



TALKING WITH GOD

A SEASON OF PRAYER IN THE PSALMS

A NOTE FROM OUR PASTOR

Hey Church family, I am so pumped for this season we're about to walk through as we pray the Psalms together!

The Psalms have been a prayer book for God's people for hundreds of years. In this book there is a collection of 150 songs, poems, laments, encouragements, and prayers!

Before we enter into this season, I want to give us some encouragement so that we make the most of this season together!

First off, I hope that this series encourages you to approach God with ALL of our emotions. Yep, that's right. Even the ones you tend to tuck away! The Psalms are designed so that we can learn to navigate our feelings before a Holy God. They teach us that it's okay to bring our mess before Him, because ultimately He is the only one that knows how to fix it anyway! So as you read these Psalms be prepared to see the Psalmists demonstrate what it's like to bring even the most intense emotions before God. Let these Psalms be a model for your own prayer life.

Second, pay attention! As we read these Psalms we must recognize that all of scripture points us to a savior, and His name is Jesus! As you see the desperation of the Psalmist's cry, or their desire for salvation, or maybe even their joy-filled praises, remember that all of this points to Jesus! So ask yourself this question with each Psalm: "how does this point me to Christ?"

Lastly, I encourage you...PRAY through these Psalms. Read them slow, read them carefully, notice the beautiful imagery and don't just skim by it! Take the time to actually do what the Psalmist says! If He says to remember the Lord, take a moment to remember the Lord. If He says to praise Him, praise Him! I know you will be blessed if you do so!

The Psalms are written specifically to teach us how to praise God and how to talk with God. I've heard it said: "All other books of the Bible are God's word to man, this book shows us how man should talk to God!" So let it guide you, and watch your prayer life grow richer and deeper.

I love you guys, and can't wait to pray through the Psalms with you!

Pastor Colt

WEEK ONE

"HIS DELIGHT IS IN THE LAW OF
THE LORD, AND ON HIS LAW HE
MEDITATES DAY AND NIGHT."

PSALM 1:2

PSALM 1

READ PSALM 1

Psalm 1 discusses what it looks like to meditate on the law of the Lord. It calls the people of God to meditate deeply and intentionally on every word found in scripture. The promise to those who listen to God is that they will be “like a tree planted by streams of water, that yields its fruit in it’s season”! However for the wicked it will not be so...instead, they will be driven away. This Psalm challenges me to want to sit with and ponder scripture in a more intentional way. It also challenges me to meditate on it not just at one point throughout the day but “day and night”. Imagine what it would look like if our whole Church meditated on the word like this!

Today, I encourage you to pray through this Psalm and ask God to grow you in letting the law of the Lord be your “delight”.

How might you begin intentionally meditating on scripture throughout the course of your day?

Reflections By:
Colt Allen

PSALM 2

READ PSALM 2

Psalm 2 discusses how the “nations rage” and “how peoples plot in vain”. Isn’t it true that the world has gone crazy? The Psalm states “the rulers take counsel together AGAINST the Lord and His anointed.” Don’t we notice day after day that the world rages against God? But there is hope. The Psalm goes on to say that the Lord has made His Son King! This is a foreshadowing of the reign of Jesus! This Psalm challenges me to trust in the fact that Jesus is King and that “Blessed are all who take refuge in Him”. Imagine if we found our security not in the world, but in Jesus, the true King!

Today, I encourage you to pray through this Psalm and ask God to grow your confidence in Jesus as King.

How would your life change if you really “Served the Lord with fear?”

Reflections By:
Colt Allen

PSALM 3

READ PSALM 3

Psalm 3 is a Psalm where David was on the run. He wrote this while he fled from his very own son Absalom. This Psalm shows us that not every day is bright and pretty. Sometimes many rise against us. However, this Psalm challenges us to trust the Lord to be our “shield” and to “cry aloud” to Him in trouble. He truly is the lifter of our head.

I encourage you to pray through this Psalm with honesty, while crying out to God for help!

Imagine what it would be like for you to really believe that “Salvation belongs to the Lord!”

Reflections By:
Colt Allen

PSALM 4

READ PSALM 4

Psalm 4 is a Psalm about what to do when it feels like everyone is against you, or that you are all alone. David shows us what it's like to call on God, and He also shows us what it's like to "be angry and not sin". This shows us that we shouldn't seek revenge in our anger. Instead, we should place our trust in the Lord.

Today, as you pray through this Psalm, I encourage you to be honest and transparent. Who might you be angry at? Who might you need to forgive? Ask the Lord to help you make Him your trust!

What would it be like for you to be able to "lie down in peace and sleep" even when it feels like the world is against you? What would it be like to trust in the Lord for your safety?

Reflections By:
Colt Allen

PSALM 5

READ PSALM 5

Psalm 5 is focused on reminding the reader that the Lord doesn't delight in wickedness but delights in those who fear Him. David shows that He fears the Lord and he asks God to lead Him in ways of righteousness. He asks God to let the evil fall, but then also asks that God would let all who take refuge in him rejoice! This reminds us that the safest place available to us is under God's protection! This Psalm should challenge us to walk down God's righteous path, because God blesses the righteous!

As you pray through this, I encourage you to ask God to grow you in fear of the Lord. And ask God to lead you down paths of righteousness!

What would it be like if you really took refuge in the Lord? Do you feel confident that God really is for those who place their hope in Him?

Reflections By:
Colt Allen

WEEK TWO

"I WILL GIVE THANKS TO THE
LORD WITH MY WHOLE HEART; I
WILL RECOUNT ALL OF YOUR
WONDERFUL DEEDS."

PSALM 9:1

PSALM 6

READ PSALM 6

The overwhelming theme of this chapter is one of deep sorrow. It begins with a plea to God. David does not deny that he deserves punishment but instead asks God to deal with him mercifully instead of with wrath. Verse 2 implies that he is in physical pain and his soul has become tired as well. The psalmist goes on to describe how tired he is from weeping and the sorrow he is feeling. This Psalm causes me to remember that God is a God who sees, He is not absent from our troubles. Although we are not immune to suffering, He promises to never leave us. We are reminded in verse 9 that God hears our cries for mercy and accepts our feelings both praise and mourning.

May we reflect this week on an intimate God who doesn't leave us in our suffering, but instead calls us to lean on Him. Whether we are suffering physically or emotionally, God will pour out His mercy on us.

Reflections By:
Ashlyn Hansley

PSALM 7

READ PSALM 7

In this Psalm of David, the first line declares that he takes refuge in YahWeH, his God. Before David even reveals the troubles and sorrow of his heart, he affirms that his shelter and rescue can only come from God. With this thought and declaration at the forefront, David begins to pour out his heart to the Lord. He describes the great hurt he is feeling because of the words of a fellow Israelite. This man from the tribe of Benjamin is verbally assaulting David, and it is “tearing his soul apart” (vs. 2).

As the psalm continues, David acknowledges that the only good and righteous judge is God. He is the Only One who can see the very thoughts and intentions of man. And it is YahWeH who will vindicate the righteous. It is because of this truth that David can proclaim in the last line that he “will give to the LORD the thanks due to His righteousness, and I will sing praise to the name of the LORD, the Most High.”

We can all relate to the hurt of being falsely accused or misunderstood. Even those that we consider friends may speak unjustly about us. And we can be tempted to lash out in anger, rushing to defend ourselves. But in those moments, when we know that we have done nothing deserving of the accusations we are facing, we can stand confidently in the shelter of God. He knows the intentions of our hearts. And He is our defender.

Pray through this psalm today and ask the LORD to help you surrender your battles to Him.

How can you respond like David and take your refuge in the LORD, no matter what others may say about you?

Reflections By:
Andrea Horne

PSALM 8

READ PSALM 8

“Perspective”...is partly defined by the Merriam-Webster Dictionary as “the capacity to view things in their true relations or relative importance.” I think we can see David arrive at a correct perspective in this Psalm of who God is, and how all that He has made falls into place under His perfect, watchful care, including each of us!

David, as we should be, was overwhelmed with the thought that as he looked at all of the magnificence of God’s creation and the vastness of it all, that God would even pay any attention to him! Then verse five begins with a wonderful little word, “Yet”! We can rest assured that even from the beginning of creation in Genesis 1:26-31, God had us in mind! He cares for us!...Yes, Jesus loves us! “But God demonstrated His love for us in that while we were yet sinners, Christ died for us!”...We were on His mind even as He hung on that cross!

Please note that this Psalm begins and ends with the same words... “O Lord, our Lord, how majestic is your name in all the earth”...Can you see His majestic name in all that He has created?

I invite you to prayerfully read this psalm, take a deep breath and look around you at the magnificence of God’s creation! Know that God loves you and cares for you and is mindful of you, even above all that He has made in this universe! Together, let’s proclaim, “O Lord, our Lord, how majestic is your name in all the earth!”

Reflections By:
Tim Price

PSALM 9

READ PSALM 9

Psalm 9 is a psalm of thanksgiving and praise to God for His righteous judgment and deliverance. The psalmist begins by declaring his intention to praise God with his whole heart and to recount all His marvelous deeds. They celebrate God's defeat of their enemies and the establishment of justice in the land.

Today we can see the unrest in the world and we feel the effect of the turmoil that accompanies it. However we are reminded in verses 7-8 "The Lord sits enthroned forever; he has established his throne for justice, and he judges the world with righteousness." God is not surprised by our condition. He is never caught off guard, searching for a solution. He is the solution and He reigns above it all. We can rejoice knowing that one day, all will be made right. All that is unjust will be brought into the light, righteousness will be restored. In that, we trust Him and we remember that He delivers us in our need. We can sing and rejoice in God's saving mercy, knowing that He already triumphs over it all.

This psalm reminds us of the importance of remembering and recounting God's goodness and faithfulness in our lives. As we pray through Psalm 9, we are called to join in offering heartfelt praise and thanksgiving to God for His faithfulness and righteousness. We can reflect on the ways in which God has delivered us and provided for our needs.

What marvelous deeds of God can you recount in your own life? How has God delivered you or provided for your needs? How can you cultivate a heart of gratitude and praise, even in the midst of difficulties or challenges?

Reflections by:
Shayla Thacker

PSALM 10

PSALM 10

Are there times in your life when you really wonder where God is in the midst of your troubles and difficulties? I have great news! You are not alone!!!!...Psalm 10 begins with that very question. Indeed, as life goes on, it is very easy to look at the culture around us and see a “dog eat dog” world. Where everyone is “out for themselves” and will step over and on anything or anyone who gets in their way of achieving their selfish, prideful goals. Frankly, I am amazed at their arrogance, as is described in verses 4-6!

However, in the midst of such circumstances, when “our chips are down...” when we feel pressure from an overbearing and oppressive culture that can make it *seem* like God is not there for us...we can rest assured that He will call their wickedness into account! He hears our prayers and concerns and He will act on our behalf when we call on His name (v.17-18)! “Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”
Romans 12:19

As we read this Psalm together, let's be encouraged that God is always with us and is aware of our circumstances and will act on our behalf when we put our trust...our faith in Him!

Prayerfully consider what this will look like in your life when you humbly follow Jesus, even when you face oppression from a culture that is contrary to your faith.

Reflections By:
Tim Price

WEEK THREE

“BUT I HAVE TRUSTED IN
YOUR STEADFAST LOVE;
MY HEART SHALL REJOICE
IN YOUR SALVATION.”

PSALM 13:5

PSALM 11

READ PSALM 11

In this Psalm we see that David had a choice to make. He could choose to run and hide in fear as others had recommended or he could stand firm in his faith. David faced great opposition from Saul and had every earthly reason to run and hide. We, the same, face many situations in our own lives where we may be tempted to run and hide. David reminds us that we cannot hide from the "enemy," he hides in the shadows and attacks when we least expect it. Through David we are reminded to take "refuge in the Lord" and to "put our trust in the Lord." It is imperative that we choose to stand firm in the Lord, our foundation must be based on Christ alone. This foundation is the only one that will last when "Sauls" occur in our lives. It reminds us that the Lord is on His throne and is righteous. Through Him and Him alone we are made righteous. We see in verse 5 that we will be tested.

I find it sweet that through these trials, we are never alone. Our loving Father is always by our side, He sees us and we can trust Him. He knows us, even the hairs on our heads are numbered. God knows the plan for our lives, we can rest in faith in this. My favorite part of this Psalm is that it ends with a promise, as the upright we have the promise that we will see His face. Oh what a day that will be!

We are challenged in this Psalm; how can we take refuge and rest in the arms of our Maker? What can we do to ready ourselves when we are tempted to run and hide in fear?

Reflections By:
Laura Jones

PSALM 12

READ PSALM 12

Psalm 12 discusses an issue that David encountered years ago, yet still remains relevant today; the faithful are in the minority, David mourns over what seems to be a complete lack of good people: he says, everyone has become a double-talking liar. David makes a direct contrast to the lies and insincerity of the wicked as compared to God's words, including His written Word, which are compared to ultra-refined precious metals. This Psalm is a reminder that God is in control and will judge all mankind accordingly. This Psalm challenges me to draw closer to God and the truth in His Word. It also challenges me to seek the truth in His Word throughout the day and night.

Today, I encourage you to pray through this Psalm and ask God to give you wisdom and understanding in the truth of His Word.

How might this Psalm encourage you to honor the refined silver of God's Word over the inferior lies and deception of evil mankind?

Reflections By:
Cannon Cargile

PSALM 13

READ PSALM 13

The waiting, weary soul wants to forget. When given control, it dwells on what isn't going our way and either sends us into deep grief or fist-shaking anger. It blurs our vision to the reality that God is still God and He is still with us. This place is dark and lets the mind race. This is where we find David in Psalm 13. He feels forgotten, tormented, weak, and defeated. David is fighting the same fight we face today. The cyclical battle of flesh and spirit. The battle between what he can actually see and feel versus what he knows in his soul to be more true. David was facing real enemies, feeling genuine fear, sadness, and anxiety. He shows us how to cry out to the Lord in full honesty, begging God to "restore brightness to his eyes." David is showing us the difference between grumbling and simply coming to the Lord with your broken heart. The sweetest part is God has not only never forgotten David, but He also helps David to remember Him. We are the ones forgetting in these moments, not God.

In his sorrow, God reminds David of His faithfulness. He pulls David out of his anxious thoughts so much so that after David shares all of his grief with God, he can say that 3-letter word of objection: But. But God, I trust in Your faithfulness, not my own. My heart will trust in Your deliverance, not what I can do for myself. "I will sing to the Lord because he has dealt bountifully with me." David casts his real cares to God, but God enlightens him, restores that brightness, through remembrance of Him. As real as any circumstance is that you're facing today, deliverance or even the strength to just take the next step can be found in recounting God's character and ways. Be encouraged, what you see and feel isn't all that there is. There is a faithful, merciful, generous God on your side today. The Lord hears your cries. You are seen. You are not forgotten. Bring it all to Him and sing of His goodness today.

Today, I encourage you to pray through this psalm and ask God to help you remember His faithfulness and to fix your eyes not on the momentary affliction, but on what is unseen and eternal.

Reflections By:
Jenifer Taylor

PSALM 14

READ PSALM 14

Psalm 14 gives us a picture of what we are without God. It is a bold reminder that without God we are nothing. Our goodness comes fully from Him. It goes on to give hope to those who are in Christ, promising that the Lord will be with them and deliver them from oppression. This Psalm humbles me with the reminder that God brings the goodness. Before Him, we were corrupt, and it even describes us as being enemies of God.

Even still, He chose us. Even still, He chased us. Even still, He loved us so much that He sent His only Son to be the ultimate sacrifice, once and for all so He could be in relationship with us. In Him, we find refuge from oppression, knowing that any hardship that comes to us on this earth is fleeting, but eternity with Him is forever. What a beautiful promise that makes me want to jump up and praise the Lord.

Today, I want you to remember what your life was like before Christ. Take a few moments to thank Him for delivering you and revealing Himself to you. Recognize and give thanks for the fact that any goodness in you points you back to the Father. How should this reminder and the promise of refuge in the Lord change the way we walk through this life?

Reflections By:
Lindsay Waldo

PSALM 15

READ PSALM 15

Does this Psalm bring you into a place of self-evaluation that leaves us outside of the Lord's tent?...Unable on our own to dwell on the Lord's Holy hill? Fortunately, we have the nail scarred hand of Jesus to help us cross the chasm from our disqualification into the unmerited favor of God, into His Presence!!! All Praise be to God, Amen!!!

Aren't you thankful for the sacrifice that has been made on our behalf so that we may dwell with the Lord, God Almighty forever? HALLELUJAH, YES!!!

Does this mean that we can take a "chill pill" and say WHEW! No, it does not!...As the blood of Jesus has been shed and covers us, the bar has been set high for us to follow! To take up our cross and follow Him!

If I am going to live on God's holy hill, to daily walk with Him, full of his Holy Spirit, and the peace that passes all understanding, there should be a consistency between what I say and what I do..."walk the walk and talk the talk"...I need to restrain negative actions against my neighbor. I don't let the cost stop me from doing the right thing. I will have my priorities in the right order. Living on God's holy hill is the only way to be unshaken by the circumstances of life that we will face..."He who does these things will never be shaken (moved)."

Let's receive this prayer together: "And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God." (Philippians 1: 9-11)

Reflections By:
Tim Price

WEEK FOUR

"I HAVE SET THE LORD
ALWAYS BEFORE ME; BECAUSE
HE IS AT MY RIGHT HAND,
I SHALL NOT BE SHAKEN."

PSALM 16:8

PSALM 16

READ PSALM 16

What a joy it is to be the Lord's! This Psalm reminds those of us, who have known the Lord for a while, what a blessing He is! And looking back on our lives we can see how God has made a profound difference in the life we have lived. Since childhood, I have known God in a personal way. I remember in times of stress (yes, even as a child), I would run to Him laying flat on my back in the front yard in the grass looking up for His guidance. For every decision that we have had to make, God was there to listen and guide. Making these decisions with God's guidance has made life easier.

So, we rejoice because we feel secure in Him. We have no fear of Hell or corruption. The Message says, "You canceled my ticket to hell—that's not my destination!" God keeps us straight, His presence keeps me joyful, and life and afterward are wonderful!

My word to you would be to continue in His love, grace, and protection! And to tell others what God has meant in your life. How do you do this? Seek God's presence and His wisdom. Stay in His Word. Look for His people and make a nest there!

Reflections By:
Billie Jordan

PSALM 17

READ PSALM 17

Psalm 17 is a beautiful picture of what it looks like to call upon the Lord. David constantly turned toward the Lord in prayer. During times of suffering, fear, on the mountain, in the valley – He shows us what it looks like to seek the Lord in every circumstance.

In this psalm, however, David is likely on the run from his enemy, Saul. He cries out to God to hear him and answer him, but what is to be noted is David's confidence that God WILL answer him (v. 6). Even in the pit of fear and despair, David still had complete faith and confidence that God hears him, will answer him, protect him and be a refuge for him.

I encourage you today to call upon the Lord, allow God to examine your heart and present your requests to Him, but do so in confidence! Even in our suffering, His presence can be found. This psalm urges us to cry to the Lord in prayer and trust that He will be faithful again and again. Then, with David, we can say, "Now and forever Lord, you are faithful! You are the only one that truly satisfies!"

How can confidence in the Lord lead to satisfaction? Is there an area of your life where you feel in trouble or unsatisfied? How can you call upon the Lord today?

Reflections By:
Taylor Rustin

PSALM 18

READ PSALM 18

We all need a relationship with God & to know He is our strength and we can trust Him! He is always faithful. We are surrounded by evil in the Spiritual world and Satan comes to kill, steal, and destroy. We must choose to humble ourselves & call out to God for help and He will deliver us from the darkness! God lifts us up to make us His righteousness. He will train us for the battle as we learn to submit to Him.

This psalm reminds me to seek God's face, not His hand, by trusting that His strength has made me an overcomer!!

Reflections By:
Wanda Morton

PSALM 19

READ PSALM 19

Psalm 19 begins highlighting God's creation particularly the heavens and the skies. This Psalm states that God's world, His Creation, is so vast and amazing that although it does not utter words, Creation boasts of a Creator. The sun alone reaches every corner of the earth, all are witnesses to the light it brings. Therefore, humankind, even in the absence of the spoken word must know deep within themselves that there is a God, a Creator. The Psalm shifts from God's world to His Word, Scripture, His teaching. God's Word shows us how we come to the Creator. How we recognize right from wrong and how to reconcile ourselves in order to have a relationship with Him. We are encouraged to keep His commands and meditate on God's creation and Word.

Be encouraged this week at the amazing world God has created and how He desires to reveal Himself to all of humankind through it. We should be challenged to share the Word of God with those who may only know God through evidence of Creation but do not have access to Scripture.

Reflections By:
Ashlyn Hansley

PSALM 20

READ PSALM 20

Psalm 20 is painting a picture about God delivering us from our troubles. Its message rings clear that we can be certain God will answer us when we call! In verse 6 the psalmist writes, "Now I know that the Lord gives victory to His anointed; He will answer him from his holy heaven with mighty victories from His right hand." This prompts me to ask the question: Are we living in such a way that we are confident God will give us victory? This verse reassures me that I can be expectant of the Lord and all that He will provide! Verse 8 says the ones who put their trust in earthly things like their chariots and horses will collapse and fall but "we rise and stand firm" when we take pride in the name of the Lord our God. Let's be a church that rises up and stands firm when we're faced with difficulties, putting our full confidence in our Heavenly Father!

Today I encourage you to surrender all of your troubles to the Lord having confidence and reassurance that He WILL answer when you call.

Is there something in your life that you aren't believing God can deliver you from or give you victory in? How can you shift your mindset today to put your full trust in Him?

Reflections By:
Morgan Motich

WEEK FIVE

“LIFT UP YOUR HEADS, O GATES!
AND BE LIFTED UP, O ANCIENT
DOORS, THAT THE KING OF
GLORY MAY COME IN.”

PSALM 24:7

PSALM 21

READ PSALM 21

This psalm of David seems to be a follow-up to the 20th psalm that comes before it. As you recall, yesterday's psalm and devotion encouraged us to pray and ask God for deliverance in our troubles and the battles we may face. We pondered the question of whether or not we believe God for victory in our lives. David boldly declares that we can! As king, David has found joy in the strength of the LORD and in the victory that He provides.

As this beautiful psalm continues, David proclaims over and over that everything good in his life, every blessing he has received, is because of his reliance on the LORD. He is the giver of all good things.

We are also assured that the battle belongs to the LORD alone. He will overcome all enemies and we can trust Him always.

“Be exalted, LORD, in Your strength; we will sing and praise Your might.”

