



Let's Read the Bible
with Sarah E. Frazer & Cara Blondo

A Study of
Psalms

Volume 3



Introduction

Hello!

Welcome to Volume 3 of A Study of Psalms. I'm so glad to have you take this course as we walk through one of my favorite books of the Bible. My name is Sarah, I'm your host of "Let's Read the Bible" community.

You don't have it all together, but by God's patient kindness I've found something I want to share with you.

You are welcome to come tired, torn, and worn, but I hope you don't leave feeling that way. Sometimes I feel like I'm always tired. After walking with God over the past thirty-plus years, He has taught me how to *replace my weariness with strength and hope*.

Our lives are not straight lines. There are twists and turns and 180-degree pivots. You might find yourself living a life you never imagined.

In the midst of discouragement, discomfort, and disappointment, God's peace is possible. I hope you find hope and strength to move forward with God, no matter what your life looks like right now.

If you are a Christian mom who feels overwhelmed, busy, and like you might break from all of the worry, take heart. You can find God's peace, but it is not found in a place, it is found in Person. Jesus, our hope forever, invites you to walk with Him. God declares we can come with all of our anxieties and find comfort in Him!

*In the multitude of my anxieties within me,
Your comforts delight my soul. Psalm 94:19*

Join me on this journey through the Psalms. Cara is our author for Volume 3. You can read all about her at the end of this devotional. Don't forget about the video content available in your membership.

Because God's Word Matters,

Sarah

P.S. Send me an email with any questions: sarah@sarahefrazer.com



Day 1

Read: Psalm 101

IN PSALM 101, WE GAIN INSIGHT INTO DAVID'S HEART, INTENTIONS, AND DESIRES. WE SEE THE AREAS IN WHICH HE INTENDS TO LIVE A LIFE OF INTEGRITY: HIS WORDS (SONGS OF PRAISE), HIS GLANCES (NOTHING THAT IS VILE), AND HIS RELATIONSHIPS (FRIENDS WITH THE FAITHFUL). HE DECLARES HE WILL LIVE WITH INTEGRITY BOTH INSIDE HIS HOME AND OUTSIDE OF IT. IN OTHER WORDS, HE WAS "ALL IN" IN HIS PURSUIT OF GOD: IN EVERY PLACE AND IN EVERY WAY HIS NUMBER ONE GOAL WAS TO LIVE BLAMELESSLY. ON OUR BEST DAYS WE, TOO, LONG TO LIVE BLAMELESS, INTEGRITY-FILLED LIVES, DON'T WE? BUT IF YOU'RE LIKE ME, IT DOESN'T TAKE LONG TO REALIZE HOW SHORT WE FALL AND HOW INCAPABLE WE ARE OF SUCH A LIFE - APART FROM HIM. RATHER THAN FEEL DISCOURAGED BY OUR SHORTCOMINGS, WHY NOT AFFIRM OUR GREATEST DESIRE IS TO HAVE THE DESIRE TO LIVE FOR HIM, WHILE ACKNOWLEDGING OUR ONLY ABILITY TO DO SO COMES FROM HIM?

Lord, You know my heart, intentions, and desires. I confess my greatest goal is not always to live a blameless, integrity-filled life. And when it is, I'm aware of how short I fall. Would You align my heart with Yours that I may be "all in" at all times and in all places? Thank You for the comfort that comes with knowing apart from You I can do nothing, but with You I can do all things. Have Your way in me today and always. Amen.

