerusalem
above my highest joy.
- ⁷ Remember, O Lord, against the Edomites
the day of Jerusalem's fall,
how they said, "Tear it down! Tear it down!
Down to its foundations!"
- ⁸ O daughter Babylon, you devastator!
Happy shall they be who pay you back
what you have done to us!
- ⁹ Happy shall they be who take your little ones
and dash them against the rock!



Closing Prayer:

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

Psalm 10



Guiding Question:

When evil seems to win, how do I keep crying out to God?

Psalm 10 (NRSV)

- ¹ Why, O Lord, do you stand far off?
Why do you hide yourself in times of trouble?
- ² In arrogance the wicked persecute the poor—
let them be caught in the schemes they have devised.
- ³ For the wicked boast of the desires of their heart,
those greedy for gain curse and renounce the Lord.
- ⁴ In the pride of their countenance the wicked say,
"God will not seek it out";
all their thoughts are, "There is no God."
- ⁷ Their mouths are filled with cursing and deceit and oppression;
under their tongues are mischief and iniquity.
- ⁸ They sit in ambush in the villages;
in hiding places they murder the innocent.
- ¹² Rise up, O Lord; O God, lift up your hand;
do not forget the oppressed.
- ¹⁴ But you do see! Indeed you note trouble and grief,
that you may take it into your hands;
the helpless commit themselves to you;
you have been the helper of the orphan.
- ¹⁷ O Lord, you will hear the desire of the meek;
you will strengthen their heart, you will incline your ear
- ¹⁸ to do justice for the orphan and the oppressed,
so that those from earth may strike terror no more.



Closing Prayer:

God, rise up. Do not forget the oppressed. And don't let me forget that you will act.

Scan the QR code to sign
up to receive the daily
devotionals by email.



Holy Covenant
United Methodist Church

www.hckaty.org