Reflections By:
Andrea Horne

PSALM 22

READ PSALM 22

Psalm 22 is one of the most well known Psalms that we'll read. However, it is also one of the most heart-wrenching. Overall, we see very quickly that David, the writer of this Psalm, feels abandoned by the Lord. He cries out to God "My God, My God, why have you forsaken me?"

In this moment David describes himself as feeling like a worm, not a man. Almost as if he is the scum of the Earth. He describes his enemies taunting him and his strength growing weak.

Have you ever just felt at the end of your rope?

Yet, what is interesting is where David ends this Psalm. He says "the afflicted shall eat and be satisfied" as well as "all the families of the nations shall worship you." How can David say this in the middle of feeling so abandoned? Well, David was confident in the character of God!

What's so awesome is that we can be confident in God's character too! If you pay attention, this Psalm echoes the experience that Jesus had on the cross! Matter of fact, He cried out these exact words! "My God, My God, why have you forsaken me?". They cast lots for his clothing, and they ridiculed him greatly.

Here's our hope...though we may feel forsaken, we can trust that if we are in Christ, we will NEVER be forsaken. Jesus took all our punishment on the cross so that we could know Him eternally!

Today, I challenge you to cry out to God in the areas of life where you feel the most forsaken, and pray through this Psalm by thanking God for His sacrifice on the cross! In the end, all nations will worship Him. Let's start today!

Reflections By:
Colt Allen

PSALM 23

READ PSALM 23

Psalm 23 is a very comforting psalm as well as an encouragement to put our faith in God. David writes that God will provide what we need; rest and renewal, spiritual guidance, His presence and protection, favor, and a dwelling place with Him.

Living in a time in society that pushes “control is power”, it is easy to allow ourselves to take on the weight of doing it all. How silly would it be for a single sheep to think it can fight off a pack of wolves, or find a drinking hole in the vast desert on its own without a leader who knows it all and has its best interest in mind! Instead, Psalm 23 paints a peaceful picture of what it looks like when we allow God to be the shepherd in our lives.

Reflections By:
Hanna Mentink

PSALM 24

READ PSALM 24

Psalm 24 discusses the true power and glory of God. He laid the foundation of the earth, and He created everything in it. It asks the question "Who can enter the presence of the Lord?" He answered this question saying those with clean hands and a clean heart can enter the presence of the Lord. The only person who truly has clean hands and a clean heart is the one who has been washed clean by the blood of the Lamb. What a beautiful thing it is that Jesus was the ultimate sacrifice, allowing us to enter the presence of God, holy and blameless, and credited with His righteousness. He goes on to say that those who seek the Lord will be blessed. This Psalm should fill us up with gratitude. The Lord who created everything wants to be in OUR presence. He sent His son so we could be credited HIS righteousness and have that relationship with Him. It says in this Psalm that those with clean hands and a clean heart can enter the presence of the Lord.

Take a moment to inspect your heart. Ask the Lord to reveal the areas in your heart that are unclean and need to be washed by the blood of Jesus. Turn away from that sin and turn to the Lord today.

Reflections By:
Lindsay Waldo

PSALM 25

READ PSALM 25

Psalm 25 starts by declaring the covenant made between God and Man. David begins this chapter by stating he puts his trust in God because of the covenant made by God. This covenant promises to never put those who are in relationship with Him to shame. In order for us to trust God, we have to know Him. David clearly understands this because of his dialogue in verses 4-11. In these verses we are being shown that in order to know God, we have to seek Him and His ways and then turn from our sinful nature. Then, God in his covenant with us, will have mercy and remember our sins no more. Even the sins from our youth, when we did not know God or were rebellious. Psalm 25 goes on to speak more about God guiding the humble, those who are in constant communication and in a repentant spirit. We as believers can rest assured that God's faithfulness and forgiveness is guaranteed when we choose to follow Him. Our Hope is in the Lord!

This week, let's make a commitment to keep our eyes on the Lord. Ask for His constant guidance in our lives so that we can walk in integrity and be found blameless in the sight of God (v21).

Reflections By:
Ashlyn Hansley

WEEK SIX

“WAIT FOR THE LORD; BE
STRONG, AND LET YOUR
HEART TAKE COURAGE;
WAIT FOR THE LORD.”

PSALM 27:14

PSALM 26

READ PSALM 26

David was having malicious rumors spread about him. David gives us a beautiful example of where we should run when we are wrestling with what others say about us. He does not try to prove himself to Saul. He comes to the Lord. This psalm is a picture of a deeply personal relationship with God. Verse 1 begins with "Vindicate me, Lord." In other words, clear my name. This is followed by what initially seems like a bold claim by David assured that he has led a "blameless life." However, he is quick to follow it with the reason why he has been blameless. "I have trusted in the Lord and have not faltered." (vs.1)

If we are honest, when rumors are spread about us we make haste to our friends, mother, father, brother, or sister for vindications. We simply want our ego boosted, but what is so touching about this psalm is that David only cared if he had grieved God.

David even goes so far as to ask God to do these 3 things to him: test, try, and examine. David is not asking God to simply affirm that he is a good person. His concern is that under God's careful examination, he is found with integrity and a deep trust in the sight of the Lord. The use of 'your' in this psalm gives the glory where it is due even amongst David's frustrations. Let's pray these same truths over our life today.

PSALM 26

1) Lord help me be mindful of your unfailing love and rely on your faithfulness. (vs.3)

2) Lord help me proclaim your praise aloud and tell of all your wonderful deeds. (vs.7)

3) Lord, help me love where your glory dwells. (vs.8)

4) Lord, help me lead a blameless life. Extend your grace to me and redeem me. (vs.11)

5) Lord, help my feet remain on level ground and help me praise your name among any congregation. (vs.12)

Reflections By:
Jenifer Taylor

PSALM 27

READ PSALM 27

Psalm 27 is a look at seeking the Lord and waiting for Him. David mentions fear multiple times throughout the psalm, but he responds to his situation in confidence saying, “The Lord is the stronghold of my life – of whom shall I be afraid?” (v. 1), and “Though an army deploys against me, my heart will not be afraid.” Afterward, David says – “I will still be confident!” Despite David’s confidence facing his fears, he knows this only comes by seeking the Lord’s face, and this stands true!

There is nothing to fear when our hearts are set on the Lord, desiring only Him and His will. He will be our shelter even when our situations seem hopeless! David makes the powerful declaration at the end of the psalm that he knows God will be faithful to him.

I encourage you today to live out your day, your life, with that same confidence! The confidence that God will be faithful to you. Just as He has been for generations! Whatever situation you find yourself in today, you can confidently wait on the Lord. Confident and expectant of what He is going to do because HE NEVER FAILS.

If you are in a season of waiting or fearful over a particular circumstance – what would it look like to seek the Lord during that? And how can you approach this with confidence?

Reflections By:
Taylor Rustin

PSALM 28

READ PSALM 28

Choose to call on the Lord, He will hear you. If your heart is not sincere you will be judged according to your works of iniquity because you have no desire for a Savior. God's people will rejoice and praise Him for salvation forever & ever!!

Do you know God as your Shepard? Has your heart been filled with His love to flow over to praise so that you will rejoice in Him forever?

Reflections By:
Wanda Morton

PSALM 29

READ PSALM 29

This Psalm of David testifies to the glory, holiness, and strength of the Lord and the power of His voice. When the LORD speaks things happen! He spoke all of creation into existence and He rules over it with authority and power. He has power over the vast waters and they obey His command. David acknowledges that the LORD created the strong and majestic cedars of Lebanon as well as Mount Hermon (Sirion), the tallest mountain in that area. In His voice is power and it is compared to the rumbling of thunder and the flashing of lightening! The LORD sits on the throne, KING FOREVER! Because of His great power, we find our strength in Him and He blesses us with peace.

Do we worship God daily and “ascribe to Yahweh the glory due His name”?

As you pray through this Psalm, remember to include praise and adoration to God and ask Him to give you His strength to live for Him daily.

Reflections By:
Tammy Davis

PSALM 30

READ PSALM 30

Psalm 30 is reminding us that even in the hard times, we can find joy in the Lord and we can be confident of Him coming to our rescue. Verse 2 says “Lord my God, I cried to you for help, and you healed me.” This verse helps me to see that we don’t have to be shaken when there are things in our life that we are crying out to God for because He can be trusted to bring the healing! In verse 11 when the psalmist says God turned his lament into dancing, I’m reminded that our Heavenly Father can turn it all around. He knows what’s best for us and uses everything for our good. We can be thankful for the One who has the ultimate authority! We don’t have to weep any longer through the night because there is joy in the morning!

Let’s be confident that God can bring joy and healing to whatever circumstance because He is faithful.

Thank you God that You can be trusted. Even though there may be times when I’m shaken, Your favor is still on me and secures me. Help me Lord to see the hope on the horizon. In your name Jesus, amen.

Reflections By:
Morgan Motich

WEEK SEVEN

“OH, MAGNIFY THE LORD WITH
ME, AND LET US EXALT HIS
NAME TOGETHER!”

PSALM 34:3

PSALM 31

READ PSALM 31

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God.” Philippians 4:6

In Psalm 31, David is a clear example of this exhortation. Our troubles chase us into the strong fortress that is our God. None of us enjoy moments of distress, sorrow, grief, anguish, loneliness, or fear. However, David continually shows us that we as believers can go through those times in such a way that isn't just survival. David needs literal protection and his spirit needs rescue. The way he receives that is by recounting who God is and his fear of *Him*.

He knows God is the antidote for everything he is facing. In distress, He is the refuge. In our cries of sorrow and worry, He is our comforting, listening ear. When our strength is failing, He is our rock and strong fortress. David knows all of these trials and negative emotions are either from the enemy or the weakness of his own flesh, not God.

We would do well to remember that today as we follow David's example in reminding ourselves that God is all we need. The power of this psalm is in speaking truth and faith over your trouble. He declares his hate for evil and his trust in the Lord. He declares that even in his anguish and worldly lack, there is an abundance of good things stored up for those who fear God. Lastly, the most incredible thing God can do with our trouble is use it. He has the power to get our eyes off of ourselves and shift our focus to even pray for others what we long for, but don't yet have. He prays for God's timing for justice, declaring that it will prevail.

PSALM 31

Today, let your troubles chase you into the arms of Jesus. Crying to God for mercy shows that you know He is the one in control and has the ultimate power to rescue and protect you. Praise Him today in full faith that He will show you the wonders of His love.

Do not give in to the enemy today. Be strong. "Submit yourselves therefore to God. Resist the devil, and he will flee from you." Choose today to declare God's faithfulness over your life.

Reflections By:
Jenifer Taylor

PSALM 32

READ PSALM 32

Have you ever been completely downtrodden over unconfessed sin in your life? Or just miserable knowing you have messed up yet again? This Psalm of David depicts a ransomed soul marveling in God's grace and mercy. He begins with a praise in verses 1 and 2, proclaiming that the one whose sin is forgiven is blessed! He uses the terminology that the Lord "counts no iniquity." We can look at it like a ledger – God has completely erased it out of his book. It is no longer counted to us! But then in verses 3-5, David details what it took for him to get to this place of redemption. While we don't know at what moment in David's life this was written, we know that he was no stranger to sin. David knew what it was like to be a guilty sinner in need of repentance. Can you imagine the weight he felt after the incident with Uriah? He acknowledges that weight here, and implies that it was only lifted from him when he confessed his sin to the Lord and was thus forgiven.

In verses 8-9, David switches gears and speaks prophetically from God's point of view. God promises here to instruct and teach us in the way we should go, but cautions us that we should not be like a horse or a mule who often takes a bit and bridle to be forced around.

PSALM 32

It certainly took a bridle (the prophet, Nathan) to get David to confess his sin of murder! Rather, we should be so immersed in God's Word and His presence that we stay near to Him always! So closely that when we begin to step out of line just a look from his eyes like the "side eyes" of a parent will draw us back on track. The last verses are a promise, and oh what a promise it is! "Steadfast love surrounds the one who trusts in the Lord." Let's all "shout for joy", since God has made us "upright in heart" through his gracious forgiveness!

Today, I encourage you to meditate on this Psalm and on the grace and mercy God so freely offers us. Remember what the weight of sin felt/feels like, and celebrate that through true repentance God has and will free us from it!

How should we approach the sin in our lives? It's easier to keep silent and carry on, but will that bring us the joy and steadfast love promised from God? How might we do a better job intentionally and with a repentant heart bringing our transgressions before the Lord?

Reflections By:
Kelly Warren

PSALM 33

READ PSALM 33

Psalm 33 is a call to worship and to praise the Lord for his steadfast love. In the Hebrew language, the word used for “steadfast love” is hes-ed. In other passages of scripture, this word is interpreted as mercy, loyalty and lovingkindness. A literal definition of hes-ed is in fact all of these: mercy, loyalty, lovingkindness and steadfast love, but to a degree beyond what is expected or at all deserved by those receiving it. Is there any wonder why the Psalmist opens this psalm with a call to praise?! And it is not a call to praise in a whisper, but a call to shout for joy, to praise Him with instruments, to sing to Him a new song. This is not a praise based on a day of the week, or a season of the year, but based on a renewed perspective of who God is, and His steadfast love that He pours out on us beyond what we could ever deserve. Let’s look at some of the attributes of God found in Psalm 33 that give us reason to give Him praise with everything we have.

The Lord is upright, faithful, just, creator, sustainer, awe inspiring, all powerful, and confounding the wisdom of man. It does not stop here, as these attributes alone would imply there is distance or unattainability between God and man. But the Psalmist states the LORD looks down and sees us, His children. He fashions our hearts that are inclined to Him. His eye is upon we who hope in Him. He fights for us, and we know He died for us through the sacrifice of His Son Jesus Christ on the cross of Calvary. I encourage you to pray through this psalm asking God to renew our perspective of who He is, with an understanding that His steadfast love for us is unwavering and never-ending.

PSALM 33

Lord, let us trust You, let us observe Your steadfast love over us beyond anything we deserve or can imagine. Let us recognize Your goodness, and Your faithfulness toward us no matter what may come against us in this world. Let us praise you with a shout, let us praise You with the instrument of our lives daily. Let us sing a new song based on a new perspective of who You are, and the love You showed us by sending Your son Jesus Christ to die on the cross for our salvation, and the love You continue to show us everyday through the power of Your Holy Spirit living in us. "Let your steadfast love, O Lord, be upon us even as we hope in you." Amen.

Reflections By:
Brandon Horne

PSALM 34

READ PSALM 34

This is undoubtedly one of my favorite Psalms. Picture it—you have just escaped a situation where you were facing certain death, BUT the LORD delivered you. This was David's fate before he wrote this Psalm 34, as David had just escaped from King Abimelech. He responds with this Psalm—immediately giving praise to the Lord. He says "I sought the Lord, and He answered me. He rescued me from all my fears." God hears us. We are never out of His sight. The righteous cry out, and the Lord hears, and rescues them from all their troubles. "The Lord is near the brokenhearted and saves those who are crushed in spirit." Wow. The God of the universe sees your heart, and He cares about the deepest longings of your soul. This Psalm ends with a unique promise. It says in verse 19 that the one that is righteous has many adversaries, but God is going to protect us. He is not going to allow us to be handed over to the enemy—we serve a God who is a REFUGE for us.

We can rest in the fact that our Father is also our protector. How does that change your walk with the Lord? It should give us all a boldness and confidence that the Lord is FOR us, not against us. He is going to take care of us, and we should not have a spirit of fear but of confidence in the Lord and what He promises us.

I encourage you to write down one of the promises in this Psalm and put it somewhere you will see it every single day; commit it to memory. Take a moment today and remember all of the promises the Lord has for YOU, His beloved child.

Reflections By:
Lindsay Waldo

PSALM 35

READ PSALM 35

Have you ever been gravely mistreated? Disliked for the love of the God who loves you? If you answered yes, you're in good company with King David today. In today's psalm we see David praying a prayer for victory over his enemies. He is disgusted by the malice and godlessness attacking him through the taunting of those he once called friends, or at the very least, a particular people he was there for in their time of need and the favor is only being returned with evil. The scripture tells us that these people "opened their mouths wide", most likely loud in their taunting, exclaiming that they saw David's calamity. The accuser is clearly at work through this group of people that are described as "young lions," (their father must be like a roaring one). (1 Peter 5:8)

Although humiliated, David sees right through their schemes with spiritual eyes and discernment. David declares "You saw it Lord." (vs.22) That is all that matters. The Lord saw David stumble, but He also saw the sin of these evil-doers. Whether seen by others or not, it only matters that God sees and redeems us from our sin. In this case, they did see David stumble. Even so, David's heart echoed "Against you, and you alone, have I sinned." (Psalm 51:4) David knows deeply in his soul that God is the only one who can rescue and vindicate him, and David promises to give God all of the rightful glory when He does.

Others might be praising your fall today. Their opinions do not matter. If you find yourself praising the fall of others, repent. Maybe it is your own thoughts swirling, taunting yourself about the sin you have yet to repent. Don't be scared of coming to the Lord who already knows it anyway. Come to Him today with every frustration, hurt, and sin by asking God for vindication and rescue. He alone can do it. Exalt the Lord and praise Him all day long. (vs.28)

Reflections By:
Jenifer Taylor

WEEK EIGHT

"HE DREW ME UP FROM THE PIT
OF DESTRUCTION, OUT OF THE
MIRY BOG, AND SET MY FEET
UPON A ROCK, MAKING
MY STEPS SECURE."

PSALM 40:2

PSALM 36

READ PSALM 36

This passage speaks about one who has no regard for God. He is looking for evil. He has no fear of repercussions. His actions and his words are bad, and he is looking for more trouble. In every life, there comes a time when rebellion feels appropriate, needed, prescribed! We may even try it out! But praise God He comes to us quietly, softly, reminding us of His steadfast love and CONSEQUENCES!

But, for those who know the love of God, we take refuge there.

Lord, we delight in everything about you—your abundance, the fountain of life, your light. We ask you to continue in your steadfast love and your righteousness and keep us from making the mistakes of the transgressors—arrogance and listening to the evil one lest we fall like the evildoers and can't get up.

I advise you to choose your friends wisely, read the Word daily, and stay away from tempting situations.

Reflections By:
Billie Jordan

PSALM 37

READ PSALM 37

This psalm reminds us that God will never forsake His people, and it addresses the question we have all had – why do “bad things” happen to “good people” and why do “good things” happen to “bad people”? In the CSB version, this psalm is even called the “Instruction in Wisdom.” That is just how rich this psalm is! It instructs us to trust in the Lord, do what is good, commit yourself to Him and do not be agitated with the one who prospers in his own way. Refrain from anger because it will only do harm. Be humble, gracious and giving. I mean, WOW – we should be meditating and praying on this every single day!

In the midst of all this wisdom – the common theme to take note of is the comparison between the wicked evil-doers and the righteous (aka His people). In the end, the wicked will be destroyed (v. 9), their power will be broken (v. 17), they will perish (v. 20) and they will one day vanish not to be found (v. 36). BUT the righteous, HIS PEOPLE, HIS SAINTS, will inherit the land (v. 96). These are the people that place their hope in Him. They will live in peace and prosperity (v. 11), they will be satisfied (v. 19), they will not be abandoned (v. 28), they will be kept safe forever and they will get to dwell in this land permanently. What a promise!!

May this serve as a reminder that because of Jesus, we get to inherit the land! This is not just on this side of the grave, this is an eternal promise. HE is our inheritance! All the desires of our heart will be filled when we trust in Him and take delight in Him. We can serve Him in the waiting because of Jesus, and we can stand confident that no matter what life looks like – we can delight in the One who is our salvation. Our God will not forsake His children. He is our refuge, and in Him, we will find rest.

PSALM 37

I encourage you today to still your heart before the Lord, do not worry or look to anyone that appears to prosper in his or her own way. Instead fix your eyes on Jesus and the promise that He has set before us and already fulfilled when we trust and abide in Him!

How can you “delight” in the Lord? How can God use this to change our desires so they align with His?

Reflections By:
Taylor Rustin

PSALM 38

READ PSALM 38

My sin brings me shame and discouragement. Everyone seems to be against me. We must choose to place our hope in the Lord and not man. I need the Lord for freedom, purpose and life.

We can put our trust in God because He takes away all our sin, makes us His righteousness and teaches us to have God confidence so that we never give up & keep moving forward!

Reflections By:
Wanda Morton

PSALM 39

READ PSALM 39

In this Psalm David seems to be experiencing some type of suffering or correction from God. He guards his tongue to not voice his protest to God in front of the wicked, but the pent-up emotions burn like a fire within him. In anguish he instead turns to God and asks Him for wisdom to understand how short and fleeting life is. The span of our life is as nothing before the LORD. "Everyone is but a breath, they rush about in vain, gathering possessions without knowing who will get them". David understood that the only thing which is eternal is our relationship with God because He is eternal. He confessed "My hope is in You" and asked God to deliver him from his transgressions and restore his relationship. David tells the LORD that he is aware that he is a temporary resident with Him on the earth and asked for the LORD's favor so that he could enjoy life again while he remained on the earth.

Where is your focus? What if everyone in our church had an eternal focus?

Pray through this Psalm and ask God to make you aware of how short life is and for Him to reveal to you how to make the most of the time you have, with a focus on what will endure for eternity.

Reflections By:
Tammy Davis

PSALM 40

READ PSALM 40

The Lord has delivered us from the muddy mucky mess of our lives and has given us stable footing, a firm place to stand and build our lives on. The introductory verses remind me of a song we use to sing in church. It goes something like this, "Jesus, lover of my soul, Jesus I will never let you go, You've taken me from the miry clay, You've set my feet upon The ROCK, now I know...." David is remembering where God brought Him from and thanking Him for giving Him a new song to sing. A song of praise. A song meant for everyone to hear. A song that testifies of what God has done in our lives. David states in verse 5 that if we were to try to speak and tell of all God has done there would be too many to declare.

David tells God, you didn't want sacrifice, its not what you desire. The following verse, verse 7 jumped out at me, as I couldn't help but believe maybe David was speaking of the coming Messiah when he says, "Here I am, I have come, it is written about me in the scroll." There it is in the Old Testament, a solution to the sacrifice required! WOW! David concludes this chapter asking the Lord (Jesus) to come quickly, to save him from his troubles and deliver him from those who were enemies.

How can we testify of what God has done for us this coming week? Do not allow others to put you to shame for what the Lord has rescued you from. Share your testimony for the glory of God so that others may come to know His son, Jesus, the Messiah David spoke of. Verse 16: "But may all who seek you rejoice and be glad in you, may those who long for your saving help always say, The Lord is great!"