WRITE & REFLECT: PSALM 101:2



Day 2

Read: Psalm 102

HAVE YOU EVER HELD A BROKEN DISH AND THOUGHT IT'S BEYOND REPAIR, SO YOU MIGHT AS WELL JUST TOSS IT OUT? I HAVE AND THAT IS WHY THE DESCRIPTION OF PSALM 102 IN THE MESSAGE CAPTURES MY ATTENTION: "A PRAYER OF ONE WHOSE LIFE IS FALLING TO PIECES..." WE HAVE ALL LOOKED AT OUR LIVES AT ONE TIME OR ANOTHER AND FELT AS THOUGH EVERYTHING WAS FALLING APART, THAT NOTHING WAS LEFT BUT BROKEN PIECES. PERHAPS YOU'RE FEELING THAT WAY TODAY. IF SO, YOU CAN FIND COMFORT IN THE TIMELESS TRUTHS DECLARED IN THIS PSALM: GOD IS STILL ON HIS THRONE (VERSE 12); HE HEARS THE PRAYERS OF THE DESTITUTE (VERSE 17); AND HE REMAINS THE SAME (VERSE 27). GOD IS STILL GOD - THE ONE WHO IS LOVING, PRESENT, AND POWERFUL - OVER THE BROKEN AREAS OF YOUR HEART OR LIFE. HE WILL NEVER LOOK AT WHAT FEELS BROKEN TO YOU AND CONCLUDE IT'S BEYOND REPAIR. REMEMBER WHO HE IS AND WHAT HE CAN DO AND YOU WILL FIND PEACE IN YOUR TIMES OF TROUBLE.

Lord, I confess I am discouraged and overwhelmed, low on strength and even lower in hope. Help me turn my eyes away from my problems and all that feels broken and onto You, remembering Who You are. You are still on Your throne. You are powerful. You still hear Your people's prayers. You are caring. And You are the same God I read of in Your Word, which means You are with me today just as You were with Your people long ago. Help me to find peace in You. Amen.

WRITE & REFLECT: PSALM 102:12



Day 3

Read: Psalm 103

DO YOU LIKE TO WRITE IN YOUR BIBLE? I DO AND HAVE NOTES, STARS, AND UNDERLINES SCRIBBLED ALL ACROSS MY PAGES. BUT FOR PSALM 103, THERE IS ONE WORD REPEATED AGAIN AND AGAIN THAT I'VE WRITTEN IN THE MARGIN: "WOW!" YOU SEE, I AM SIMPLY WOWED BY OUR GOD: HIS FORGIVENESS, COMPASSION, AND LOVE IS LIKE NO OTHER. YET I'M CONVICTED BY WHAT DAVID SAYS IN VERSE 2, PRIOR TO STATING ALL THAT MAKES ME SAY "WOW": "...FORGET NOT ALL HIS BENEFITS." FRIEND, IF YOU HAVE FORGOTTEN WHAT AN AMAZING GOD YOU SERVE, WHOSE LOVE IS AS HIGH AS THE HEAVENS AND WHOSE FORGIVENESS IS AS VAST AS THE EAST IS FROM THE WEST, SPEND SOME TIME IN THIS PSALM. RECALL, REMEMBER, FORGET NOT WHO YOUR GOD IS. BEFORE YOU KNOW IT, YOU WILL BE FULL OF GRATITUDE WITHIN YOUR HEART AND WILL FIND PRAISE UPON YOUR LIPS ONCE AGAIN.

Lord,

Lord, as I "forget not Your benefits," I am in awe of You. There is no one like You; You are amazing! Help me recall these truths today that I may give You the praise You are due!

Amen

WRITE & REFLECT: PSALM 103:2



Day 4

Read: Psalm 104

DO YOU FEEL SHAKEN BY BAD NEWS AROUND YOU OR UNFAVORABLE CIRCUMSTANCES HAPPENING TO YOU? IT'S SO EASY TO ALLOW WHAT WE SEE, HEAR, OR EXPERIENCE SHAKE US, ISN'T IT? WE CAN BE TEMPTED TO QUESTION IF GOD STILL SEES, HEARS, AND IS PRESENT. THIS PSALM ASSURES US NOT ONLY IS HE PRESENT IN OUR DAY-TO-DAY LIFE, HE IS VERY MUCH IN CONTROL OF OUR DAYS. JUST AS HE DECREED THE DEPTH THE VALLEYS WOULD SINK, SET THE BOUNDARY FOR THE SEAS, AND CARES FOR EVERY LIVING THING, HE CARES FOR YOU AND ME AND IS OVER THE HIGHS AND LOWS OF OUR LIVES JUST AS HE IS OVER THE HIGH AND LOW PLACES OF THE EARTH. WE NEED NOT BE SHAKEN, WE NEED NOT BE MOVED. THE NEXT TIME SOMETHING THREATENS TO RATTLE YOU, WHY NOT CONFIDENTLY SAY "BECAUSE OF OUR GOD, THINGS AREN'T FALLING APART, THEY'RE FALLING INTO PLACE"?