Reflections By:
Ashlyn Hansley

WEEK NINE

"MY SOUL THIRSTS FOR GOD,
FOR THE LIVING GOD."
PSALM 42:2

PSALM 41

READ PSALM 41

We've all experienced it... those seasons in life that are just so hard. An unexpected illness that knocks you off your feet. Or the heartache that comes when those you thought were friends, hurt or betray you. David, the "man after God's own heart" experienced these sorrows in his own life. Following the LORD, is not the absence of trials, but a promise that He will never leave or forsake us. David realized this as he penned this psalm.

Though we're not exactly sure what's going on in David's life at this time, most commentators agree that he may have been very sick. To add literal insult to injury, those who were supposed to be David's friends were wishing for his death instead of praying for his recovery. Though he must have felt so betrayed, he was not without hope. He still believed the LORD would strengthen his health and his spirit. But the last verse of this psalm shows us that David's final thoughts were not on his circumstances or on his enemies... His eyes were on the LORD.

How can we keep our eyes on the LORD in the midst of sickness and heartache?

Reflections By:
Andrea Horne

PSALM 42

READ PSALM 42

This psalm starts out comparing the longing and thirst for God like a deer longing for flowing streams. I feel like we all long for God in so many things. We desperately want to see Him move. We can learn something from the writer of this psalm when in the midst of feeling dejected and in turmoil, they are still putting their hope in the Lord and praising Him. I love verse 8 that says, "The Lord will send his faithful love by day; his song will be with me in the night — a prayer to the God of my life." It reminds me that the Lord is always with us. Even when it doesn't feel like it and we are yearning for Him, we can rest in the truth that He never leaves us or forsakes us!

Today let's praise Him and place our hope in who He is even through our longing and waiting!

Heavenly Father, thank you that I don't have to look far to find You. I will put my hope and my faith in who You are! Thank you God that You are faithful. I long for You all the days of my life. In your name Jesus, Amen.

Reflections By:
Morgan Motich

PSALM 43

READ PSALM 43

Many times, walking with Jesus can be difficult, especially in a world where so many reject the Lord, practice ungodliness, and yet still seem to prosper from it. It can be hard to feel like the only one in your workplace, your family, or your circle of friends who follows Jesus. Think about Elijah – how it must have felt to be the only prophet brave enough to stand up for the Lord at Mount Carmel. Or Esther, risking her life to go alone to the king to save God's people from complete annihilation. What about Daniel – the only one on record who refused to give up praying to his God even knowing the Lion's Den would be the result. Or Jesus – carrying his own cross to die for us all while most of His closest friends hid away in fear, one even outwardly denying Him? This Psalm begins as a plea for God to vindicate and defend the writer against an ungodly nation. We see in the beginning of verse 2 that he knows and loves God, but yet still feels rejected in this moment. Sometimes it just feels like a losing battle. Even so, we see that this Psalmist took his griefs and concerns to the right place, to the only one who can help - the Lord himself.

God desires for us to lean into Him when things seem bleak and when we feel alone. But the writer doesn't just leave his prayer here and crawl back into bed to cry and wait it out in despair. Instead, he requests God's guidance and leadership through this difficult time. He shifts his focus from his feelings based on worldly situations to the promises of God. He proclaims that he will go to the altar of God and he will praise the Lord. We must always live in this hope: God promises justice and works all things for our good, even when His timing and plans may not align with our own. Why should we be cast down? For we have hope in God our salvation in every situation.

PSALM 43

Today, pray through this Psalm and lean into the Lord with whatever situation in your life that may have you in a “spiritual depression”. Ask for His guidance – that He would send His light and truth and lead you to the holy hill where you will praise Him with “exceeding joy”!

What is our first reaction when we go through a spiritual slump? What if we always went to Jesus first and begged for his deliverance instead of backing down or falling into despair? As a church, let’s commit to holding on to the hope we have in God, in all situations, and in His timing.

Reflections By:
Kelly Warren

PSALM 44

READ PSALM 44

Israel is crying out in this Psalm. They remember what the Lord did for the generations before them. David acknowledges how He drove the Canaanites out and planted Israel, defeating their enemies. The Lord won every victory for them because He favored the Israelites; they were His people. David is crying out to the Lord because the tides had since turned for them. They were in the middle of a losing season, the “in between”. They felt like God turned them over to their enemies, saying He delivered the Israelites only to allow them to be enslaved and displaced. The Israelites felt like the Lord had abandoned them and even that He was against them. David claims that Israel had stayed faithful to God even though God responded by bringing disasters to them. He says their hearts were still turned toward the Lord, and they had not forgotten Him, even in this difficult season. He cries out to the Lord for help, calling out to Him to “wake up”. He ends this Psalm acknowledging God’s faithful love and asking Him to be their refuge.

How often do we feel this way, like God has abandoned us? Though God promises to be with us to the end of the ages, it can be easy in the middle of a hard season to feel like maybe He isn’t for us and maybe He did leave us. We have to be grounded in the truth and constantly remind ourselves of what the Lord has already done for us. He has proven His faithfulness, and it is important during these seasons for us to prove ours. Israel did not turn away and worship idols or curse God during this unfortunate time. They stayed faithful in the promises God had given them and remembered what God had given their ancestors. If you are in the middle of a hard season, I want you to take a minute and remember.

What has God done for you? How can you be faithful to Him today, regardless of what is going on around you?

Reflections By:
Lindsay Waldo

PSALM 45

READ PSALM 45

In today's psalm, we see a deeply rich messianic prophesy disguised by a royal wedding song. Every single detail of this psalm is pointing to the day Jesus comes for his bride. This intricate level of foresight is nothing short of the power of the Holy Spirit. The detail of the Lord both encourages me and amazes me. There is not one word in scripture that was spoken mindlessly. Every syllable has meaning and all points us to the coming of our Lord Jesus Christ. Let us pray through this psalm today.

Father, we thank you that your throne is forever. Your splendor and majesty is unmatched in every way. We thank you for your gracious words, God, and that you are the Almighty. No mighty warrior in heaven or on earth can stand against You. You are the Word of God. We love to glorify you! You are the way, the truth, and the life. In perfect humility and justice, you reign. Every nation bows to you and is under your authority. We leave behind worldly passions, earthly possessions, and deny ourselves to follow You. We pray that You would find delight in us when You return to bring us home. We pray that the church will rise up and bring honor and praise to your name no matter the cost. We declare that we will praise your name forever and ever along with every nation and heart that will bow their knee and confess with their tongue that You are Lord. In Jesus name, Amen.

Jesus Christ will come again. Declare Him as Lord. Live your life for His glory that He may find delight in you now, until that day, and forevermore.

Reflections By:
Jenifer Taylor

WEEK TEN

"THE LORD OF HOSTS IS WITH
US; THE GOD OF JACOB
IS OUR FORTRESS."

PSALM 46:11

PSALM 46

READ PSALM 46

What is God to me? —refuge, strength, help, therefore there is no fear even if the world falls apart. There is a river where God lives! Even when all the world rages, and falls apart, God speaks, and everything is ok. God is our fortification!

What does God do? See the wonders of God, of His creation! Get out of the stress and strife, step away from the chaos, the wars, the politics, the troubles!

Recognize who God is! He is over all, and He is with us! He is the God of Angel Armies!!

“Be still and know that I am God.”

Reflections By:
Billie Jordan

PSALM 47

READ PSALM 47

Psalm 47 is a praise that exalts and worships God as King! It teaches us how and why we should praise the Lord. Yesterday's psalm encouraged us to be still and know that God is who He says He is. Today, we read how to praise Him! It's seen here that "sing praises" is repeated five times in a row which tells us how important this is. It is pure joy – described with shouts that God is King of the whole earth. Reigning over all the nations, seated on His holy throne.

He is the Lord, the Most High! He is awe-inspiring, magnificent and holy! He is the great King in battles, and also our mighty warrior. He is Lord over the whole earth and the Lord of our hearts. Let's give Him praise for that today because He is worthy of all of it!

What stops you from praising God like this? What if we approached worship with new eyes, seeing that it is not for us to feel good but to worship and glorify Him as the Lord, Most High? Think of a time where God has showed up for you and then praise Him for it. Pick a song to praise the Lord to today!

Reflections By:
Taylor Rustin

PSALM 48

READ PSALM 48

I am praising the Lord for His strength and goodness forever! The City of David where JESUS our Lord and Savior was born! King of Kings, hope & light that defeats all darkness. We must choose to share this good news to all people from generation to generation to build up Gods kingdom, our promised land!!

Let's all praise His name, our God reigns forever & ever!!!!

Reflections By:
Wanda Morton

PSALM 49

READ PSALM 49

This is a Psalm of wisdom and the psalmist asks for all people to listen and pay attention to what he has to share from his heart. The psalm warns us against the arrogance of placing our trust in wealth and gives us reasons why this is a bad idea! First, no matter the abundance of riches you may have, it cannot redeem your soul or pay your ransom to God. Money cannot buy you eternal life.

Second, the wise, the foolish, and the senseless will all die leaving their wealth to others. Although they may have estates named after them, a grave will be their eternal home. Unlike those who are trusting in the LORD, the good shepherd, for their salvation, Psalm 49:14 says that the one who trusts in wealth will have death for their shepherd and will decay in the grave far from their mansions. Jesus shared similar wisdom with us in Matthew 16:26 “What good will it be for someone to gain the whole world, yet forfeit their soul”?

Have we mistakenly put our trust in anything other than God to sustain us in this life and for eternity?

Pray for God to reveal any area of your life that you may be putting above Him. Is your trust in your money? Your job? Your family? Ask God to guide you in fully surrendering everything to Him and trusting in Him alone to sustain you.

Reflections By:
Tammy Davis

PSALM 50

READ PSALM 50

Psalm 50 speaks on the judgement of God. It tells us that He is coming and there will be judgement. Throughout the verses, we see things like God will not be silent, devouring fire precedes him, and if you forget God He will tear you apart. That really makes me not want to gamble on that! However, we also see His faithfulness in this psalm. Verse 15 says, "Call on me in a day of trouble; I will rescue you, and you will honor me." How beautiful that we have a God who will righteously judge the world one day, but that still cares deeply for His people and will rescue them! Chapter 50 ends with the Lord proclaiming, "...whoever orders his conduct, I will show him the salvation of God." Let's no longer put off following the Lord wholeheartedly! We have a God who is caring and righteous. He IS coming and we can have confidence that His judgement is sound.

God, thank you that You care so deeply for me. Thank you Heavenly Father that I can have confidence in Your judgement. Help me to walk in Your ways Lord. I pray this is your name Jesus, Amen.

Reflections By:
Morgan Motich

WEEK ELEVEN

“CREATE IN ME A CLEAN HEART,
O GOD, AND RENEW A RIGHT
SPIRIT WITHIN ME.”

PSALM 51:10

PSALM 51

READ PSALM 51

This psalm is probably the most beautiful prayer of repentance ever written. But it brings to light the worst moment ever recorded in the life of David... and it exposes the ugliness that lies in all human hearts. The back story of Psalm 51 is found in 2 Samuel, 11-12. It is here that we read of David's poor decision to stay home while the rest of his officers and armies march out to war. As a result, David had opportunity to lust after another man's wife, take her as his own, and set into motion a sinister plot to cover it all by having her husband killed. We see no repentance over this matter until David is confronted by Nathan the prophet. Standing face to face with his sin, David finally realizes the gravity of what he's done. In all his efforts to hide and cover up the adultery and subsequent murder, he still came up short. Suddenly David could see what God had seen all along...that he was a filthy sinner, broken and weighed down by his rebellion and unable to cleanse himself. All of David's efforts were focused on making sure his life looked spotless on the outside, but inside was a dirtiness that he couldn't scrub away. The imagery repeated over and over again in this psalm is that of being completely purified and washed clean by God.

David comes to the realization that we all must come to; only the LORD can make us clean. No amount of our own strength can cleanse us from the sin that lies within. We are like Adam and Eve, sewing fig leaves together to try and cover our shame. With a "broken and contrite heart," David asked God to show him mercy. And that is what God did. Because that is Who God Is. He is a God of "steadfast love and abundant mercy." Nothing demonstrated this more than the gift of His Son Jesus. Romans 5:8 says "But God proves His own love for us in that while we were still sinners, Christ died for us." This is the hope that we have in Christ! Bring your humbled and broken heart to Jesus and He will make you clean.

Use Psalm 51 as a guide in your prayer time today. Be honest with yourself and before God about the sin you struggle with.

Do you typically feel the weight of your sin? Why or why not?

Reflections By:
Andrea Horne

PSALM 52

READ PSALM 52

Psalm 52 is a contemplation of David concerning the events that occurred during 1 Samuel 21 and 22, when Doeg the Edomite murdered 85 priests of God at the ordering of Saul in a paranoid rage toward David. No doubt David's faith and trust in God was tested during this time. These murdered priests were those who had given David aid as he was fleeing from Saul's attempts on his life. Perhaps David even felt somewhat responsible for the actions taken against these priests. However, we see David's faith and trust in God's steadfast love and sovereignty reassured as he contemplates the actions of this man who had killed 85 of the Lord's priests. David is confident that God will bring to justice those who committed this evil act. And though David himself, no doubt, would love to pronounce judgement on Doeg the Edomite, he trusts that God will make all things right, and that His loyalty, mercy, lovingkindness and steadfast love will remain with those who call on His name.

Sometimes we find ourselves in similar situations in life. We see those around us committing evil acts against us and against others, and we want justice! Sometimes we may even feel responsible for the acts of some, depending on who they are in our sphere of influence. Maybe we feel we have failed to set the correct example. However, we must realize that each person must answer for his or her own deeds, and we are not responsible for the evil acts perpetrated by others. We must trust the Lord even when we see evil all around us, and realize vengeance and justice belong to Him, and that His steadfast love toward us is and always will be unwavering. In the end, He will bring all things together for good, and will, in His perfect timing, administer perfect justice to all who have committed evil. Ultimately, our prayer is that those who commit acts of evil find Jesus Christ, and allow His mercy and grace to cover them, so that God's perfect justice will find them justified in Christ Jesus, before it is everlasting too late.

PSALM 52

I pray Isaiah 40:31, "but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Teach me Lord, I pray, to wait on you, and trust You to bring about perfect justice in Your time, for Your Glory. And I will walk in liberty knowing Your mercy, loyalty and steadfast love toward me will endure as "I wait for Your name, for it is good, in the presence of the godly." Amen.

Reflections By:
Brandon Horne

PSALM 53

READ PSALM 53

Psalm 53 is a poetic passage that emphasizes the themes of human depravity and the foolishness of people who reject God. Psalm 53 serves as a reminder of the importance of not denying God's existence. The opening verse describes the heart of a foolish man who willfully refuses God. It describes the actions of the heart being carried out in their daily actions. The second verse paints an image of the Father looking down from Heaven, hoping to see his creation longing and seeking His presence. However, verse 3 depicts the image of a saddened Father as he looks upon his creation living in their inherent sinfulness. Through verses 4 – 5, we see God's judgment and wrath being carried out on those who choose not to follow His commandments. The vivid image of scattered bones describes a divine judgment carried out on those who oppress God's children. Finally, in verse 6, we see a cry out from believers for God's redemption. A firm belief that deliverance will come out of Zion, redeeming us through the power of a Messiah. Psalm 53 is a reminder of the value of having confidence in God and the ramifications of leading a life apart from Him. It draws attention to the difference between those who do wickedness and deny the existence of God and those who place their faith in him for salvation.

It serves as a reminder of the redemption and restoration we experience when we place our faith in God. Consider the connections between the themes of accepting God's existence, the effects of sin, and hope for God's salvation and your personal experiences and convictions.

PSALM 53

Lord, we come to you today. With open hearts, we approach You in search of Your presence and direction. Lord, you are the one who fills our life with all that is wonderful and glorious. We ask that you bring forth more goodness in us, and all glory be to your name. Forgive us for the times we've walked away from You and done things that aren't in line with Your wishes. Please give us the courage to turn away from sin and follow the straight path. Lord, guide us as we provide hope to those who are lost in their ways and oblivious to Your presence. Give us a strong sense of hope and faith in Your salvation, knowing that You are close to delivering those who sincerely seek You. Lead us on our spiritual path by imparting us the knowledge to live by Your word and show Your compassion and love in everything we do. In your Heavenly name, Amen.

Reflections By:
Aaron Avila

PSALM 54

READ PSALM 54

Psalm 54 is a prayer of deliverance. David is crying out to Him, asking the Lord to save him and to hear his prayer. He is on the run from people who wanted to kill him. He turned to God and asked to be delivered from these evil people who were against David and against God. He recognizes even in this situation that may seem out of control that God is STILL his helper, the life-giver. Wow, what power this is describing our Lord having. Even in this situation where David is on the run, with his life in danger, he is holding strong to the promise that the Lord will vindicate him—He will get vengeance on the people who are coming after David, and it will be made right. He praises the Lord, even in this scary moment, saying that God is GOOD.

When you find yourself in a tough situation, who do you go to? Do you cry out to a friend, or do you cry out to the only one who can deliver us (Christ)? I encourage you as you go through your week to pay attention to how much you find yourself picking up your Bible and running to prayer or how much you pick up the phone and run to a friend when you find yourself needing help.

Reflections By:
Lindsay Waldo

PSALM 55

READ PSALM 55

Psalm 55 gives us a glimpse into the shock, disappointment, and deep hurt that is felt when we are betrayed by a close friend. In verse 12, David explains “Now it is not an enemy who insults me – otherwise I could bear it; it is not a foe who rises up against me – otherwise I could hide from him.” Having, and hiding, from enemies had become normal to David. However, this particular person knows him so well that David wouldn’t even be able to hide from him.

There’s a wave of shock and hurt, followed by a weighted blanket of disappointment that crashes onto you when betrayed by someone who you care for and who you thought loved and deeply respected you. When someone has failed you, broken trust, forgotten their covenant with you, or turned their back even to the point of hurling insults rooted in malicious intent, our flesh wants to live in the pit of loneliness. We must be so careful in these times that our perception doesn’t blur and our light doesn’t dim by the sin of others. It is in these moments that we have incredibly important decisions: Will I sulk in despair and allow my thoughts to spiral me into doubt or will I imprison my ungodly thoughts and make them obey Christ?

PSALM 55

Will I allow the one who never fails to speak over this failure? Will I allow my only hope, Jesus, to speak louder than any unbelief?

There is nothing easy about this pit we find ourselves in sometimes. However, it is in these moments that God has the ingredients to make something beautiful out of something messy. Sometimes it's through redemption in the situation itself. However, the most beautiful thing God does during these times is deepen your relationship with Him. You know God as comforter, but when you actually experience His comfort for yourself it is like healing balm to the soul. You know God as provider, but when you actually experience His provision of peace in turmoil, strength in weakness, joy in His strength, it deepens your faith. Nobody can take away your quiet moments with the Lord. This is the gift of the wilderness. I thank my God for the way He has guided, and is guiding me, through a wilderness season. When I seek the Lord, He answers every time. He is everything to me. I will never have a more faithful friend.

Reflections By:
Jenifer Taylor

WEEK TWELVE

"IN GOD, WHOSE WORD I
PRAISE, IN GOD I TRUST; I
SHALL NOT BE AFRAID. WHAT
CAN FLESH DO TO ME?"

PSALM 56:4

PSALM 56

READ PSALM 56

On our money it says, “In God We Trust.” David trusted in God even when he was being attacked by his enemies. His question — “What can flesh do to me?”

It seems that things stack up in piles against us—their evil thoughts, strife, they watch everything I do and lie in wait for me, and they will probably get away with it!

But God knows what I am going through— He even keeps account of my tossing, puts my tears in a bottle. God is with me. I praise your word; I am not afraid—what can man do to me? Thank you, Lord, that I can continue to walk in your ways.

Reflections by:
Billie Jordan

PSALM 57

READ PSALM 57

Psalm 57 is a call to give God the glory even in the pit! Here, David goes from pit to praise. He explains his soul as being in the “midst of lions” but he trusts the Lord, and he continues to exalt Him! That is faith! This tells us that God is all around. In the heavens high, in the earth below, even if we make our bed in hell – HE IS THERE – and His glory is over all the earth. Even in the worst of circumstances, David is showing us that His glory is everywhere. We simply just have to open our eyes, humble our hearts, and do a lot of “dying to self” to see it.

We all have times in our life where we are aiming to get “there.” That looks different for everyone. It could be a level of success, a marriage, a house, a car, a job, an amount of income, or even heaven itself. We all dream of what life will be like when we get “there.” But what if we realized that it was actually “here” all along because His glory is all around us? Home is not found within four walls. It is not found within people or in things or accomplishments. It is found in HIM!

We must remain steadfast like His love is for us. Then, our eyes will one day be opened to this reality. We could be in the pit of all pits, but we can trade the pit for praise when we realize that His glory is all around us.

When you have the choice between worry and worship, which do you choose and why? Look around. Where do you see God’s glory around you?

Reflections By:
Taylor Rustin

PSALM 58

READ PSALM 58

We are all sinners at birth in need of God's righteousness! We must learn not to listen to the deception in this world. God will be the judge. Through Christ the righteous will rejoice in His strength & faithfulness to all who depend on him.

Are we depending on God and not self?

We need discernment and for our minds to be renewed daily through His truth!! We can't do it alone.

Reflections By:
Wanda Morton

PSALM 59

READ PSALM 59

Psalm 59 is another contemplation of David as he is pursued by King Saul. Though David refused to raise a hand against Saul, the Lord's anointed, Saul and his men continually tried to take David's life. At this point, David fears for his life, and cries out to God for help. Interesting how this man would find himself hiding and afraid for his life during this time, when a few years earlier we would see him charge Goliath with only a sling and a stone with no fear at all, recognizing God's salvation and deliverance. What is the difference? David's fear of the Lord far outweighed any fear he had of man, including a giant. But now David, because of his reverence for God, and his respect for God's anointed king, could not fight back. This left David vulnerable and defenseless. David's only defense was to plead for God's deliverance.

Sometimes our foes come from the camp of the enemy, those who do not believe in the God of the Bible at all; in many of these cases we have no issue standing firm in our faith and principles. However, sometimes attacks and conflict come from within our own household, whether this be our physical family and friends or our church family, leaving us feeling defenseless. We fear any form of defense we employ may create division or even destruction to our family, including the family of God. During these times we must recognize our defense and deliverance does not come from ourselves, but from God. We must recognize our goal in these situations is not that our foes be destroyed, whether they are from the camp of the enemy or from our own household, but that their heart be changed to recognize the Lord Jesus and His plan for their lives. The change in their lives does not come from or depend on us; it comes from God through the death, burial and resurrection of Jesus Christ and the working of the Holy Spirit in their hearts.

PSALM 59

We look to You Lord as our defense and our deliverance, understanding that you are our deliverance, but also the deliverance for those we consider foes at this present time. We pray not for the destruction of those we are at odds with, but for a change of heart so they may find deliverance from evil through the blood of Jesus and the power of the Holy Spirit. We pray you would soften our heart so we too will be changed. We pray you will not simply give us strength, but understanding that You are our strength and fortress as struggles come our way, and that we always recognize your steadfast love and your protection in every situation. "The name of the LORD is a strong tower; the righteous man runs to it and is safe" (Proverbs 18:10). Amen.

Reflections By:
Brandon Horne

PSALM 60

READ PSALM 60

Our prayers can look a whole lot different when we're walking through a difficult season versus when things are good and we can easily give praise. There will be times in our life when we just want to yell "Restore us!" like the psalmist does in verse 1. God doesn't promise easy sailing. He says there will be troubles and tribulations on this side of heaven. However, we know how the story ends. Jesus has the victory and we can rest in that! Psalm 60:11 is a cry to God saying, "Give us aid against the foe, for human help is worthless." Run to the Lord today for his aid! Make room for Him to move and speak into your life.

Think about how you can make room in your life for God to move. Are you able to fully trust Him with your difficult times? Ask the Holy Spirit to help you in this area when those tough things come along.

Reflections By:
Morgan Motich

WEEK THIRTEEN

“BECAUSE YOUR STEADFAST
LOVE IS BETTER THAN LIFE, MY
LIPS WILL PRAISE YOU.”

PSALM 63:3

PSALM 61

READ PSALM 61

Desperate, Dependent, Delivered

David was a man who was not a stranger to trouble. In distress David seeks refuge in the Lord. Only desperate people need refuge. With God we are free to be as desperate as we really are. Total desperation is where we see God. David pours out his heart because his faith is strong. He never doubts what God can do even from the end of the earth, even when his heart is faint. God has delivered David in the past. David was not shocked when Goliath was slain. He is confident God will be his refuge and strong tower again. Can you imagine dwelling in the tent of the Lord or taking shelter under His wings? David certainly did. In his desperation he is dependent on God and confidently states that when he is delivered he will sing praises to His name forevermore.

Pour out your heart to God. Plead for Him to see you, to hear you. Give your prayers no rest. God will see you. God will hear you. Our confidence is not in the answer but in God's character. God will be your strong tower and will shelter you under His wings.

Reflections By:
Cassie Wilson

PSALM 62

READ PSALM 62

This is a beautiful psalm of David, describing the security that can only be found in God alone. Rich with theological truth, those who trust in God can find so much confidence and assurance in David's words. Though we seem to think that things have changed immensely since the days of King David, mankind really hasn't changed all that much. We try to find our salvation and security through all the things we think we can acquire and control. Our occupations, bank accounts, retirement funds, investments, and status among our peers can only take us so far. If we can work hard enough, make it to a certain position, acquire enough assets and cash flow, or save enough for retirement, we feel like we're set and secure. It's the American Dream! The problem is that all these things only give us the illusion of control. The unpredictability of the fallen world we live in can take it all away in the blink of an eye. Where will you go when the markets crash? When you lose your job? When your peers leave you behind? When the foundation that you built on sand crashes to the ground, who will rescue your soul?

In verse 1 and 5, David proclaims that his soul rests in God alone. When He is our rock and salvation, nothing that happens in the world can shake us. Regardless of social status or wealth, our lives are only a vapor (vs. 9). So why would we put so much energy towards gaining all the things we can lose and no energy towards what can never be taken away? In Mark 8:36, Jesus says "For what does it profit a man to gain the whole world and forfeit his soul?" What a question! As David says in verse 8, "Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge."

As you pray through Psalm 62 today, ask the Lord to reveal any area of your life where you have misplaced your trust and security. Pray that He will help you to rest your soul in Him alone.

When do you struggle the most to trust in God alone? Why?

Reflections By:
Andrea Horne

PSALM 63

READ PSALM 63

This psalm is a psalm we should pray every day of our lives. A psalm we should really tuck deep in our hearts.

David finds himself in the middle of the wilderness completely desperate for God. The first verse says “earnestly I seek you.” David is seeking the Lord, hungering for the Lord. Which reminds me of a verse in the beatitudes: “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” David is seeking the Lord with His whole heart and guess what? He finds Him and His soul is satisfied. We see that David not only has beheld God in the sanctuary but He actually remembers the Lord in his bed and meditates on God in the middle of the night.

This should really make us stop and ask ourselves the hard questions: Am I actually desperate for God? Can we honestly say that we are earnestly seeking the Lord? Are we taking the time to behold Him and to meditate on Him in the middle of the night?

The reality is just as David said, God’s “steadfast love is better than life.” But do we actually believe that? Have we actually experienced that? We all know what it feels like to long for something. We actually were created with an ache inside of us that can only be fulfilled by God himself. We feel this longing, we feel the ache, we feel the restlessness in our souls and yet so often we turn to all of the wrong things looking for satisfaction that only God can provide.

PSALM 63

David shows us a better way. He reminds us in this psalm that when we experience the restlessness that we can seek the Lord and KNOW that He will satisfy the longing in our souls. Psalm 107 says “He satisfies the longing soul, and the hungry soul he fills with good things.” We don’t have to live unsatisfied, looking to be filled in all the wrong places but we can turn to the Lord and trust His promises and KNOW that He will be the satisfaction that we crave.

Take time today to remember the promises of God and simply choose to believe that He CAN satisfy you. Let’s take our longings and the aches that we feel to Jesus today and trust Him to bring the satisfaction that only He can.

Reflections By:
Alex Padgett

PSALM 64

READ PSALM 64

Psalm 64 is a prayer for God's protection. The psalmist begins by appealing to God for deliverance from those who plot evil against them. They describe the actions of the wicked, who sharpen their tongues like swords and aim bitter words like arrows. Despite the threats, the psalmist expresses confidence in God's justice and ultimate victory over the wicked.

Although this may not be our exact physical reality today, we can turn to God when we experience hurt, pain, and injustice. We have access to a father who deeply loves and care for us. We need not fight or respond in our own strength. We can trust God to enact justice in His perfect timing. Our response when troubles arise reveals where our heart is. Will we be found trusting in the Lord, and leaning into His strength, and responding in grace?

As we pray through Psalm 64, we are invited to bring our fears and concerns before God. We can ask for His protection and deliverance in the midst of this broken world. This psalm encourages us to rejoice in the Lord and take refuge in Him. May we rejoice in who God is, in His faithfulness, in His provision, and in His mercy which is sufficient for all.

How can you entrust your fears and concerns to God in prayer, asking for His protection and deliverance? How does trusting in God's justice and sovereignty give you strength and hope in the face of brokenness? What are some practical ways we can rejoice in the Lord and take refuge in him today?

Reflections By:
Shayla Thacker

PSALM 65

READ PSALM 65

God, you hear me.

God, you alone atone for my sins.

God, you choose me, bring me near, and that is what brings me joy. Your goodness and holiness are what satisfy me.

The Lord is perfect in all of His ways. He is not tarnished with self-ambition or a lack of self-control. When He answers, it is always out of His righteousness, His moral perfection. His ways are magnificent, leaving us in awe because they are higher. We will never lack amazement at the work of His hands. His orchestration is beyond comprehension and the guiding force of our lives.

You alone are our hope, Lord.

You alone are all-powerful.

Even the earth and all that is in it is at the mercy of Your will.

You encompass everything good. Every good quality is not just a facet of who you are. You are the fullness of every good thing. We live in the overflow of your loving care.

When we put our trust in you, oh God, you turn the neglected, abandoned place and fill it. Your care is evident by your omniscient power. You created all, therefore you know all, in perfect detail. Nothing is by accident. Nothing goes unnoticed.

Reflections By:
Jenifer Taylor

WEEK FOURTEEN

"BLESSED BE THE LORD, WHO
DAILY BEARS US UP;
GOD IS OUR SALVATION."

PSALM 68:19

PSALM 66

READ PSALM 66

This psalm recounts some of the many wonderful deeds of God:

He turned the sea into dry land and saved us from the enemy.

He has tested us and tried us.

Yet He brought us to a place of abundance.

Looking back is always good. You can see where you have been and how far you have come. I remember laying on that floor with a broken heart with my face in the carpet! His grace covers all and we need not hold our past against ourselves!

So, we will make sacrifices to you—burnt offerings and vows! Living a life in your love and grace is sweet. Our lives shall be a sacrifice because of your gracious love!

Listen to what God has done for me. I cried out to Him, but He would not have listened if I cherished iniquity in my heart. But He has listened to my prayers. He did not reject my prayer or remove His love.

Reflections By:
Billie Jordan

PSALM 67

READ PSALM 67

Depending on your preferred translation of the Bible, you probably saw some of the following statements: “Be gracious to us God, be merciful to us God, be kind-hearted to us God, bless us God, make Your face shine upon us God, make Your face smile with favor on us God”, etc.

At first glance, this Psalm seems like it’s starting off a little self-focused, right? But shew, it’s actually quite the opposite! It’s others-focused! If we keep reading the Psalm after those statements above, we see a key transition in the text...

It goes from (essentially) “Bless us God...” (why?) “...SO THAT...!” “SO THAT Your way may be known among all the nations!” Who’s way? HIS WAY! His way of what? His “saving power” – His way of salvation & deliverance! This is what we can take part in! This is what we can join God in! He wants to use us to make HIM & HIS WAY known to the world!

You may have heard this phrase before and thought it was just a cliché – but it’s the truth! As believers – we are blessed to be a blessing! If we go back to Genesis, we see God promise Abram (Abraham) this, “I will bless you, so that you will be a blessing.”

This began what would be the trajectory of blessing from Israel to the nations (Gentiles) through faith in Jesus. With that being said, one theologian said it this way, “the Abrahamic covenant is being fulfilled every time someone puts their faith in Jesus.” I don’t know about you, but that’s exciting! And to think that God can use us as vessels for His purposes?! Wow!

PSALM 67

Not only is this Psalm others-focused, but even more importantly, it's God-focused! As I was reading this Psalm, there were two words that specifically stood out to me... The first word was – "PRAISE" – "praise God"! TWICE we see these exclaiming verses, "Let all the peoples praise You, O God; let all the peoples praise you!" "Let all the peoples praise You, O God; let all the peoples praise you!" Given the fact that these verses were repeated, we can assume there was an emphasis to them. And I don't know about you, but even as I was reading those verses for the first time, I couldn't help but feel like the author truly had a deep desire just for our God to be praised!

The second word was – "FEAR" – "fear God"! This is how we see this Psalm end, "(as the righteous judge and the governor of the nations) Let all the peoples fear Him!"

Sometimes we get confused on the meaning of "fear" in instances like these. But in my study, I love how the AMP translation describes fear: "awe-inspired reverence and submissive wonder". Isn't that beautiful?! We should fear Him with awe-inspired reverence and submissive wonder!

Today, I encourage you to pray...

Ask God to give you the eyes to see what He is doing all around you! (in your home, in your family, in your church, in your workplace, in your relationships, in your community, etc.) And then ask the Holy Spirit to help you join Him in that!

Lastly, ask yourself these 2 questions...

- 1) Do I have a deep desire just for God to be praised?
- 2) Do I approach Him with the kind of fear described?

Reflections By:
Andrew Padgett

PSALM 68

READ PSALM 68

Psalm 68 discusses how God will handle his enemies and on the other hand how much he deeply loves us. It details how God goes before us and has carried our burdens ultimately being the one to save us from death. It praises God's Holy name throughout as He shows us His strength coupled with His mercy on us as His people, who because of Him, have escaped death. This Psalm helps me to get to know God better and to learn about His heart for His children. Scripture shows us enemies of God and realizing how much He cares for us and how little tolerance He has for those that are against Him, helps me to see Him as a provider that cares deeply for my heart.

Let this serve as a reminder for you to never lose your pursuit of getting to know the heart and nature of God. The closer we become as we seek Him, the clearer and more aligned our hearts will become, ready and able to praise Him.

Reflections By:
Rachael Davis

PSALM 69

READ PSALM 69

Wow. Can't we all relate to the emotions of this psalm? The image of drowning with waves washing over your head...sinking deeper and deeper, with no firm place to regain your footing. Life can be so overwhelming. Sometimes the water comes rushing over us in a moment of great trial or tremendous grief. And sometimes we find ourselves slowly sinking in the mire of everyday worries and troubles. But the result is the same...we feel overwhelmed, exhausted, and hopeless. When David felt like this, he knew exactly where to turn. The opening cry of this Psalm is "Save me, O God!" Can't you just hear the desperation? From the depth of his soul, David is pleading with the LORD to deliver him from the pit his life has become. When we are overcome with fear and drowning in sorrow, it can seem as if the enemy is winning, and God is not listening. But Child of God, do not believe this lie! Our God abounds in steadfast love and abundant mercy. We serve the LORD who saves! Amid his great anguish, David still chooses to praise God. In verse 30, David says "I will praise the name of God with a song; I will magnify Him with thanksgiving." Even though David has not yet been delivered from his troubles, he still sings. While the waves crash over his head and his enemies hurl insults and reproaches upon him, he magnifies the name of the LORD.

How can David still praise the Lord during all his turmoil? Because his confidence is in God. He boldly proclaims in verse 33 that "the LORD hears the needy and does not despise His own people who are prisoners." We can have confidence in all circumstances because we have a God who never fails. And we can worship in the waiting.

PSALM 69

As you pray through this psalm today, think back to the times when you desperately needed the Lord to move. Praise Him for His faithfulness in your life.

Does any of the imagery or phrases in this psalm remind you of the words and life of Jesus? Where do you see the parallels?

Reflections By:
Andrea Horne

PSALM 70

READ PSALM 70

This psalm really challenges me because sometimes it feels wrong to pray like we see David praying here. It's kind of awkward to think about praying for someone to be put to shame. Obviously, if we are honest, we think these thoughts ALL of the time, BUT do we actually take these real, raw thoughts to God?

Often times, as we are going about our daily lives we forget that God WANTS us to come to Him with our whole lives. He wants us to come to Him with our feelings, emotions, and the rawness of our reactions. If I'm honest, God has really opened my eyes to how much I struggle with this. Sometimes it feels wrong to truly pour my heart out to God in a raw and honest way because my tendency is to get it all together so that when I pray, I pray the "right way" and "theologically correct". Which is just completely wrong thinking. We have a God who invites us to come to Him in our humanness, in our fleshly thoughts, and in the raw emotion and in exchange, He reminds us of the truth, teaches us how to trust Him, and sets things right in our minds and lives. In this psalm we see that David was yearning for deliverance from his enemies. He wanted them to be put to shame, to get what they deserved.

Again, if we are honest, we have probably felt these same things before. But the difference is, David's view of God drove him to take these things before the Lord. To truly plead with the only One who can bring about true change and who promises to repay evil. We see David pouring out his real emotion but then anchoring to the truth at the end of the psalm. He was honest about where He was, but He remembered the truth of who God is - his help and his deliverer!

PSALM 70

Is this the posture of our hearts? Do we truly view God as our help and our deliverer? And does that view of Him drive us to His feet with our raw emotions and feelings, even when we find ourselves in really messy situations?

Today, be honest with God. The reality is HE ALREADY KNOWS the depths of your heart. Take comfort in that today! You aren't revealing any crazy secrets to God, you are bringing Him your honest concerns, feelings, and emotions. And the beautiful thing is, He actually WANTS to hear them. He wants you to share them with Him because He can actually do something about them!

Reflections By:
Alex Padgett

WEEK FIFTEEN

“MY FLESH AND MY HEART MAY
FAIL, BUT GOD IS THE
STRENGTH OF MY HEART AND
MY PORTION FOREVER.”

PSALM 73:26

PSALM 71

READ PSALM 71

“In You, O LORD, do I take refuge; let me never be put to shame! In Your righteousness deliver me and rescue me; incline Your ear to me, and save me! Be to me a rock of refuge, to which I may continually come; You have given the command to save me, for you are my rock and my fortress.”

The opening line of this psalm should sound familiar... It is almost a direct quote from Psalm 31:1-3, written by King David. Though the author of this psalm isn't recorded (some commentators believe it to be David as well), we can infer quite a bit about him. For starters, he is older in age. In verse 9, he asks the LORD not to cast him off in his old age or forsake him when his strength is gone. We also gather from this psalm that He has trusted in the LORD from his youth.

I love that the psalmist is quoting another psalm in this prayer... Doesn't that just speak volumes about the importance of praying God's Word? This whole devotional is dedicated to the practice of praying through the psalms, and we get such a clear picture of that here from one of the original writers! It is also so sweet to see that this author began his life following the LORD, and he is still calling on His name all these years later. The psalmist has seen the faithfulness of God throughout his life, and the LORD is still his refuge. God can be trusted!

As you pray through this psalm, consider how your life is “proclaiming His might to another generation.”

How do you think praying God's Word will make a difference in your prayer life?

Reflections By:
Andrea Horne

PSALM 72

READ PSALM 72

In this Psalm, through his prayers and requests and desires, we see the author describe an ideal king!

One that would judge people the right way.
One that would ensure people are treated fairly.
One that would take care of people.
One that would feel compassion for people.
One that would save and defend people.
One that would rescue and redeem people.
One that would see how valuable people are.
One that would lead people in a refreshing way.
One that would take swift action on those who oppressed people.

Furthermore, in this Psalm, we also see the author's heart for God's people! He wants there to always be prosperity and peace among them! He wants them to always experience an abundance and flourishing! He wants them to always fear God with awe-inspired reverence! He wants them to always worship God with obedience! He wants them to always blossom and thrive!

Then, as we continue reading, we see the author say some interesting things...

Maybe as you were reading this Psalm for the first time, you thought to yourself...

"Hmm... that doesn't sound right, does it?"

The author (essentially) says of this king, "Give him dominion/rule/reign everywhere. May all people bow down before him, may all his enemies fall before him, may all the nations serve him, may all kings bring him gifts, may his name and fame increase and endure, may all the nations be blessed in and through him."

And... "may Your people always pray for him, bless him, and praise him."

PSALM 72

Wait a minute... what's happening here?! Here are 3 things to notice:

-First, he follows this up by pointing it all back to ultimately – his God! He says this...

“Blessed be THE LORD, praise THE LORD, the God of Israel/YAHWEH God. Who ALONE does wondrous things and who ALONE works wondrous deeds. Blessed be HIS glorious name forever. May the whole earth be filled with HIS glory! Amen and Amen!”

-Secondly, in one commentary I read this, “This Psalm speaks of a greater king, THE King! This Psalm is about Jesus! For He is the only One that truly fulfills the vision of the Psalm!” In fact, if you go back through how this ideal king is described in this Psalm, Jesus is the only One who can be these things and do these things perfectly! The reality is that no earthly leader or no earthly king could truly and perfectly fulfill this Psalm!

-Thirdly, you might ask, “Well, I understand what you’re saying about THE King, but still, how can the author talk about this earthly king in this way?” Well, this is what another commentary had to say, “When we are reading this Psalm, we need to remember that the author is saying these things in complement to, not competition with, the glory of his God.” The author still sees this earthly king as just a vessel for and to THE LORD!

With all of this being said, be reminded of these truths today: Jesus is not just the ideal leader, He is the PERFECT leader! Jesus is not just the ideal king, He is the PERFECT king! And because He is the perfect leader and the perfect king, we can put our hope and trust in Him!

PSALM 72

Lastly, ask yourself these questions today:

- 1) Go back through and read the list above on how the ideal king is described... How do you see Jesus as those things?
- 2) Although Jesus is the perfect leader & king that we've always longed for...Are you currently longing for someone or something else more than Him?
- 3) Since we know that we can put our hope and trust in Him alone...Are you putting your hope and trust elsewhere? Psalm 20:7 says, "Some trust in chariots and some trust in horses, but we trust in the name of the Lord our God! We trust in Yahweh!"

Reflections By:
Andrew Padgett

PSALM 73

READ PSALM 73

Psalm 73 presents a profound journey of faith and understanding as the psalmist grapples with the seeming prosperity of the wicked and the challenges faced by the righteous. At the outset, the psalmist confesses to feeling envious of the arrogant and prosperous, questioning the fairness of their lives compared to his own struggles. However, as the psalm unfolds, a shift occurs as the psalmist enters the sanctuary of the presence of God and gains a heavenly perspective.

From this vantage point, the psalmist sees clearly the destiny of the wicked, realizing their prosperity is temporary and fleeting. In contrast, the righteous are upheld by God's hand, guided by His wisdom, and ultimately blessed with His presence. The psalmist's perspective is transformed as he recognizes the true blessing and security found in knowing and serving God.

It is only when we lift our eyes to God that we can see the full picture. When we consider how good and faithful God is, all else fades away. We are called to desire nothing beside God. Though our hearts may fail, He is our strength and our portion forever. We can be at rest knowing that nothing in this life can fulfill or satisfy us. He is all that we need.

As we pray, Psalm 73 challenges us to examine our own hearts and perspectives. It prompts us to confront our feelings of envy or doubt when we see the apparent success of those who disregard God's ways. It encourages us to seek the sanctuary of God's presence, where we can gain clarity and understanding. Ultimately, it calls us to lift our eyes and to find our true fulfillment and security in a relationship with God, trusting in His wisdom and provision for our lives.

PSALM 73

How can you lift your eyes to God when circumstances don't seem fair? In what ways can you seek the sanctuary of God's presence to gain clarity and understanding? How might your perspective on success and fulfillment be transformed by recognizing the temporary nature of worldly wealth and the eternal blessings found in knowing God?

Reflections By:
Shayla Thacker

PSALM 74

READ PSALM 74

In this psalm we see a communal lament over the desolation of God's sanctuary. The people cry out in anguish over the destruction of the temple, the very center of their life together. They recall God's past deeds of deliverance and plead for God to intervene once again. Despite the devastation, there is a glimmer of hope as the psalmist affirms their trust in God's power and sovereignty.

In the unexpected, in the hurt, in the pain, in the sadness, and in the unrest we can remember who God is and all that he has done. Though all may seem to be dim, there is a glimmer of hope as we recognize that God was faithful then, and he will be faithful now.

As we pray through Psalm 74, we are encouraged to bring our own griefs before the Lord. We can express our honest emotions, knowing that God hears our cries and understands our pain. Like the psalmist, we can recall God's faithfulness in the past and trust that He will continue to work in our present circumstances, even when it seems bleak.

What things do you need to surrender to God in prayer, expressing your honest emotions and seeking His comfort and intervention? How does remembering God's faithfulness in the past strengthen your trust in Him for the future?

Reflections By:
Shayla Thacker

PSALM 75

READ PSALM 75

In today's psalm we see incredible confidence in reminding God's people that He is God and we are not. The writer, Asaph, is seeing bold disobedience from some and calls out their defiance. This psalm is a warning and an encouragement to humble ourselves under the mighty hand of God. Let us pray through it today:

Father, thank you for your Word that is so rich. Thank you that you breathed your spirit through these incredible psalmists knowing we would still need these reminders today because the battle of flesh and spirit hasn't changed. It is by your spirit alone that we are unified as believers and it is how you can still pierce us with your Word today. We give you thanks because you are always near.