Lord, I admit when I look to the world around me, I can get easily shaken. Thank You for the reminder that You are over all that I see; You are over the entire earth. And if You're over the entire earth, You're over the entirety of my life: the highs, the lows, and everything in between. By Your grace, help me stand firm today. Amen.

WRITE & REFLECT: PSALM 104:5



Day 5

Read: Psalm 105

DO YOU EVER ASK THE LORD, "WHY IS THIS HAPPENING?" MOST PEOPLE, AT ONE TIME OR ANOTHER, DO. ALTHOUGH THE ANSWER IS MUCH MORE COMPLEX AND NUANCED THAN WHAT WE CAN ADDRESS HERE, I FIND SUCH COMFORT IN THIS PSALM'S FINAL VERSE. "ALL THIS HAPPENED SO THEY WOULD FOLLOW HIS DECREES AND OBEY HIS INSTRUCTIONS." (NLT) "ALL THIS" INCLUDES THE FAMINE HE SENT TO THE LAND OF CANAAN, THE TRIALS ENDURED BY JOSEPH, AND THE HARSH DEALINGS FROM THE HANDS OF THE EGYPTIANS. BUT IT ALSO INCLUDES THE FULFILLMENT OF JOSEPH'S DREAMS, THE DELIVERANCE FROM THE LAND OF EGYPT, AND THE PROTECTION OF AND PROVISION FOR HIS PEOPLE. "ALL OF THIS" WORKED TOGETHER TO BRING ABOUT GOD'S ULTIMATE PLAN FOR HIS CHILDREN'S GOOD AND FOR HIS GLORY. AND "ALL" THAT TRANSPIRES IN YOUR LIFE AND MINE SERVES THE SAME PURPOSE: THAT WE MAY KNOW GOD AND ULTIMATELY TRUST AND FOLLOW HIM.

Lord, I know on this side of eternity I won't always receive an answer to my question of "why." Thank You for this psalm and its reminder that You are working out a purpose greater than I can understand and a plan that far exceeds my expectations. Help me to remember all things ultimately work together for my good because I love You and have been called according to Your purpose. Please give me eyes to see and a heart to believe this, even when my questions go unanswered. Amen.

WRITE & REFLECT: PSALM 105:45



Day 6

Read: Psalm 106

DO YOU EVER FIND IT HARD TO BE GRATEFUL? MAYBE IT'S BECAUSE OTHERS SEEM TO HAVE IT BETTER THAN YOU IN ANY GIVEN SEASON OR PERHAPS IT'S BECAUSE YOU FIND YOURSELF THINKING, "THIS ISN'T WHAT I SIGNED UP FOR!" WHATEVER THE REASON, WE CAN FIND ENCOURAGEMENT IN KNOWING REGARDLESS OF WHAT WE FACE OR HOW WE FEEL, WE CAN ALWAYS MAINTAIN A GRATEFUL HEART BECAUSE OF WHO HE IS. WE ARE NOT COMMANDED TO BE GRATEFUL FOR ALL THINGS BUT TO BE GRATEFUL IN ALL THINGS (1 THESSALONIANS 5:18). AND THE KEY TO FINDING GRATITUDE IN ALL THINGS IS BY REMEMBERING GOD IS GOOD AT ALL TIMES. HOW HAVE YOU SEEN HIS GOODNESS THROUGHOUT YOUR LIFETIME? WHAT IS ONE THING YOU CAN THANK HIM FOR TODAY? MAY THE THEME UPON OUR HEARTS ECHO THE PSALMIST'S: "GIVE THANKS TO THE LORD, FOR HE IS GOOD: HIS LOVE ENDURES FOREVER." (V1, NIV)

Lord, I acknowledge and proclaim You are good! Regardless of what I face today or how I feel, please help me declare Your goodness and remember to praise You for it. You are good and gracious, kind and merciful. I could praise You every second of the day and still not give You the praise You are due!