Help us tell of your wonderful deeds. You know the beginning, the end, and life in between. You are in all and know all. It is in **your** perfect timing and at **your** command that **your** will be done. God, we repent of any pride stirring in our hearts today. We declare that we will only boast in **your** name. You alone are the judge. Lord, help us to always boldly proclaim what you have done for us.

Thank you that the wicked will be broken of their strength. Thank you that you promise to increase the power of those who love you and are called according to your purpose. We humble ourselves under your mighty hand today. In Jesus name, Amen.

Where in your life do you see pride stirring today? In what ways or areas do you want to give yourself the glory? God alone is good. We are no good apart from Him. Repent of pride today and clothe yourself with humility. For His strength is made perfect in our weakness (2 Corinthians 12:9). He alone deserves the glory.

Reflections By:
Jenifer Taylor

WEEK SIXTEEN

"I WILL REMEMBER THE DEEDS
OF THE LORD; YES,
I WILL REMEMBER YOUR
WONDERS OF OLD."
PSALM 77:11

PSALM 76

READ PSALM 76

Psalm 76 discusses the overall glory, majesty, and justness of God and how we should respond. We see in this Psalm how the Lord fought the battles of His people in Judah and Israel. How he was there in their time of need. We see that there is nothing that can stand against the power of our God! God's anger against injustice cannot be silenced and He will have the final say. The humble people of God will be rescued and the foes of God will be destroyed. After the psalmist acknowledges who God is, they then challenge us to have the appropriate response to a God we are so unworthy to praise. Let us keep our vows to the Lord, and give our gifts to Him who is to be feared.

When I read this Psalm, I am challenged by how I approach God at times. Do I give Him all of the glory and honor He deserves? Do I praise Him and thank Him enough? God has the ultimate authority and cannot stand the sin that I myself commit, but He chooses to love me anyway. Isn't it amazing that a God that powerful cares about sinners like us?

Pray and praise God for His power and authority. Thank Him for how He cares for you. Remember, you are one of His chosen people and that is something to celebrate!

Reflections By:
Jason Davis

PSALM 77

READ PSALM 77

In this psalm we see the desperate cry of a troubled heart. Asaph is begging for God to see his situation and swoop down to rescue him from all his difficulties. He knows that God hears his prayer, and He is sure that God is able to move in a mighty way to set things right again. But the thought that is keeping Asaph up at night is not if God can hear him... but if God cares.

Maybe the LORD has grown weary of showing steadfast love. Maybe He is tired of being gracious and merciful. It sounds silly to even say those things out loud, but haven't we all felt this at some point? When the LORD isn't answering our prayers in the time or way that we believe to be appropriate, we begin to question if He even cares about us at all.

Life gives us one problem after another and we throw up our hands and wonder if God has abandoned us. The circumstances of the moment can leave us feeling hopeless and irrational in our thinking. We forget that the character of God is not like the character of man. He is unchanging. He doesn't break promises. He does not forget to show mercy or cease to give steadfast love.

The very name of YAHWEH, the LORD is the essence of His nature... "a compassionate and gracious God, slow to anger and abounding in faithful love and truth, maintaining faithful love to a thousand generations, forgiving iniquity, rebellion and sin." (Exodus 34:6-7).

After Asaph asks the hard questions and wonders out loud if God has withheld His compassion and grace, we see the word Selah. When the singers came to this word, they would pause. And perhaps we should take a pause as well. In the midst of a difficult season, we must step outside of all of our feelings and emotions and take a moment to remember what is true.

PSALM 77

This is what Asaph does, and suddenly the whole theme of the psalm takes a new direction. Instead of focusing on the troubles of the moment, he begins to focus on the eternal God. He remembers moments in the past when the way seemed impossible, and God made a way. He remembers the redemption God brought to His people when they were enslaved in Egypt and the miraculous signs and wonders He performed. And He remembers that there is no God like the LORD.

And suddenly the song of sorrow turns into a song of praise! When we begin to reflect on the character of God and all He has done to redeem us, we can't help but respond with worship.

As you pray this psalm today, take time to reflect on the ways God has shown you His faithful love.

Do you struggle in difficult seasons to pause and remember the truth about who God is?

Reflections By:
Andrea Horne

PSALM 78

READ PSALM 78

Psalm 78 reflects on many things God did for the Israelites. Often in Scripture we see how the people would quickly forget God and they would fall back into their sin. This is why the psalmist opens up this chapter with reminding us that we're called to tell our future generations about God and all He has done so that they wouldn't make the same mistakes. Verse 7 instructs us to rise and remind them "so that they might put their confidence in God and not forget God's works, but keep his commands." This is something we cannot be passive about. We need to be sharing with our children the goodness and faithfulness of the Lord, now more than ever. They need to know God and who they are in Him so that when the winds of this world come, they won't be swayed because they are rooted in their Creator!

Let's be more intentional in encouraging and loving on the next generation. Share with them what God has done in your life so they can be confident in His provision!

God, I pray that You would be present and active in the lives of future generations. I pray we would rise up and declare to all generations to come all that You have done so that they may know You! In Your name Jesus, amen.

Reflections By:
Morgan Motich

PSALM 79

READ PSALM 79

Psalm 79 is a psalm of Asaph where he witnesses great destruction of Jerusalem by the Babylonian armies. As Asaph sees blood and bodies in the street, he realizes that his home has not only been destroyed, but humiliated.

Desperate for answers, he asks God how long his anger towards Israel will continue. But Asaph reminds God that Israel is the descendant of Jacob. God made an unbreakable promise to Jacob that he would be given a nation that would bless the world.

Asaph begs God for his people to be saved and forgiven. Asaph prays to God to avenge the blood that had been shed by the Babylonians. Asaph promises that if God proves He is their God by rescuing them, then God's people will praise Him forever.

Reflections By:
Tyler Griffin

PSALM 80

READ PSALM 80

Sometimes we can treat our prayer life like a panic button, expecting immediate help and rescue in our times of trials and stress. Our relationship with God should be an open line of communication: where we spill our heart to Him, but also trust that He will do what is best for us.

In Psalm 80, we see a lot of questioning God's responses, or lack thereof, and repeating of the phrase "Restore us, God of Armies." We can all probably relate to a time in our lives when we couldn't understand why God was not immediately fixing a certain relationship, or opening doors for that new job when we were praying for it fervently. It is important that we remember that He doesn't just see the 'big picture', He created the big picture! He knows exactly what is going to happen and when.

I encourage you to make an effort this week by asking God to restore your faith in Him and allow His will to be worked out in your life!

Reflections By:
Hanna Mentink

WEEK SEVENTEEN

"OH THAT MY PEOPLE WOULD
LISTEN TO ME, THAT ISRAEL
WOULD WALK IN MY WAYS!"

PSALM 81:13

PSALM 81

READ PSALM 81

In today's psalm we see the psalmist recalling the communication between God and His people during the time of the Exodus. God is the one who relieved their burden. In distress the Israelites called, and God delivered them. He spoke to them through the thundercloud and tested Israel's faithfulness in the wilderness. (vs.7) God declares for His people to listen! There is a call to lay down every idol and remember the great I AM. No foreign God that they bowed to brought them any salvation or deliverance from the wilderness. In fact, idol worship aided in extending their time there. We see something in verses 11-12 that should renew our fear of the Lord. "But my people did not listen to my voice; Israel would not submit to me. So I gave them over to their stubborn hearts, to follow their own counsels." The wayward sinner will eventually be handed over to their defiant ways. If we would simply "listen to God and walk in His ways, He would soon subdue our enemies." (vs.14) Do not love yourself more than you love God today. Repent. Lay down every idol that is lying to you, telling you that it brings joy or salvation. (i.e identity, money, sex, drugs, entertainment, comfort, or phones, to name a few.)

Do not let the temporary satisfaction of an idol rob you of your relationship with your eternal, Heavenly Father. There is only one, and there will only ever be one, that brings true deliverance and salvation. His name is Jesus Christ. He alone satisfies every longing and makes you whole for eternity.

What idol do you need to lay down today? Maybe you simply just need to talk to your Heavenly Father again. Tell him your worries, fears, and frustrations that cause you to run to that idol. Make the decision to then sit in silence and listen to Him today. Make your thoughts obedient to Christ. Declare that He alone is Lord over your life and over any struggle you are facing.

Reflections By:
Jenifer Taylor

PSALM 82

READ PSALM 82

Can't you picture it all in your mind? The crowded courtroom...the low murmur of the people as they wait for the proceedings to begin...and suddenly the Judge enters the room. Everyone stands to their feet and all eyes turn to the One who sits behind the bench. He holds all the power. And when He speaks, everyone listens. This is the image Asaph paints for us of God taking "His place in the divine council." And though the judgement of God is something to be respected and feared, we also get to see God's heart. The LORD is a righteous Judge, impartial in His deliverance of justice. He cares deeply for the weak and the fatherless, and his heart is for those who are afflicted. Too often, people in positions of power and wealth use their status to exploit and oppress others they deem as weak and needy. Those who are given authority abuse the very people they are supposed to protect. This does not please God. But where earthly judges fail, the LORD will step in and rightly judge the whole earth (vs. 8). The rich and the poor, the powerful and the weak will all face a Holy God one day. And how can we possibly stand before Him? Only by the "blood of the Lamb and the word of their testimony" (Revelation 12:11).

As you take time to pray through this Psalm, think about the LORD's heart for the weak and the fatherless. Pray for those less fortunate than you and ask God for wisdom on how to minister to them.

In what ways could God use you to be a blessing to those who are poor and needy?

Reflections By:
Andrea Horne

PSALM 83

READ PSALM 83

We see this Psalm begin with the author having a strong desire for God to act! We see statements like, “Do not keep silent, do not stay quiet, do not be deaf, do not hold Your peace, do not be still, do not remain at rest, etc.”

Perhaps the author feels like God should’ve acted by now...
Perhaps the author feels like God isn’t doing enough given the circumstances...

Whatever the case may be, we do know that the author is certainly wanting God to take action... but on who?! The author is wanting God to take action on those who are actively against Him! The author is wanting God to bring judgement upon His enemies!

And even though God knows everything, the author is really wanting God to realize the situation! It’s as if he’s saying, “Don’t You hear and see Your arrogant enemies rising up?! Don’t You hear and see the chaos that these God-haters are ensuing against You?!”

Furthermore, not only did these individuals hate God, but they also hated God’s people! In fact, they wanted to wipe God’s people from the face of the earth!

With that being said, when we see the author wanting God to bring judgement upon His enemies, we also have to see that they are his enemies as well!

So, we then see the Psalm move into the severity of action the author is wanting God to take on His/his enemies...and wow...it’s intense! And again, even though God knows everything, the author really wants God to remember what He has done before to those who are against Him!

Lastly, as we see this Psalm end – yes, we certainly see that the author is wanting these God-haters to feel the full weight of their actions...but to what end? What does the author ultimately want?

PSALM 83

The author (essentially) says, "Do these things, so that ALL may know that You alone, whose name is Yahweh, are the Most High! Do these things, so that SOME may instead choose to seek You, O Yahweh! Do these things, so that SOME may instead choose to submit to You, O Yahweh!"

Is that not beautiful?! Even though these God-haters were His/his enemies, the author still wanted there to be an opportunity for them to choose HIS way – salvation for their souls!

So, when it comes to application, here are some takeaways I had from this Psalm:

- The author has a very high view of God! He very much respects and reveres God! He wants the name Yahweh to be honored and lifted up! He wants people to give God the praise and glory He deserves! Question: How does this Psalm change how you view God in these ways?
- It should do something in our hearts when we see anyone or anything oppose God. We certainly should not feel casual about it. For example, when it comes to things that oppose God, we need to pray that God would intervene! And when it comes to people that oppose God – just as Jesus tells us later on in the New Testament, and how the author ended this Psalm – we need to pray for them, and we need to pray salvation over them! Question: How does this change how you'll pray moving forward?
- Lastly, if you're a believer, truly and seriously take a few minutes to let this sink in...Praise God that you are His! Praise God that He is FOR you! Praise God that Jesus made a way for you to go from a foe to a friend – from an enemy against God, to a family member who wants what God wants!

Reflections By:
Andrew Padgett

PSALM 84

READ PSALM 84

Psalm 84 is a beautiful expression of longing for the presence of God. The psalmist yearns for the courts of the Lord, describing them as a place of beauty, safety, and joy. They express envy for the birds who find a home near God's altar, and they declare their blessedness in those who trust in the Lord.

Our innermost hearts desire is to dwell with God. The presence of God is our fortress and strength. As we go through valleys - lowness, darkness, and adversity - remember that when our strength is in God it can be made a place of springs - a place of life, and provision, and sustaining. When God is our supreme value, our ultimate good - when we would rather have a lowly place with God than a comfortable place without him - then no matter what we face in this life, our deepest joy cannot be taken away. We are safe in His presence. We remind ourselves of verse 11 to reconcile our hearts back to him "The Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.". As we walk with the Lord we find all that we need in His presence. God is with you, no good thing does He withhold.

As we pray through Psalm 84, we are invited to reflect on our own longing for intimacy with God. We can echo the psalmist's desire to dwell in His presence and experience His goodness. This psalm encourages us to seek communion with God above all else, recognizing that true joy and blessing are found in Him alone.

What does it mean for you to dwell in the presence of God? How can you cultivate a deeper intimacy with Him in your daily life? In what ways can you prioritize seeking God's presence above other distractions and pursuits?

Reflections By:
Shayla Thacker

PSALM 85

READ PSALM 85

Psalm 85 is a lament that is designed to be sung corporately. It is to help the people of God call on God's mercy and grace. In this Psalm the writers express what they're feeling as they lived under God's anger and disapproval. However, if you notice it's clear that the writers are calling back on the revelation of God's character found in Exodus 34:6 where God states "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."

This verse is why the writers have hope! They look back to God's covenant faithfulness and call on His mercy, grace, forgiveness, love, and patience! This should challenge us, in moments where God's love feels far, to call back on His revealed character in scripture.

Pray through this Psalm today by asking Him to forgive you of your sin, confess any areas where you may be grieving the Holy Spirit, and remind yourself of God's gracious character. He is faithful to His promise and He will revive us if we call upon His name!

Reflections By:
Colt Allen

WEEK EIGHTEEN

"BUT YOU, O LORD, ARE A GOD
MERCIFUL AND GRACIOUS, SLOW
TO ANGER AND ABOUNDING
IN STEADFAST LOVE AND
FAITHFULNESS."

PSALM 86:15

PSALM 86

READ PSALM 86

Psalm 86 is a prayer of David who is described in scripture as having a heart after the Lord himself. It reveals him crying out to the Lord as he pours out his heart to God, asking God to receive him as he is and praising the greatness of His name. David asks God to teach him His ways so that he may rely on His faithfulness and in Him alone to have an “undivided heart”. This part really stuck out to me and I question how many of you may feel like me, fighting against the hustle and bustle of whatever stage of life that you may be in, but still trying to seek God’s power, character and goodness.

“I will praise you Lord my God, with ALL my heart: I will glorify your name forever” (verse 12). I read this verse and God really increased my desire to glorify His name and to love him with ALL of my heart.

I encourage you to read this Psalm and think about how great and marvelous God is to you, and to question if you are loving Him with an “undivided heart” or if you need to call on Him like David to help you truly rely on His faithfulness.

This Psalm is so rich with David’s pursuit to seek the Lord, and could be read anytime you might struggle to find the words. Take heart, for just like God’s love for David, He hears you and your cries to Him.

Reflections By:
Rachael Davis

PSALM 87

READ PSALM 87

If you are like me, this psalm was challenging to understand. What does this mean, and how can I decipher what God is trying to say through this writer? Well, I had to go find some commentary on this one, and for such a small passage, it carries a huge message. First, the psalmist is pointing out God's special heart for Jerusalem. God chose to do so much of His salvation plan through the people of Israel so it makes sense that God would have a special heart for that place. After God speaks about His feelings for Jerusalem, God shifts to discuss the people in the areas surrounding it. He mentions Rehab and Babylon who are enemies of God and His people. He says He will "make mention of those places to those who know Him" (Yahweh). Though most people in those areas did not serve Yahweh, there were some who knew God, and they had to be counted with His chosen. It doesn't matter where you live or what your genealogy is, God loves you! This is so important for the gentiles because God is willing to save more than just His chosen people. God has a heart for all people and wants to have an eternal relationship with those who choose to know Him.

When he mentions "this one was born there," he is saying that if you're a follower of God, it's like you were born in Jerusalem and you too will be recorded and can inherit the kingdom of God! If you are a sinner saved by the grace of God, then you are a citizen of the Most High Zion and that is something to be excited about!

Take time to pray and thank God that His salvation is open to everyone who believes in Him.

Reflections By:
Jason Davis

PSALM 88

READ PSALM 88

In Psalm 88 the author of the Psalm feels that they are in darkness and have fallen far from God. The entire passage repeats with the author lamenting their separation and aloneness. Have you ever felt like you were calling out to God and He wasn't answering? Have you spent time in your prayer life calling on His name and feeling like there is no one listening? We must remember that even in His silent times, God is always there and listening to our cries. He hears us in our suffering and wants us to continue to cry out to Him. We are never alone even when He is quiet.

Have you ever felt like you were crying out to God and He wasn't listening/hearing? Have you felt alone and afraid?

As you read through this Psalm and pray over these words, remember God wants to hear from us in our times of suffering as well as in times of gladness. Ask God to hear your cries as you come to Him, but know that He is always there waiting for His perfect timing to respond.

Reflections By:
Josh Jones

PSALM 89

READ PSALM 89

This Psalm starts out stating God's goodness and His promises that He has made to David. We are reminded of the covenant God made with His people that He will never break or turn from. The author continues on reciting the greatness of God and how the angels praise Him. We see His strength and unfailing love as we are His children and how He will protect us from our enemies and those who wish to harm us. The Scriptures take a turn though and He reminds us of His covenant with David and how He will never forsake it, but sinful man will not heed His instructions or follow His commands and He will punish us as we deserve. God tells us He will remain true to His word but that the people will turn away from His chosen line. Verse 46 the author cries out to God and asks Him how long He will hide from His people? How will they hear from Him before they perish as no one can overcome the grave? The author reminds Him of His unfailing love and promise to David and His people and wonders how much longer he must go on suffering. Verse 52 reminds us though to Praise the Lord Forever, amen and amen.

Even though the author of chapter 89 recites quite the history of God's promises to David and how they long to see the fruit of these promises, he ends his psalm with praise to the Lord forever amen. We oftentimes can get caught up in the promises we are expecting from God, but is He waiting on us to fulfill His requests?? To follow His commandments? To love Him and honor Him? We have taken what we have been given and thrown it down into the mud for our own wants and desires. But through all of this, God promises to never leave us or forsake us-because He LOVES us-He has covenant with us.

Today, how can you pick up what God has offered to you and put it back in its place of honor as He continues to honor His covenant with us, His people? If you are unsure of where to pick things up, ask God for guidance and listen to where you can start to honor Him in your life right now. Some things will be much heavier to pick up and dust off, but He promises it will all be worth it.

Reflections By:
Crystal Jones

PSALM 90

READ PSALM 90

God is eternal; He existed before the world was formed and exists for all eternity. The psalmist reminds us that, unlike God, our time on earth is limited and that we should make the best of each day. While we will have troubles, let us remember what we can learn from such times and be reminded of the numerous blessings that God has bestowed upon us. We will not live forever, but God's love for us is enduring and He promises a place for all who follow Him in heaven.

When Moses wrote, "Lord, you have been our dwelling place throughout all generations", he acknowledged that God is eternal and that He will be with us always. We can find solace in knowing that in an ever-changing world, God remains an unwavering safe haven for every season of our life.

Our sins are obvious; God sees all, but through Him we are forgiven and afforded a fresh start. Make each day count - not only in works and deeds but in recognition that our days on earth are limited and God calls us to live each day with a desire to glorify Him in all we say and do.

In turn, this brings us happiness, not only in appreciating what each day brings - good or bad - but in knowing that each day brings us closer to our loving Father.

Prayer:

Lord, help me to wake up each day with a light heart and an anticipation of the good things that you will do for me. May my thoughts and actions glorify You and give me the strength and wisdom to make the most of each day. It will not always be easy, but I know that, like a good father, You will always be there to catch me when I stumble. Lord, thank You for what You will teach me today, be it challenges or rewards, and may I glorify You in both. Amen.

Reflections By:
Steve & Cheryl DesRoche

WEEK NINETEEN

“HE WHO DWELLS IN THE
SHELTER OF THE MOST HIGH
WILL ABIDE IN THE SHADOW
OF THE ALMIGHTY.”

PSALM 91:1

PSALM 91

READ PSALM 91

What a beautiful and powerful Psalm this is!

In my study of Psalm 91, I came across this powerful statement from one theologian: "Dwelling in the shelter of the Most High and abiding in the shadow of the Almighty, means trusting in God and His love."

As John 15 says, we should desire to ABIDE in Him and His love! First and foremost, can you think of anywhere else you'd rather be?! Where else would you rather be than in the shelter of the Most High and in the shadow of the Almighty?! He is a different kind of refuge, fortress, and place of safety! There's this sense of rest and security that can only be found in and with Him! And as Romans 8 says, NOTHING can separate us from His love! Hallelujah!

Yet.. it's interesting to me the places in which people choose to dwell and abide in mentally, emotionally, physically, spiritually, etc.

Even though the shelter of the Most High and the shadow of the Almighty is available – it saddens me that people would choose other shelters and shadows. Shelters and shadows that are temporary, unstable, and penetrable.

And even though He is available as THE refuge, fortress, and place of safety – it saddens me that people would choose to try to find rest and security in other places. Places which will not grant those things.

Now before we go on, I have a question for you...

Have you truly come to the place of saying, "Yahweh alone is my God!?" Have you truly come to the place of putting your trust in God and His love?

If you have, that is awesome and praise the Lord!
But if you haven't, talk to someone about that today!

PSALM 91

Because, the truth is this...

Whether you're a believer, a new believer, or an unbeliever – God can be trusted! Like Psalm 91 says, "His faithfulness is a shield and buckler! His faithfulness is a shield and a wall! His faithful promises are like armor and protection!" "He will deliver! He will rescue! He will cover! He will protect!"

He is who He says He is! And we can be confident of that! We can be confident in Yahweh and our standing with Him if we are believers! As a matter of fact, we have absolutely NOTHING to fear in this life and in this world IF we are in Christ! As Romans 8 says, "we are more than conquerors through Him who loved us!"

Lastly, I love how this Psalm ends by showing the personal nature of God! For He isn't "just" a shelter and a shadow... HE IS! He is The Great I AM!

With that being said, in terms of application – go back through and read this last portion of Psalm 91... Really think about it and really see the personal nature of God on display!

Pray and ask Him to reveal Himself to you in a personal way today!

"Because you hold fast to Me in love, because you set your love on Me, I will deliver you, I will save you; I will protect you, I will set you securely on high, because you know My name, because you confidently trust and rely on Me, knowing I will never abandon you, no never. When you call to Me, when you call upon Me, I will answer you; I will be with you in trouble; I will rescue you and honor you. With a long life I will satisfy you and show you My salvation."

Reflections By:
Andrew Padgett

PSALM 92

READ PSALM 92

The title of this psalm is “A Song for the Sabbath” and I LOVE IT!!! I love to imagine the people of God gathered for worship and singing this song together as a hymn of praise. The psalmist begins with a declaration: “It is good to give thanks to the LORD, to sing praises to Your Name, O Most High;” Giving thanks to the LORD is not only right, but it is good! It is good because the LORD deserves our thanks for all He has done. And it is good because of what it does inside of us. The realization of how good our Father has been to us makes us want to share our blessings with others. And it should make us want to SING! The author of this psalm is not known, but it is obvious that his words were meant to be sung with “harmonious sound.” When we stand and sing together in corporate worship, we should not just go through the motions with no feeling or expression. We are singing to the King of Kings and LORD of Lords! The Creator of Heaven and Earth! The One who gives us our very breath! Bring out all the instruments and sing with joy! When we wake in the morning, we can praise God for His steadfast love. And when the day is done, we can look back and see His faithfulness to us...and praise Him again.

God has given us the gift of music to express our feelings and emotions. And music has a way of bringing people from all different backgrounds together. How fitting that this gift God gave us can be returned to Him in the sound of praise to His Name. The psalmist acknowledges the foolishness of those who choose to do evil, and that their end is destruction. But the righteous, who recognize that all good things come from God, will flourish and bear good fruit for years to come. That sounds like another reason to sing!

As you pray through this psalm, take time to thank the LORD for all that He has done for you.

In what ways can you praise the LORD morning and night for His love and faithfulness?

Reflections By:
Andrea Horne

PSALM 93

READ PSALM 93

Psalm 93 can be read with great confidence and expectancy for God and how mighty that He is. The strong and mighty seas with pounding waves are illustrated as not being stronger than the Lord himself. The end of the Psalm reminds us that the statues of the Lord stand firm and can be trusted forever which can help us as Christians living each day.

Maybe we look around and begin to notice how many things the world has put before God. But we can trust and believe in the eternity of God and that His strength is always more. Today, yesterday and tomorrow He stands firm and the hope that gives to us as Christians should be revitalizing. Thank you so much Lord for forevermore sitting on the throne.

I challenge you to pray over this Psalm and to ask God to continuously reenergize our hearts, minds, souls and faith with the promises that He is everlasting!

Reflections By:
Rachael Davis

PSALM 94

READ PSALM 94

Psalm 94 is a cry for justice in the face of oppression and wickedness. The psalmist addresses God directly, imploring Him to make right what is unjust. They express frustration over the apparent impurity and call upon God to intervene on their behalf.

As believers we can cry out to God in similar angst. Until the world has been made right again we will see the downfall of sin. There will be ridicule, rejection, strife, and unrest. The promise which we can cling to is that the Lord will not forsake his people. We have covenant promises from God which we can hold fast to. In him we can rest knowing the He is near. In our worries and anxieties let us consider God's consultations. If you are in Christ, you have a hope and a future in the coming of Christ. We have His spirit to comfort and direct us all of our days.

As we pray through Psalm 94, we are called to bring our concerns before the Lord. We can express our frustration and anger at the prevalence of evil in the world, while also trusting in God's ultimate justice.

This psalm reminds us that God sees and cares about the suffering of His people, and He will ultimately bring about justice in His perfect timing. We can place our hope and trust in Him.

How can you bring your concerns to God in prayer, trusting in His justice and sovereignty? What promises can you hold fast to in these situations? How might we look to God in the midst of all that is going on in our world today?

Reflections By:
Shayla Thacker

PSALM 95

READ PSALM 95

David reminds us in Psalm 95 of the importance of worship when it comes to our relationship with God. The psalmist describes some of the many different forms of worship; shouting joyfully, singing praises, coming to him with a thankful heart, but also obeying Him faithfully. Obedience may not seem like a standard for worship, but it really is to God! What better way to show someone respect and reverence than showing them that their wishes are important to you also? Or that you trust the insight that they have for your life? Just like when your parents told you that going out after a certain time, or hanging around a certain group of kids from school was prohibited, and you listened to their warnings, trusted their insight, and showed them respect by obeying those boundaries they set within the protection of the home. Throughout the Bible, we see examples of the consequences of not obeying God, as David hints towards the end of the Psalm when he mentions Meribah, the place in the desert where the Israelites began to waver in their faith during their journey and began to feel bitter towards God.

I encourage you today to focus on areas in your life that are not in accordance with God's will, and have an obedient heart to His Word!

Reflections By:
Hanna Mentink

WEEK TWENTY

“KNOW THAT THE LORD, HE IS
GOD! IT IS HE WHO MADE US,
AND WE ARE HIS; WE ARE HIS
PEOPLE, AND THE SHEEP
OF HIS PASTURE.”

PSALM 100:3

PSALM 96

READ PSALM 96

Ultimately this Psalm is a Psalm of praise! It calls us to sing to the Lord for all He's done! To give Him the glory that is due His name!

This Psalm anchors on verse 4. "For great is the Lord and greatly to be praised; he is to be feared above all gods."

The Psalmist is showing us that because God is great, he deserves to be greatly praised. He is God of creation as well as God of our salvation. Because of that, He is worthy of our song! This Psalm also points us to trust in the coming judgement of the Lord. That one day He will reward the faithful and punish the wicked! Yet, as we await that day, we must worship Him with fear and reverence. It is so easy to worship something other than God. Take a moment today and just recount how great our God is! Recount what He's done for you! And give Him the glory He deserves!

I encourage you to pray through this Psalm by recommitting to fear and worship the Lord alone! It is the only thing that can truly give us freedom and joy!

Reflections By:
Colt Allen

PSALM 97

READ PSALM 97

The Lord reigns and will reign forever! God will ascend from the heavens and all wrongs will be made right. Righteousness and justice are the foundations of His throne and every living being will fear and worship the Lord. Isn't it amazing that with all of our technology, we can barely predict the weather, but the whole earth fears and obeys the Lord our God! The earth trembles and the mountains will melt like wax before the Lord. All those who are worshiping false gods will be put to shame and the people worshiping the one, true God will be glorified. As followers of God, this psalm brings great news, but it should bring with it some urgency too! Let us put down the false gods and idols that we worship; money, status, popularity, material things, our jobs, and ultimately our biggest idol, ourselves. So many things in this world vie for our attention. Let us keep our minds on the things of the Lord. Let us try our best to share God with others and ultimately, let us rejoice in the Lord for He will bring light to the righteous.

Take time now to pray and praise God for His power and might. Ponder whether He is getting the attention from you that He deserves. What earthly idols come before your relationship with God and how can you redirect your focus to Him?

Reflections By:
Jason Davis

PSALM 98

READ PSALM 98

I love that this psalm opens saying, “he has done marvelous things.” If we step back from the present moment and look over the span of our lives, I feel like we can all in one way or another say that we have seen God do marvelous things. Sometimes, we get so caught up in what’s right in front of us, that we forget all that God has done to bring us to this moment we are standing in right now. A million little miracles, more than we can even comprehend, all woven together to bring us to THIS place in time.

Most importantly, and this psalm brings attention to it, God has made known His salvation and has revealed His righteousness. If we sit here for a minute and truly think about it, that is a MIRACLE. The fact that God, the creator of the universe, has made a way for us to be in intimate relationship with himself and continues to reveal himself to us in so many ways should leave us in awe and wonder. That alone, if NOTHING else, should give us reason enough to make a joyful noise today. He has worked salvation for us! He has remembered the promise of His steadfast love! What a BLESSING!

Don’t rush past the ordinary miracles that you experience God doing for you today. Let’s take some moments throughout the day, to pause and to truly sing a new song to the Lord as we see Him moving in our midst. If you have food on your table today, praise Him! If you have gas in your car, praise Him! If you are able to pray, PRAISE HIM! If you fall into sin today and can ask for forgiveness and actually be forgiven, PRAISE HIM! If you have family or friends to spend time with, PRAISE HIM!

PSALM 98

Let's be a church that builds a regular rhythm of praise into our daily lives. Let's be people who do not take for granted the lives that we have been given, the breath in our lungs, the SALVATION that GOD HAS WORKED FOR US! Let's not look past the miracles that God does for us but instead let's take the time to truly recount the marvelous things He has done! There is ALWAYS a reason to praise the Lord!

Reflections By:
Alex Padgett

PSALM 99

READ PSALM 99

The tone of this psalm is one of reverence and awe, as it describes a mighty and holy God. It makes you want to fall on your face before Him in humility as you try and comprehend His vast greatness. The people tremble in His presence. This is an appropriate response when standing before the LORD.

He sits enthroned among the angels of heaven. Even the earth quakes in response to His holiness! The psalmist is reflecting on events that happened in the days of the Exodus. After the LORD rescued the Israelites from the Egyptians, He reveals Himself to them on Mount Sinai. Moses consecrates the people, and they approach the holy mountain, where God's presence descends in a great cloud.

There were "thunders and lightnings and a thick cloud on the mountain and a very loud trumpet blast, so that all the people in the camp trembled" (Exodus 19:16). Verse 18 of the same chapter reveals that even the mountain trembled under the weight of the glory of God. The only response to such a holy God is praise and exaltation of His great and awesome Name!

As you pray this psalm today, posture yourself in reverence before the Lord by approaching Him on your knees.

Do you worship the LORD with the reverence and awe that He deserves?

Reflections By:
Andrea Horne

PSALM 100

READ PSALM 100

When you read this Psalm, do you, like me, just wind up with a smile on your face by the end of it? There is a countenance described here that should consume us as we consider how good God is to us, Amen?

Full of joy, and thanksgiving, and gladness, full of praise, singing and blessing His name!!! And why would we have such an outlook?...Why would we choose such a positive and expressive demeanor to the Lord? Because it is the Lord, God almighty who made us!...We are His!!!...He is our good shepherd!!!...and His love for us endures forever...no matter what!...Can I get an AMEN!!!

May I bring to our attention one other thought? Please note that verse one says make a "joyful noise". Personally, I think FBC Maysville, sure does a great job at this!!!...It is the result of a people who are emersed in the goodness of God!

Prayerfully consider how you will contribute to the joyful noise that is resounding from this church family!...Not just through our corporate worship and music, but through every ministry this church is involved in, let's make a joyful noise!

Reflections By:
Tim Price

WEEK TWENTY ONE

“AS A FATHER SHOWS
COMPASSION TO HIS CHILDREN,
SO THE LORD SHOWS
COMPASSION TO THOSE WHO
FEAR HIM.”
PSALM 103:13

PSALM 101

READ PSALM 101

Psalm 101 challenges me in so many ways. David declares many things that he has already decided. He has decided to ponder the ways of God, to walk with integrity, to not set his eyes on worthless things, and to create distance between himself and things that do not glorify the Lord. This is a huge challenge to us as believers to go ahead and make a decision TODAY on how we are going to live our lives. Will we choose to walk in integrity and to follow the Lord, no matter the situation? We can go ahead and make that choice so that when situations arise, we know what must be done. It leaves way less room for swerving in directions that are not glorifying to God when the pressure is on.

Also, this psalm really challenges me to think about how often I end up tolerating sin in my own life, in the company I keep, and in the culture that we are surrounded by every day. David makes it clear that he is not going to just accept living surrounded by things that are not glorifying to the Lord. He is creating space between himself and people practicing deceit and those uttering lies. He says he will know nothing of evil.

It's obvious that he takes sin very seriously. Are we taking sin this seriously in our lives today? Are we doing everything we can to separate ourselves from evil and from those practicing evil around us? Have we become so immune, so comfortable, living in our culture today that we don't even actually realize how much we tolerate things that are truly not glorifying to God?

Let's be a Church that decides, today, to stand on God and on His Word. Ask God to open your eyes to any area of your life where you have been tolerating sin. Ask God for wisdom to navigate this life in a way that honors Him and for discernment to know what that looks like in the day-to-day situations that you will encounter. He promises in His Word to give us everything we need for life and godliness, so rest in that today.

Reflections By:
Alex Padgett

PSALM 102

READ PSALM 102

In Psalm 102, we hear the cries of a suffering person calling out to God in his despair. The first half of his lament describes what life has been like for him while he has endured the sufferings of this earth. He even expresses his fear of death, and how his days are numbered. The last half of the Psalm takes a turn, and the suffering man begins to praise God and glorify what He has already done and will do. Even though the man was intensely suffering, he expressed faith in God and turned to him in times of trouble, which is a great reminder for us!

It is easy to get lost in our own grief and frustration when going through seasons of disappointment and confusion, but what a comfort it is to look at what God has done in our lives already and the promises of what He will do in the future. Interestingly throughout the Psalm, we see man and God contrasted side by side, just as his grief and God's restoration was compared. For instance; "My days are like a lengthening shadow, and I wither away like grass. But you, Lord, are enthroned forever", which compares man's temporary and numbered existence with God's eternal reign. Through the contrasts written, we see just how fragile man is in comparison to God, and how much we need His favor in our lives.

I encourage you today to tell God what is on your heart, but also to count all of the ways He has restored areas in your life and praise Him for His hand on your life!

Reflections By:
Hanna Mentink

PSALM 103

READ PSALM 103

WOW!!! If this Psalm doesn't get you FIRED UP, I don't know what will!!! This Psalm reveals so much about the heart and the character of our God!

He forgives all of our sins!

He heals all of our diseases!

He redeems our lives from death!

He lavishly crowns us with lovingkindness and tender mercy!

He satisfies us by filling our lives with good things!

He renews our youth like soaring eagles!

He executes righteousness and justice for all those who are treated unfairly!

He has made His ways known to us and He has shown us Himself!

He is merciful and gracious!

He is compassionate and abounding in steadfast, unending, unfailing love!

He is slow to anger and He does not keep His anger forever!

He does not constantly chide, contend, or accuse us!

He does not punish us according to all of our sins as we so deserve!

He has removed our transgressions from us as far as the east is from the west!

He views and treats us just like a father would view and treat his children!

He has established His throne and His kingdom, being sovereign over all!

Wow! This is our God!

And to whom is He these things to?! Those who fear Him!
Those who worship Him with awe-filled respect and deepest reverence!
Those who honor and keep His covenant!
Those who remember His precepts and obey His commands!

And with that being said, what should be our response to our God?! It should be the same as the author of this Psalm! BLESS THE LORD! BLESS YAHWEH! We see over and over again the author blessing our God! And not only that, but he wants others, everything God has created, to do the same!

PSALM 103

Depending on your preferred translation of the Bible, we see things like this mentioned numerous times:

“Bless the Lord; praise the Lord; bless and praise Yahweh; affectionately praise Him!”

“Bless the Lord O my soul; let ALL that I am praise the Lord; ALL that is within me praise the Lord; with my WHOLE heart I will bless and praise His holy name!”

With that being said, here are some questions to ask yourself...

Do I desire to bless/praise/affectionately praise the Lord/Yahweh?

Do I desire to bless and praise Him with all that I am?

I encourage you to pray, and ask God to show you if in this current season of your life, “Do I bless and praise You Lord with my whole heart, or only in part?”

Lastly, I thought this part was very much a key component of this Psalm: “May I NOT FORGET all His benefits; may I NOT FORGET any of His benefits; may I NEVER FORGET the good things He does for me.”

With that being said, here are some questions to ask yourself...

Have you forgotten? Have you forgotten who Your God is, what He has done for you, and what all He has given you?

I encourage you to go back through this and read how this Psalm reveals the heart and the character of our God! Take time to remember who He is, what He has done for you, and what all He has given you!

Reflections By:
Andrew Padgett

PSALM 104

READ PSALM 104

Psalm 104 is a hymn of praise to God as the creator and sustainer of all things. The psalmist marvels at the wonders of God's creation, from the heavens and the earth to the creatures that inhabit them. They acknowledge God's power and sovereignty over all aspects of creation, from the sea to the mountains and everything in between.

In this psalm we are called to see the world and be drawn to God. We see God and are captivated by his majesty. We stand in wonder, recognizing how powerful and wonderful He truly is.

As we pray through Psalm 104, we are invited to join the psalmist in praising God for His magnificent creation. We can reflect on the beauty and complexity of the world around us and give thanks for the ways in which God sustains and provides for His creation. This psalm reminds us of our dependence on God and calls us to steward His creation with care and reverence.

How does reflecting on God's creation inspire awe and gratitude in your heart? In what ways do you see God's provision and sustenance in your own life and in the world around you?

Reflections By:
Shayla Thacker

PSALM 105

READ PSALM 105

You are so faithful, oh God! We give thanks to your glorious name. Thank you that we can call upon your name and make your wondrous works known among all peoples. We will sing to you, our Lord and God. We sing praises only to you! We give glory to your holy name. We will seek your strength and presence continually. You make our hearts rejoice when we seek you and put our trust in you. Help us to always remember your miracles, judgments, and wonders of your mighty hand. Let us never get over what you have done for us. You keep your promises. No word of yours returns void. Your hand is on our lives and we humble ourselves under it. You order our every step. You take what the enemy meant for evil and turn it for good. You are so gracious and generous with us, Lord and we thank you. We will be joyful and sing thanks to you for choosing us. May we always keep your statutes and live according to your will. We praise your holy name and sing to you today!

Begin today with a thankful heart. Spend time simply thanking the Lord for all he has done. Warning: Once you start, it's hard to stop! Let your heart sing a song of gratitude and glory to His holy name. Put it on repeat. Watch how desiring the Lord brings hope to every other place in your life.

Reflections By:
Jenifer Taylor

WEEK TWENTY TWO

“FOR HE SATISFIES THE
LONGING SOUL, AND THE
HUNGRY SOUL HE FILLS
WITH GOOD THINGS.”

PSALM 107:9

PSALM 106

READ PSALM 106

This song recounts God's mercy upon the Israelites. Throughout the Old Testament, they strayed from God. They lacked faithfulness and continued to disobey God, committing sins of rebellion to child sacrifice. Through it all, God showed grace.

God loves us no matter what. He helps us through all things. He hears our cries. He surpasses our expectations. God is good and never changes.

He is worthy of our praise.

How much do we fail God? And how are we to learn from our past failures if we do not even acknowledge that we failed God, ourself, and possibly others?

Focus on God and He will make them known to you and then confess them to Him. This helps us to address that we need saving and/or forgiveness and Jesus is the only one who can do that.

He is worthy of our praise.

Let this encourage you that God loves you and can use you no matter what the failure. There is no doubt God can use anyone in miraculous ways, but the emphasis must be that it is God who is working to accomplish His will. He is giving His love, He is showing His power, and giving you more than you could ever imagine.

God is worthy of our praise.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort. 2 Corinthians 1:3

So, let us do as Psalm 106 begins and ends... Praise the Lord. Let us devote our lives daily to pleasing the Lord.

Reflections By:
Brenda White

PSALM 107

READ PSALM 107

Verse one of Psalm 107 sets the tone for the whole passage, "Give thanks to the LORD, for he is good; his love endures forever." There is such beauty in the whole verse, but the second half testifies of the Lord's enduring mercy. It has such a liturgical (worship) quality, and I believe we read this verse without comprehending the intensity of it. As we read through the chapter with this verse in mind, so much is revealed to us. We see that the chapter only exemplifies the enduring pattern of God! Psalm 107 is such a testament of the true power of God and the many ways He can move. Even through Israel's exile and trials, the Lord never stopped providing- and He most certainly never stopped caring. That would be so far from His enduring character.

Psalm 107 closes with a verse encouraging us to heed all these things and ponder the loving deeds of the Lord. On the mountain, in the valley, and everything in-between, let's keep praying, watching, waiting and loving how the Lord is moving. Let's never forget all He has done and be expectant for all He will do.

In any season of life you may find yourself in, I encourage you to actively give thanks to the Lord for His mercy. Seek to pray in desperation and ask God to reveal to you his enduring, forever character, and ask yourself how you can ponder the loving deeds of the Lord in all aspects of your life.

Reflections By:
Gracie White

PSALM 108

READ PSALM 108

This psalm discusses trust, praise and ultimately victories we can have with God. All of these stem from the condition of the heart. This psalm led me to examine myself. How can I develop a more “steadfast” heart? We will all have battles, not physical like David, but perhaps a battle with a health diagnosis, an addiction, or maybe a broken relationship. The battle is not ours alone but belongs to God. In His unfailing love we will not only make it through, but we will be victorious!

As you read this psalm remember that you are not only a survivor, you are an overcomer through Christ! Sing His praises with a “confident” heart.

In regards to your relationship with God, what is the condition of your heart? Are you confident in the one who’s “unfailing love is higher than the heavens?”

Reflections By:
Ray Cole

PSALM 109

READ PSALM 109

Psalm 109 was written by King David as a call for judgment against those who have worked evil against him and sought his harm. We are not told when this psalm was written, or against whom it was written. One thing is certain, they had upset the King, and left him angry and seeking vengeance. In this psalm David feels that he has reached out to this individual for good, and they returned to him nothing but evil. In this instance David cries out for God to punish those who have wronged him, even to the point of punishing their children and the families. Though we are not given the exact circumstances around which this psalm is written, in the midst of all of his anger and vengefulness toward the one who has wronged him, David chose to speak his heart and wishes to God, and allow God to judge as He sees fit. David was the most powerful warrior to ever lead the Israelite people. He had subdued all Israel's enemies. There is little doubt that David had the power to make the writings of this song a reality in the life of the one for whom it was written; but he leaves it in the hands of almighty God, ending the psalm with a focus on God's steadfast love, and his name being made great.

A takeaway for us in this psalm is that God wants us to share with Him our heart, even when we are angry and vengeful. He sees our heart. There is no hiding from Him. When we are angry, we should share it with the Lord. He can bear it. I am reminded of another psalm of David: "Be angry, and do not sin, ponder in your own hearts on your beds, and be silent" (Psalm 4:4). It is ok to be angry, but leave justice and vengeance to the LORD, one who is without sin.

PSALM 109

Notice the curses called out by David: appoint a wicked man against him, let an accuser stand at his right hand, let him be found guilty, let his prayer be counted as sin, let curses come upon him, let his name be blotted out, let his posterity be cut off, let his child be fatherless. God has every right to speak these very curses over me. I am the foe! But instead of curses, He pours out His steadfast love on me, while His own son, the Lord Jesus Christ, took the curse in my place and bore it on Calvary's Hill. I pray we are able to go to God when we are angry, in sincerity and honesty, ultimately leaving the results up to Him. "But you, O GOD my Lord, deal on my behalf for Your name's sake; because your steadfast love is good, deliver me (v. 21)!" May our prayer toward those who wrong us mirror the prayer of Jesus Christ toward us who wronged Him, "Nevertheless, not My will, but Yours, be done" (Luke 22:42b). Then he took up His cross and died for you and me. Amen.

Reflections By:
Brandon Horne

PSALM 110

READ PSALM 110

This psalm of David is a Messianic Psalm, or a psalm that prophesies about the coming Messiah, Jesus Christ. It is quoted quite often in the New Testament, with Jesus Himself reciting it to the Pharisees. The first verse says, "The LORD (Yahweh) says to my Lord: Sit at My right hand; until I make Your enemies Your footstool." David is writing this as the King of Israel, but he is obviously not writing it about himself. He is acknowledging someone even greater than he, sitting at the right hand of the LORD.

We know that Jesus is seated at the right hand of the Father right now! And one day judgement will come to all the enemies of God. David was a temporary king over the people of Israel... but Jesus is the eternal King of Kings over all the earth! Those who love the LORD will offer themselves freely to follow and serve Him. There is no draft in the army of Yahweh. If you follow Jesus, it is because you choose to. And isn't He worthy? He is our Priest forever, always interceding for us to the Father (Hebrews 7:25). We are all deserving of the judgement we read about at the end of this psalm, but Jesus made a way for us to be reconciled to the Father, offering Himself as the once and for all sacrifice.

As you pray through this psalm today, meditate on the fact that Jesus is always interceding for you. How does this make you feel?

Reflections By:
Andrea Horne

WEEK TWENTY THREE

“NOT TO US, O LORD, NOT TO
US, BUT TO YOUR NAME GIVE
GLORY, FOR THE SAKE OF
YOUR STEADFAST LOVE AND
YOUR FAITHFULNESS.”

PSALM 115:1

PSALM 111

READ PSALM 111

Does it seem quite the paradox as you read Psalm 111 that God, the King of Kings, the Lord of Lords, the Lord God Almighty is at work? He is not just sitting in a big “King chair” waiting for fanfare to parade in front of him, He is actively working in us, through us, working on our behalf!... Wow...

So great and full of splendor and majesty are the works that the Lord has done, that they require a close review! They deserve to be studied (v.2) and remembered (v.4), and delighted in! He is our provider, even for the physical food that we eat and the food of his living word that we consume. (v.5)

God has revealed himself to us by rescuing his people from their oppression and sin, both in the exodus from Egypt and into the promised land, and through the redemptive work of Jesus, who has given us an eternal inheritance! These are the powerful works of his hands! (v.6, 9)

God is faithful and trustworthy. We can count on him to continue to work on our behalf in the future! His covenant is forever with his people! He is Holy and awesome and worthy of our praise! Indeed, we would be wise to fear him with awe and reverence.

This is the Lord God, Almighty that we worship! Working in us, through us, working on our behalf! Actively involved in our lives in the past, present and future! All Praise be to God, Amen!

I invite you to prayerfully consider how you have seen the Lord work in your life. How will you give him praise for what he has done, is doing and will continue to do in you?

Let's fear him, revere him and give him thanks with our whole heart as we grow in godly wisdom together!

Reflections By:
Tim Price

PSALM 112

READ PSALM 112

Psalm 112 is a reflection of the blessings that come to those who fear the Lord and delight in His commandments. The psalmist encourages the upright in grace, mercy, and righteousness, affirming that the righteous will bear fruit. This psalm highlights the security and fruit that comes from fearing the Lord.

This psalm walks us into steadiness of trust in the Lord. Let us not trust in other things. People, finances, positions, power, strength, reputation, hopes, desires, or any other thing can fulfill or satisfy your soul. We cannot rely on the fading pleasures of this world. Instead we have hope as those who walk with God. We stand firm as we trust in the Lord.

As we pray through Psalm 112, we are encouraged to reflect on the righteousness of the Lord. We can ask God to cultivate within us a deep reverence for Him and a genuine delight in His commandments. This psalm reminds us that true blessing and fulfillment come from living in alignment with God's will and seeking to honor Him in all that we do.

How can you reflect the righteousness of the Lord in your life? In what areas do you need to grow in your reverence for God and your obedience to His commandments? How can you seek to live more fully in alignment with God's will and experience the blessing that comes from fearing Him?

Reflections By:
Shayla Thacker

PSALM 113

READ PSALM 113

Psalm 113 opens and closes with a short, yet powerful line- "Praise the LORD." This song is encouraging those who believe in Christ to be in a constant state of humility and praise! It reflects the glorious nature of the Lord, as he looks down, reaches down and raises up the poor and needy (v. 7).

Verse five asks the question, "Who is like the Lord our God?" Make this question personal and applicable in your life. In your trials and hardships, who is like the Lord your God? In your rejoicing and mountaintop moments, who is like the Lord your God? In your mornings and evenings, who is like the Lord your God? Asking yourself this question wherever you are in life will only encourage you to notice the loving kindness and genuine nature of who God really is.

Verse six exemplifies that the Lord desires and loves to stoop down to look over both the heavens and the earth. Who could ever love us to this extent? I'll tell you- no one except for the Lord our God!

I encourage you to take time and let this sink in - NO ONE can ever amount to the character of the Lord, and no one can ever be like him. Take time out of your day to praise him for that fact, but also for his willingness to stoop down beside you in any area of your life at any time!

Reflections By:
Gracie White

PSALM 114

READ PSALM 114

God can do anything! All we have to do is read any portion of the Bible to be reminded that the presence of God is POWERFUL! In this psalm, we see the author recount a few things that God has done. He parted the Red Sea, He has moved mountains, and He has provided water from a rock. If anything, just thinking back over these miracles should cause faith to rise up in our souls and serve as a reminder that nothing is too hard for our God.

But, this psalm also reminds me of a verse in the New Testament where the disciples say, "Who then is this, that even the wind and the sea obey him?" After seeing Jesus calm a raging storm, the disciples are left in amazement and essentially asking the same question that the author of this psalm is asking: Who is this God? Everything obeys His command. He speaks and things happen.

Psalm 114 closes by urging us to tremble at the presence of the Lord. Now, we know that the author is not telling us that we should just be shaking in our boots and so scared of who God is — but, seeing the magnitude of what God can do should cause us to bow down in reverence. When we are met with the power and holiness of God, it should breed immense humility in us. We see our lives with an accurate perspective when we see God for who He truly is. We see this in the disciples as they tremble in the presence of the Lord after seeing Him calm the storm. They recognize how powerful He really is and it moves them to a posture of reverence.

When is the last time that you have trembled in the presence of the Lord? When have you truly taken time to remember His power and recount the miracles that you have seen Him do?

Today, take time to ask God to remind you of who He really is, to clarify your view of Him so that you see Him rightly. A right view of God will bring about a right reverence for Him.

Reflections By:
Alex Padgett

PSALM 115

READ PSALM 115

Wow, this Psalm is convicting. It begins with “Not to us, Yahweh, not to us, but to YOUR name give glory”. Our sole purpose as believers is ultimately to bring glory to God “because of his faithful love.” So often we can get caught up and take credit for what God is doing in our lives. Anything good that is in us or comes from us is from God, without Him we are nothing. Something that stood out to me is his description of idols and states that the people who create and worship these idols are just like them. In summary they are physically present but they are useless. They have the features of speaking, seeing, hearing, smelling, feeling and walking but are unable to do all of these things. God did not create us to be useless, He created us to bring glory to him. It is my prayer that I use all of the abilities God has given me for his glory. Just think how often we can create an idol out of our own agenda, thinking what’s in this for me. Imagine if all of us chose to truly focus on bringing glory to God, taking ourself and our pride out of the equation. We can’t begin to comprehend what we would see God do.

This Psalm goes on to remind us that God is faithful, He “remembers us and will bless us.” I am humbled that the God of the universe remembers little ol’ me. He pours His undeserved grace and mercy on His people. How good He is to us.

Today, let’s challenge ourselves to give God the glory he deserves in all aspects of our lives. We woke up this morning, to God be the glory!

Reflections By:
Laura Jones

WEEK TWENTY FOUR

“THE STONE THAT THE
BUILDERS REJECTED HAS
BECOME THE CORNERSTONE.”
PSALM 118:22

PSALM 116

READ PSALM 116

This psalm reads like a beautiful love letter to the LORD, recounting all the reasons why the psalmist loves God so dearly. The first reason listed is because the LORD has heard him. His cries for help did not fall on deaf ears but were heard by the God who listens when His people pray. How sweet it is to be known and loved by the LORD God!

The author of this psalm has encountered many troubles, but he has found God to be present and faithful at every turn. In every place that he is weak, the LORD proves Himself to be strong. Isn't it interesting that when we reach the end of ourselves, God is there to show us His salvation? When we confess our struggles and allow God to move in our lives despite our weaknesses, we have even more reason to praise Him. Our worship is tied to the realization of how much we need the LORD... when we humble ourselves before Him, He will lift us up. What else is there left to say except Hallelujah!

Pray through this psalm today and recount some of the reasons you love the LORD.

How have you seen God move in the struggles of your life?

Reflections By:
Andrea Horne

PSALM 117

READ PSALM 117

This is a short and simple psalm, yet it says all we need to know. There is no greater love than the love God has shown His people through the sacrifice on the cross. I encourage you to praise God in your prayer time today. Thank Him for his faithfulness to the world and also specifically thank Him for his faithfulness to you.

Take some time today to think of how God has shown you His faithfulness. Then write one of these down to have as a reminder when a difficult situation arises.

Reflections By:
Amanda Stanley

PSALM 118

READ PSALM 118

Psalm 118 discusses what it looks like to have Victory in Christ. It calls the people of God to give thanks to the Lord for He is good. This Psalm is so encouraging, in verse 4 it says; "Let those who fear the Lord say, "His faithful love endures forever." Wow, if the Lord is for us "who can be against us!" This Psalm challenges me to rely on God more and more each and every day. It also encourages me to constantly give thanks to God, for He is good; and His faithful love endures forever.

Today, I encourage you to not only seek the Lord daily but to be in thanksgiving for our victory in Christ and His enduring, faithful love for us.

How might you meditate on this scripture to encourage you in the fact that God's faithful love endures forever?

Reflections By:
Cannon Cargile

PSALM 119

READ PSALM 119:1-56 (MORNING)

Psalm 119 is found right at the center of the Bible, and it is the longest chapter in the entire canon of scripture! Oddly enough, it is also all about scripture!

The Psalmist writes and proclaims that those who walk in the law of the Lord are blessed! At its heart, Psalm 119 is an encouragement to trust in the Lord and obey His word. Through thick and thin, His word is a firm foundation. In this first section the Psalmist speaks of how they have “stored up” God’s word in their heart, so that they won’t walk in sin. Too often we fill up on the things of the world, rather than the living and active word of God! They describe God’s word as a “comfort”. How would you describe God’s word and its impact on your life?

This Psalm challenges me to be more intentional about meditating on and delighting in scripture. Let today be a challenge for us to do the same! I encourage you to pray to the Lord and ask Him to “enlarge” your heart toward His word. Imagine if we all were desperately hungry for the words He’s spoken!

PSALM 119

READ PSALM 119:57-112 (MIDDAY)

In this middle section of Psalm 119 the Psalmist writes about the beauty and perfection of the word. They write that God's word is "firmly fixed" and that all of God's rules are "righteous". Not only that, the Psalmist confesses that they are waiting with eager longing for the salvation of the Lord. They have been waiting on Him to come through, however, they refuse to forsake his rules.

One of the most well known parts of this Psalm is when the Psalmist writes "Your word is a lamp to my feet and a light to my path". In life we can be tempted to let so many things lead us. Maybe for you it's your feelings, other people, or worldly desires. However, the Psalmist has resolved that the word of the Lord will be His guide. Try praying through this Psalm and asking the Lord to reveal what you've allowed to lead you. Ask Him to teach you to walk in the path of His word.

PSALM 119

READ PSALM 119:113-176 (EVENING)

In this last section of Psalm 119 the Psalmist seems to become a bit more desperate in His cry. He asks the Lord to answer his cry and to save him! Not only that, the Psalm ends with the Psalmist confessing His wandering. He says “I have gone astray like a lost sheep”.

So often, even those who LOVE God’s word stray from it. It’s in moments like that we must ask the Lord to rescue us from our own wandering! The Psalmist says “seek your servant”. Calling on the Lord to save Him! Just like how Jesus states He is a God who leaves the ninety-nine sheep for the one who is lost.

I encourage you, cry out to God today and ask Him to rescue you from your wandering, He is faithful to do it! He is the Good Shepherd!

Reflections By:
Colt Allen

PSALM 120

READ PSALM 120

Psalm 120 is a short chapter that implies that the psalmist is a worshiper of God who is living in the middle of unbelievers. He is calling on the Lord to deliver him from lying lips and deceitful tongues. The psalmist implies that the pain inflicted by the lies of non-believers hurts as much as the equivalent of coals formed from a desert bush. The psalmist desires peace, but the pagan people surrounding them want the opposite, they desire war.

This chapter challenges me to live a life opposite of an unbeliever. As followers of the one true God, we should be truthful people who desire to live peacefully among others. How can we commit to speaking truth and living at peace even when surrounded by those who do not share the same values and beliefs as we do? It can only be accomplished with the help of God and His divine power and deliverance.

Reflections By:
Ashlyn Hansley

WEEK TWENTY FIVE

“MY HELP COMES FROM THE
LORD, WHO MADE
HEAVEN AND EARTH.”
PSALM 121:2

PSALM 121

READ PSALM 121

God is our Keeper

As we look at these few verses, you can quickly see where and to whom you need to seek help from. We too often try on our own to overcome worldly issues, problems, evils of this life, battles we face daily, only to fail because we do it in our own strength. We have a God who created the heavens and the earth. He never sleeps nor slumbers. He is always available to hear your cries and really wants us to stay in constant prayer with Him. He wants us to seek His help and protection before we try on our own and fail.

I love verse 8, "He preserves your going and coming forevermore." That's eternity!

Pray this as you close out your time in God's Word today:

God, forgive us when we seek things of the world for help. Dear God, help us to look to you and your power daily in this life and help us to overcome. Aid us in living each day striving to be more like Jesus and to further Your Kingdom!! We thank you for always being available and never sleeping. In Jesus Name, Amen!

Reflections By:
Ralph Provost

PSALM 122

READ PSALM 122

Psalm 122 discusses the house of the Lord “Jerusalem.” We know the history of the city of Jerusalem; however as the children of Christ we are citizens of “the heavenly Jerusalem.” That’s what is important. The earthly city has historical importance. But it’s “the Jerusalem above,” “the heavenly Jerusalem,” that’s the important one. Psalm 122 is basically telling us that a church gathering is like nothing else on earth; It is gathering in the very presence of God. It is the gathering of citizens of the new Jerusalem; It’s the gathering of the people of God. This Psalm is a reminder to us to gather together as children of God and to share in the bountiful harvest of the Lord.

This Psalm challenges me to want to bring honor and glory to God by gathering with others as often as possible in His humble abode. It also challenges me to seek the Lord through fellowship with others.

Today, I encourage you to pray through this Psalm and ask God to give you the desire to physically attend church to share in the truth of His word and then let your light so shine!

How might this Psalm encourage you to take the time and make the effort to share in the Glory of the Lord with fellow believers so that as believers in Christ we can make a united effort to reach those who are lost?

Reflections By:
Cannon Cargile

PSALM 123

READ PSALM 123

As Christians, it is safe to say that we are dependent on God's mercy. Asking for His favor in our life is an acknowledgment of just that. Though Psalm 123 is short, you can feel the intense emotion and desperation in those simple verses as the author pleads for God's mercy. Our prayer life oftentimes can look a little like this Psalm; short and direct, as some times that is all we can muster. Fortunately for us, our Father does not care for frivolous sentences and a complex prayer constructed of sophisticated words, He simply wants a spirit-led prayer from a fervent heart, even if we can't stifle our cries to speak it out loud. Just like the analogy portrayed in this Psalm, we are servants who depend on his favor. In verse two, the author writes "so our eyes are on the Lord our God until He shows us favor", meaning that our eyes are not on our circumstances or our own sufferings, but on God alone.

I challenge you today to remain focused in your prayer life. Remove the unnecessary 'filler', and be in the moment with your Savior; allowing your words to portray exactly what is on your heart, or what should be on your heart. Be fervent in your praying and remind yourself, as well as God, just how much you need His favor in your life today!

Reflections By:
Hanna Mentink

PSALM 124

READ PSALM 124

Psalm 124 is a declaration of gratitude and praise to God for His deliverance. The psalmist begins by acknowledging that if it had not been for the Lord who was on their side, they would have been swallowed up by their enemies. They speak of all that they faced and attribute their deliverance entirely to God's intervention.

As we move through this fallen world, conflict inevitably arises. We experience the brokenness of sin in our lives. However, we have hope in the fact that the Lord is with us. He is the wise counselor and He never fails. We are guaranteed, through the ups and downs in life, a companion who loves us and is for us. Our help is in the name of the Lord.

As we pray through Psalm 124, we are invited to reflect on the ways in which God has intervened in our own lives. We can express gratitude to God for His faithfulness and acknowledge our dependence on Him for protection and provision. This psalm encourages us to trust in God's ongoing presence, even in the face of challenges.

What things in your life can you see the hand of God delivering you from? How have you experienced God's faithfulness and protection in those times? How can you cultivate a deeper sense of trust and reliance on God's ongoing provision in your life?

Reflections By:
Shayla Thacker

PSALM 125

READ PSALM 125

In this Psalm, we are reminded just how strong we are when we trust in God. You see God gives us a strength and protection more formidable than mountains. God gives us the capability to overcome adversity and to stand firm during turmoil. His Provisions are eternal now and forever. When in need, He is always there. Not temporary like the promises we receive from the world we currently live in. God also intercedes on our behalf. That is why we do not pray for harm or disaster to fall on others. "Banishment" awaits those who do wrong and reject God. What a sense of peace, comfort, and encouragement I get from serving a God who loves not only me, but all His children that much, and more.

Pray through this Psalm. Let God know you trust Him; ask God to provide you with the stability, protection, and peace that only He can provide.

When you put your faith and trust in God, you have His love and protection from the world and Satan, always.

Reflections By:
Bill Robertson

WEEK TWENTY SIX

"BLESSED IS EVERYONE WHO
FEARS THE LORD, WHO
WALKS IN HIS WAYS!
PSALM 128:1

PSALM 126

READ PSALM 126

The Israelite people are praising the Lord for delivering them. God had shown up and answered their prayers in such a way that it was too good to be true. It was more like a dream than an answer to prayer. They likened their fortunes to the streams of the Negev, a river that runs dry in the summer but is flooded with much water in the spring. Because the Nation had mourned over their sin and repented, the Lord restored their Joy and blessed the nation once again.

God is ready to give! He wants us to be joyful. However, until we recognize that true Joy comes from Him, our “stream” will run dry.

Reflections By:
Ashlyn Hansley

PSALM 127

READ PSALM 127

Psalm 127 gives practical, Godly advice as well as strength to stand in adversity. The warning of how our house or life is founded on the Lord gives those who trust in Him security.

Just the same, it gives the reality of laboring in vain to build our home or lives without the Lord.

The Lord's blessing outweighs our efforts to build or guard. Although God calls us to be active and to be doers, He still wants us to seek Him and trust that He has our best interest in mind. There is sleep that He gives in the assurance of knowing He's always working things out for His beloved.

The children we are blessed with are a heritage from the Lord. This is not something to be taken lightly. What traditions are we passing down? Do our actions and words point to a life of fellowship with Jesus? Do our children see us doing things to honor God? Do they see us putting God first?

Children who grow up and walk with Jesus and do things to honor God will be such a reward.

What areas of our life can we be more focused on the leading of the Lord?

Reflections By:
Donald Greene

PSALM 128

READ PSALM 128

Psalm 128 emphasizes the benefits of leading a morally upright and godly life. The rewards that accompany those who fear and follow the Lord are described in the beginning of the psalm. The psalmist uses the images of a luxuriant vine and a blossoming olive tree to convey the blessings. Those who fear the Lord will bear much fruit in their lives—righteousness, joy, and prosperity—just like a vineyard or an olive tree does. The benefits of leading a morally upright and godly life are highlighted in Psalm 128, emphasizing the rewards of walking in God's ways and blessings for future generations. This serves as a reminder to put more effort into laying a foundation of faith, thankfulness, and contentment rather than excessively pursuing worldly prosperity. And motivates us to pursue righteousness and ask God for direction in every area of our lives.

Begin by thanking God for all of the blessings you have already experienced. Express gratitude to Him for His provision, faithfulness, and direction.

How can you pray through Psalm 128 and seek a closer relationship with God by allowing the Psalm to direct your words and thoughts?

Heavenly Father, I come before You today with a grateful heart. Thank You for Your faithfulness and the blessings You have bestowed upon me. I acknowledge that all good things come from You. As I meditate on Psalm 128, I am reminded of the importance of fearing and obeying You. Help me, Lord, to live a life that pleases You. Grant me the wisdom and strength to walk in Your ways and honor You in all I do. I surrender my desires and plans to You, Lord. Help me to trust in Your perfect will and timing. Please allow me to embrace your plans for my life, even when they differ. Thank You, Father, for hearing my prayer. I place my trust in You and commit myself to following You all the days of my life. In Jesus' name, I pray, Amen.

Reflections By:
Duma Avila

PSALM 129

READ PSALM 129

This psalm is a psalm of pilgrims moving from Babylonian captivity sung by worshipers as they move up to Jerusalem for the Festivals (Deuteronomy 16:16-17). Life is filled with many changes. Things change from youth to old age. These worshipers had experienced the afflictions placed on them in captivity. Their trust in God was a sure hope as they moved up, because of the lostness of their freedom. Their praise is to God. They knew not to trust in earthly activities, no matter how sincere they appeared. (The blessing of the Lord be upon You. We bless you in the name of the Lord. Psalm 129:8) Remember, that blessing could be a curse!

Pray this prayer today: Our Father, we thank you for loving us so much that you gave your only son to come to earth, and give His life a ransom that we who believe in Him will have everlasting life. We praise You and worship You in all things because of Your love for us. In Jesus Name, we pray, Amen!

Reflections By:
David Adams

PSALM 130

READ PSALM 130

David begins this psalm in great despair and crying out for the Lord's mercy. Then he steps up his thoughts and speaks of the Lord's forgiveness. And he ends with encouraging Israel to put their hope in the Lord because His love is unfailing and He is our Redeemer. Today, I encourage you to pray through this Psalm as David did. Come to God humbled because of your human sinful nature, thank Him for His forgiveness, and praise Him for His mercy and grace.

David writes about waiting on the Lord. Why is waiting on the Lord important and how can you apply it to your life?

Reflections By:
Amanda Stanley

WEEK TWENTY SEVEN

"YOUR NAME, O LORD, ENDURES
FOREVER, YOUR RENOWN, O
LORD, THROUGHOUT ALL AGES."
PSALM 135:13

PSALM 131

READ PSALM 131

Psalm 131 is focused on being humble! This Psalm teaches us a simple but profound truth. "Those who practice humility before the Lord find contentment and rest." But those who are prideful in their hearts, arrogant in attitude towards others are restless and discontent. To remain humble is to rely on the Lord. Just as David did, we need to let go of the need to know and understand everything. We need to practice humility daily. We need to learn to live with contentment. We need to live in hope.

As you pray through this amazing Psalm, I encourage you to ask God to remove all pride and arrogance and replace it with lasting humility.

Today, I encourage you to pray through this Psalm and ask God to open your eyes to a humbled spirit. And never forget "God resists the proud, But gives grace to the humble."

Reflections By:
Cannon Cargile

PSALM 132

READ PSALM 132

In Psalm 132 the Psalmist reminds us that King David was in anguish and distraught during his later life over not having found an appropriate site (habitation) worthy for the Ark of the Covenant. King David felt guilty that he had a physical or stone home and that God was in a tent. So, after humbling worship, an invitation for the Lord to move to His chosen site and after a long ceremony filled parade, the Ark was escorted to Zion. God was in a place He deemed Worthy. There, God confirmed the blessings He would pour out on the land and the shame he would heap on the enemies of his appointed King.

Today you may be feeling a lot like King David. Feeling Guilty that the Lord is not in an appropriate place in your life, one worthy of Him. Take heart, He has chosen His children as an appropriate home for Him, through the Holy Spirit thanks to our belief in Jesus Christ. And oh, how He showers blessings on the faithful.

Today pray through this Psalm identifying and appreciating that God has deemed us worthy of His Spirit.

Reflections By:
Bill Robertson

PSALM 133

READ PSALM 133

The psalm illustrates the power of unity with two striking pictures. Initially, unity is compared to priceless oil applied to the head, running down the beard, and landing on Aaron's robe collar. The oil symbolized God's boundless blessings that were dripping from above. The fact that David said it extended from Aaron's head to his beard and clothes represents the abundance of God's blessings. The anointing of Aaron as a high priest and the profusion of blessings that result from unity are defined by this imagery. The second picture compares unity to the cool dew that falls on the heights of Zion from Mount Hermon. According to verse 3, "there the Lord commanded the blessing—life forevermore" since Hermon's dew had dropped on Zion. God's presence is found in Zion. God desired to meet with His people there. They would gather with the common goal of worshiping and spending time together. The psalm ends with the declaration that God demands His blessings in places where His people are together. Not only does living in harmony provide happiness and pleasure, but it also draws God's favor and blessings. Being together as believers manifests God's essence rather than merely an attempt by humans. It serves as a reminder that God is the Father, the Son, and the Holy Spirit existing in perfect oneness. This may encourage others to look for God and want the same harmony in their own life.

Begin by remembering how important it is to promote Christian harmony and unity.

How can we be more open to listening with open hearts, seeking understanding, and extending forgiveness?

PSALM 133

Gracious God, we are so grateful for the gift of unity that we come before You today. We seek Your presence and guidance as we work to carry out the value that Your Word teaches us about dwelling in harmony. Lord, we ask You to support us in fostering harmony in our personal and interpersonal lives. May love, kindness, and understanding be the foundations of our words and deeds. We ask for Your grace and patience in times of conflict and disagreement. May Your love guide us in all our interactions, enabling us to walk in unity and reconciliation. In Jesus' name, I pray, Amen.

Reflections By:
Duma Avila

PSALM 134

READ PSALM 134

Psalm 134 is a powerful call to worship and bless the Lord. The psalm summons the servants of the Lord to lift up their hands in the sanctuary and bless the Lord, affirming His sovereignty over heaven and earth.

There is beauty in the simple instruction to bless the Lord. In it we find life-giving wisdom. As we seek to bless the Lord there is joy, hope, and peace. To bless the Lord is to lift one's eyes to heaven, to look to God, to recognize His faithfulness, to celebrate who He is, to count on Him for all things, to acknowledge life as a gift from Him, and to thank Him for all things. We bless because He blessed us.

As we pray through Psalm 134, we are reminded of the importance of worshiping and honoring God with our whole being. We can reflect on the privilege and responsibility we have as servants of the Lord to offer Him praise and adoration. This psalm encourages us to approach God with reverence and gratitude, acknowledging His greatness and acknowledging His goodness in our lives.

In what ways do you actively seek to bless the Lord and honor Him with your words and actions? How can you cultivate a deeper sense of reverence and gratitude in your worship of God?

Reflections By:
Shayla Thacker

PSALM 135

READ PSALM 135

This psalm is beautifully summed up in verse 3: "Praise the Lord, for the Lord is good." I love that we can come to God with praise for no other reason than that He is good. We can bless His name because it endures forever! I'm reminded that our praise never comes up empty. I'm thankful that we have a God who is active and present. When we respond with praise, it's a sweet aroma to our Father in Heaven! Let's be reminded today that when things don't seem good, He still is. We can rest in that!

God, we don't come to You with an agenda. Just a simple praise because You are good and You are worthy. Thank you Lord for who You are. We delight in You! In Jesus' name, amen.

Reflections By:
Morgan Motich

WEEK TWENTY EIGHT

“SEARCH ME, O GOD, AND KNOW
MY HEART! TRY ME AND
KNOW MY THOUGHTS!”
PSALM 139:23

PSALM 136

READ PSALM 136

The life of all mankind should give thanks to God for His mercy endures forever. This truth is a major theme throughout the word of God. Let everything that hath life, praise the Lord! All wisdom, creation of the world, everything comes from God. Israel is God's foundation ground in sending His love to the world (John 3:16). How wonderful it is to give your life to God. For His mercy is from everlasting to everlasting! O give thanks unto the God of Heaven! For His mercy endures forever (Psalm 136:25).

Pray this prayer today: Our Father, we are so privileged to have a Father who protects, loves and keeps all who trust Him in His everlasting care of us. In Jesus Name, we pray, Amen!

Reflections By:
David Adams

PSALM 137

READ PSALM 137

Wow, this Psalm is an emotional one. You can hear the tone of desperation written into these verses. The writer is a part of God's Holy people. Yet, because of their sin and rebellion, they have found themselves in exile. No longer are free, instead, they are under the oppressive rule of Babylon. Imagine having everything taken from you. Imagine the pain of seeing your promised city, Jerusalem, absolutely destroyed by evil men. Imagine the pain of watching all that God has given you, instantly taken away.

In this Psalm the writer recounts the mocking voices of their captors. They write that their captors were telling them to sing songs of Zion, the City of God! Sarcastically, their captors were drawing attention to all that they had stolen from God's people.

Yet, the Psalmist remembers that God will bring vengeance. God never leaves His people to suffer injustice forever! He recounts, that one day someone will repay them for their evil! He even goes so far as to describe what will happen to their infant children!

The point of this Psalm is to help God's people trust in God's justice. Sinners will not flourish forever. Instead, God will repay all evil with His wrath. He is a merciful and gracious God so as God's people we must seek His forgiveness. However, he will by no means clear the guilty. For those that reject God's gracious gift of salvation, wrath awaits.

I encourage you to pray this Psalm by asking for God's justice to come swiftly! For Him to make things right! Ultimately this is something that is fulfilled when our King Jesus returns. So try praying "come quickly Lord Jesus!". What evil have you seen that needs to be made right? Trust that the Lord will repay, and that you don't have to!

Reflections By:
Colt Allen

PSALM 138

READ PSALM 138

When we think about the Lord, the first thing that should come from our lips is pure gratitude. Psalm 138 is a song of enthusiastic thanksgiving and praise to God. David, the writer, gives thanks to the Lord with his whole heart! With everything in Him! Isn't He worthy of that? There are so many reasons to give thanks to the Lord, and David lists out several in these verses. How about His steadfast love that endures forever? Or His faithfulness? Can you look back over your life and see the evidence of that? How about the fact that He answers when we call on Him and increases the strength of our soul? We shouldn't lose sight of the fact that the God of the universe, the one who created us and everything we see, will answer when we call and "regards the lowly" even though He is high and exalted. Thank you God! Now this doesn't mean that our lives will always be easy. In fact, in verse 7 David points out that he walks "in the midst of trouble." We will face trials and struggles in life, but God promises deliverance and salvation. We can praise God and give Him gratitude even in the midst of those situations, knowing God always comes through. I love the last verse - God promises to fulfill the purpose He has for us. It may not feel like it sometimes during our day-to-day life, but know this: God has a purpose for each one of us that He will bring to fruition if only we will follow Him. We can certainly be thankful for that!

Today, sing this song of thanksgiving to God with your whole heart! Give Him the praise for who He is and what He is doing in your life and the life of our church!

What if, every single day, each person in our church spent intentional time truly thanking and praising the Lord and reflecting on His goodness toward us? How would that change our attitudes? How would that change our church services? How would that change our community?

Reflections By:
Kelly Warren

PSALM 139

READ PSALM 139

You can't hide from God nowhere you go. Even in the closet you ain't hid from him. Even in the bottom of the sea.

He's looking at me all the time and knows everything that comes up in my mind and my actions. He knows everything I do.

I ask him every once in a while to search me and see if there's anything wrong in me like in the last two verses.

Also, we see here: It's a miracle we were made.

Don't waste what God has made. A lot of us do.

Based on this Psalm I challenge you to live in harmony with God, and stay focused.

I encourage you to pray without ceasing, keep Jesus on your mind, all day. Even if you bust your lip, praise God you got a lip to bust.

Reflections By:
William Meadows

PSALM 140

READ PSALM 140

Psalm 140 was likely a Psalm that David prayed in His own life, but then was turned into a song for the congregations to sing!

Obviously David wrote this in a moment when He felt like there were enemies surrounding Him. Yet, notice how David describes his enemies he says “they make their tongues as sharp as serpents”.

I think we can all recall back to a serpent in the Bible with an evil tongue. In Genesis 3 we see the ultimate enemy. Not a human, but satan! Remember the one who led God’s people to sin for the first time? It seems that David is describing these enemies as servants of our ultimate enemy, that evil snake, satan!

I wonder if Jesus had this exact Psalm in mind when He taught His disciples to pray? When He told them they should pray “lead me not to temptation, but deliver me from the evil one.” Sound a lot like David’s words when He says “Deliver me, O Lord, from evil men”!

Have you ever felt betrayed? Have you ever felt attacked?

Maybe you’ve had times in your life where you are simply afraid of what man might do to you! Or maybe even you find yourself fearful of what the enemy might be scheming against you!

This is a prayer for moments like that! A prayer of protection from our enemies!

PSALM 140

David reminds those singing “the Lord will maintain the cause of the afflicted, and will execute justice for the needy.”

Try praying through this Psalm by confidently calling on God to deliver you from evil! I encourage you to hand all your fear over to the Lord and place your faith in the fact He protects His children from the enemy’s schemes!

Reflections By:
Colt Allen

WEEK TWENTY NINE

“O LORD, WHAT IS MAN THAT
YOU REGARD HIM, OR THE
SON OF MAN THAT YOU
THINK OF HIM?”
PSALM 144:3

PSALM 141

READ PSALM 141

David begins this Psalm in urgency, he states I call to you, Lord, come quickly. David had been through many trials, at this point he realized that God was the one he needed to turn to quickly. He prays a prayer that we should begin each day with. In summary, David's prayer was one giving everything to God in order to stay away from sin. David realized that without God his own human flesh would fail. He prayed to guard his lips. Ouch, often times words slip out of our lips too quickly. These words are ones that we cannot take back and can do a lot of damage. Unfortunately, in our sin nature our words do not always bring the deserved glory to God. David goes on to pray for his heart to be guarded. He prays for himself to not be drawn to evil. Sometimes our actions and even our words may be doing and saying all the "right" things BUT our heart may not be in alignment with the will of God. This can be very dangerous! God created us and he wants the very innermost part of us as His. It's important we watch ourselves closely and do not let anything come before God in our hearts. God is to be the King of our hearts, he must come before our husbands, wives, children, jobs, churches, hobbies.....the list goes on and on. God must be first!

A scripture that kept coming to mind as I read over this Psalm was Psalm 119:11. The NIV reads: "I have hidden your word in my heart that I might not sin against you." Studying and knowing the word is such an important tool in guarding our mouths and hearts from sin as David prayed. The more we are in the word, the better we are prepared for our "eyes to be fixed on you, Sovereign Lord", and for us to take refuge in Christ as David states he has done as this Psalm has ended.

Let us remember to fix our eyes on the Lord and his word so we are better equipped for whatever life may toss our way.

Let this Psalm be a reminder that in the face of difficulty let Jesus be the first thing that we run to quickly.

Reflections By:
Laura Jones

PSALM 142

READ PSALM 142

Do you ever cry out to God in times of troubles and hardship? In Psalm 142, David cried out to the Lord through his overwhelming feelings of desperation and imprisonment. Feeling like he had no one to turn to, David called out to God and poured out his heart and soul to him (v. 5). While he expressed loneliness and fear, he exemplified his unwavering trust in the Lord and believed God would never abandon him. This is what a relationship with the Lord is all about- having a God that will never leave or forsake you!

We often turn to God during times of distress, but how often do we place our trust in the Lord whole-heartedly? David is speaking of God's character with confidence in verses six and seven, as he pleads for God to rescue him and to set him free from his prison. David doesn't stop here, though; he asks the Lord to do these things for him, not for his personal benefit, but so that he could praise the Lord. How inspiring is this? Even in his loneliness, David gave his hurt to the Lord and prayed for the continued ability to keep being a witness.

It can be easier for us to turn to God while we are on top of the mountain, but we should always keep in mind that remaining in closeness with the Lord in the valley is essential! Turn to God in your weak moments, rough patches and hurt- God is so good and he is our portion in the land of the living!

Reflections By:
Gracie White

PSALM 143

READ PSALM 143

Psalm 143 is a reminder, we will all go through times of depression, struggle and even hopelessness. Many times we dwell on our situation, only falling more and more into darkness. I am guilty of this myself. It's at these difficult times we are to turn our eyes and prayers to God. Ask Him to show us His Will in whatever situation we are faced with. Where we are is not who we are. We are children of the most high God and in His faithfulness, He will answer.

Take time to read this psalm, remembering God's great works and how He has blessed you.

When you feel hopeless and face difficult times will others see God in your response?

Reflections By:
Ray Cole

PSALM 144

READ PSALM 144

In this psalm, David acknowledges God as his rock, fortress, and deliverer, praising Him for preparing him in advance and giving him everything he needs. He acknowledges the fleeting nature of humanity and expresses a desire for God's intervention and protection.

We take refuge in God. He is our fortress, our stronghold, our deliverer, and our shield. We exult Him as He cares for us. He is a place of safety. Even in the midst of brokenness, He is our strength. Our only hope is to trust in God - to make Him our refuge, our strength, and our shield. In Jesus we see that God has the final word. We can trust in Him. We can turn to Him. As we humble ourselves and rely fully on Him we find everything that we need.

As we pray through Psalm 144, we are invited to recognize God's role as our strength and protector in times of struggle and conflict. We can echo David's plea for God's intervention in our lives and situations, trusting in His power to overcome. This psalm encourages us to rely on God's strength rather than our own and to seek His guidance and provision in all circumstances.

In what areas of your life do you need God's strength and protection? How can you surrender your struggles to Him, trusting in His power to overcome? How can you cultivate a deeper dependence on God's guidance and provision in your daily life?

Reflections By:
Shayla Thacker

PSALM 145

READ PSALM 145

Wow, this Psalm is PACKED with PRAISE! Once again we see the phrase “Great is the Lord, and greatly to be praised”!

This Psalm actually serves as a bit of a prelude to the final five Psalms of the book. They are known as the hallelujah Psalms. Hallelujah is simply a word that means “praise to Yahweh”.

In this Psalm David gives us a song of praise to sing. He shows us that we should recount God’s works to all generations! He shows us that we should remember that God is abounding in steadfast love! He reminds us that the Lord satisfies the desires of every living thing!

David ends this Psalm with a call to all flesh to bless the name of the Lord forever!

I challenge you to think about how you can intentionally praise God today? What are some things He’s done in your life that He deserves praise for? What about works you’ve heard of in scripture? Pray through this Psalm by giving God the praise He deserves!

Reflections By:
Colt Allen

WEEK THIRTY

“LET EVERYTHING THAT HAS
BREATH PRAISE THE LORD!
PRAISE THE LORD!”

PSALM 150:6

PSALM 146

READ PSALM 146

Psalm 146 discusses the summary of what God wants from us. I would call it life lessons.

Technology has made it easy to find everything you are looking for at a touch of your fingers, you can see the world through the screen on your phone, tablet, or other devices. Social media today makes it is easy for people to see and believe those that have the most followers and want to be like them. This chapter of Psalms instructs me not to put my faith nor trust in people of power, nor politicians, or government officials because they are only humans and one day will have their last breath and return to the earth. The creator of all, remains faithful forever. Executing justice for the exploited and giving food to the hungry. The Lord frees prisoners. The Lord raises up those who are oppressed. He opens the eyes of the blind. He frustrates the ways of the wicked.

We must put our hope and trust, in everything we do, in him as he is trustworthy and strong. Profess His praises in all that you do, see the beauty in every creation. Put your faith in our Lord and repent of your sins.

I ask you today to not be spiritually blind, give it all to the Lord. I challenge you to take a moment throughout your day to set aside even 5 minutes to pray on this chapter to be a better Christian example.

Reflections By:
TJ Ford

PSALM 147

READ PSALM 147

Like many others, this psalm begins, "Praise the LORD!" It is pleasant and fitting to praise our God. Even those who are brokenhearted should praise the LORD. Why? Because He binds up their wounds, and through His provision and comfort, we find peace, joy and, importantly, HOPE! Hope not only through the current situation we face, and not only hope that will endure until the next trial. He provides for us hope that transcends even time itself, one day to be fulfilled in the reality of His glorious presence. The Glory that made the heavens. The glory and power that placed the stars in the sky and called them by name. The provision that supplies the beasts of the field and the birds in the air with sustenance. How much more will he provide for those He loves. And He loves us! You see not only does He number the stars in the sky, he also numbers the hairs on our head, and calls us by name.

When you are in the valley, it is much easier to write about this hope than it is to actually experience it. Sometimes through times of loss and heartache, we feel alone, we feel sorrowful, we feel abandoned. Maybe we even feel angry. This psalm is a reminder to us that God is not after some facade. Verses 10 and 11 state "His delight is not in the strength of the horse, nor his pleasure in the legs of a man, but the LORD takes pleasure in those who fear Him, in those who hope in his steadfast love (hes-ed), also translated "mercy."

As we experience heartache along the journey of life, let us focus our prayers on the LORD's hes-ed; mercy, loyalty, steadfast love, faithfulness. As we begin to see how faithful our God was centuries ago to His chosen people, and how faithful He has been to us, chosen by Him through the sacrifice of Jesus on the cross, we will find hope for today and for eternity. "Praise the LORD!" Amen.

Reflections By:
Brandon Horne

PSALM 148

READ PSALM 148

Psalm 148 is a Psalm of praise, the beauty of God's creation is worthy of our praise both day and night. God's creation is His "General Revelation" to us. Verse 13 is filled with power; "Let them praise the name of the Lord, for his name alone is exalted. His majesty covers heaven and earth."

Today, as you walk outside, take a moment to look around and take in all that God has created; from the tiniest insect to the sun, moon and stars above! God's creation is designed to sustain us, so that we can continually praise the Lord.

How might this Psalm encourage you to praise God from the heavens and earth? Encouraging you through the sights, sounds, smells, and feeling of all He has created for us?

Reflections By:
Cannon Cargile

PSALM 149

READ PSALM 149

Psalm 149 is a countermeasure for depression. The psalm directs us to focus on the friend that we have in Jesus! For God's people to rejoice in their maker, the maker of every good thing in fact. The author of our salvation.

It instructs us to sing praise! To play instruments! There is something about when we hear ourselves speak out loud. You were made in the image of God! Though you might not be able to command a sea to part, your words do have power.

So use those words to praise the one who gave you victory over sin and also an eternal salvation! The Lord will one day use you to oppose His enemies and judge the nations. We are reminded of this in 1 Corinthians 6:2-6.

As we go through this life, we will have ups and downs, travel through mountains and valleys, but a wise pastor once said, "we can choose joy." We don't have to wait for someone to give it to us or hope for the next thing that we think may bring it. We can praise the Lord for the promise of salvation and lift our voices to Him.

Are we praising or are we perishing?

Reflections By:
Donald Greene

PSALM 150

READ PSALM 150

Did you know that we are created to give God praise? Our very beings exist to glorify our creator, our God. The last verse of the entire book of Psalms says, "Let everything that has breath, praise the Lord." So if you have breath today, and I'm betting you do if you are reading this right now, then it's time to get up and give God praise! That can look so many different ways, as we see the psalm lay out. But, today, take time to truly praise God for who He is and for all that you have seen Him do.

Jesus on His way into Jerusalem was met with loud cheers and his disciples crying aloud and giving Him shouts of praise, but the Pharisees did not like this and asked Jesus to rebuke his disciples for these extravagant acts of praise. But Jesus responded, "I tell you, if these were silent, the very stones would cry out." Jesus is explaining to the Pharisees that ALL of creation is built to give God praise, and if we as believers don't join in on that symphony, the rocks will cry out in our place.

I don't know about you but I want to take my rightful place in creation and give God the praise He deserves. I want to bring God a sacrifice of praise, one that is not simply lip service but one that is shown through my entire life whether it feels good or not in the moment. After all, isn't He worthy of this? I don't want the rocks crying out in my place because I am not doing as this psalm instructs and giving praise to my God.

PSALM 150

Today, let's reflect on these past few months of journeying through the psalms together and let's truly give God praise for all that He has done! Take time to recount things by name that you have seen Him do, turn your worship music up loud and turn your house into a praise party. He is worthy of all of this and more! Let's not let the rocks cry out in our place, let's be a Church that praises the Lord with every waking minute He grants us!

Reflections By:
Alex Padgett

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2024