WRITE & REFLECT: PSALM 106:1



Day 7

Read: Psalm 107

"LORD, HELP!" HOW OFTEN HAVE YOU PRAYED THAT SIMPLE, TWO-WORDED PRAYER? I HAVE MORE TIMES THAN I CAN COUNT, WHICH IS WHY I RELATE TO THE CRY REPEATED IN THIS PSALM, AND PERHAPS YOU DO TOO. SOME WHO CRIED OUT WERE LOST IN THE WILDERNESS; OTHERS FOUND THEMSELVES IN DARKNESS AND GREAT GLOOM; SOME WERE STUCK IN THEIR REBELLION; AND OTHERS WERE AT THEIR WITS' END. BUT REGARDLESS OF WHO THEY WERE, WHERE THEY WERE, OR WHEN IT WAS, HE ANSWERED. HE SAVED THEM. JUST AS HE SAVED US WHEN WE CALLED UPON HIS NAME - REGARDLESS OF THE STATE WE WERE IN. AND THE DIRECTIVE GIVEN AT THE ONSET OF THIS PSALM, "LET THE REDEEMED TELL THEIR STORY," IS THE SAME DIRECTIVE FOR YOU AND ME. HE HAS REDEEMED US, SO LET US DECLARE IT. HE IS GREAT AND HAS DONE GREAT THINGS IN OUR LIVES. WITH WHOM CAN YOU SHARE TODAY?

Lord, thank You for redeeming my life. I am in awe of Your grace and want to shout of it from the rooftops! Thank You for continuing to hear my cries and for Your personal involvement in my life. Help me to have eyes to see those around me and words to speak that will tell my story and point them to You. Amen.

READ & REFLECT: PSALM 107:2



Day 8

Read: Psalm 108-109

IN PSALM 108:1, DAVID DESCRIBED HIS HEART AS "STEADFAST." FROM A QUICK LOOK INTO THE HISTORY OF THIS WORD, WE SEE IT WAS ORIGINALLY USED TO DESCRIBE THOSE WHO FOUGHT IN BATTLES. WHEN A WARRIOR STOOD HIS GROUND, HE WAS DESCRIBED WITH THIS WORD, WHICH MEANT "FIRMLY FIXED IN PLACE." DO YOU KNOW THERE IS A BATTLE FOR YOUR HEART EVERY DAY? IS IT FIXED ON GOD, IS IT DISTRACTED BY THE WORLD, OR IS IT CONSUMED WITH SELF? THE FINAL VERSE IN THIS PSALM STATES THAT WITH GOD'S HELP, WE CAN GAIN VICTORY OVER OUR ENEMIES. WITH HIM, WE ARE PROMISED VICTORY IN EVERY AREA, EVEN THE BATTLES THAT ARE INVISIBLE TO OTHERS BUT TAKE PLACE SECRETLY WITHIN OURSELVES. BE ENCOURAGED TODAY: AS YOU FIX YOUR CONFIDENCE UPON HIM, TRUST HE WILL HELP YOU FIX YOUR HEART FIRMLY IN PLACE!

Lord, I confess how easy it is to "give up ground" in the battle for my heart. Help me be aware of the things that threaten to overtake my heart that don't please You. Help me guard my heart and stand my ground. My hope is in You and my eyes are upon You. With You, I know all things are possible and victory is sure. Amen.

WRITE & REFLECT: PSALM 108:1



Day 9

Read: Psalm 110-111

"I'M AN INFORMATION JUNKIE; I HAVE TO CONSTANTLY CONSUME SOME FORM OF INFORMATION," A FRIEND RECENTLY TOLD ME. I THINK MANY PEOPLE COULD RELATE TO HER, PERHAPS EVEN YOU. WE'VE BECOME SO ACCUSTOMED TO THE BOMBARDMENT OF INFORMATION WE'RE EXPOSED TO EVERY MOMENT OF EVERY DAY, WE FEEL LOST WITHOUT THE LATEST NEWS UPDATES, EVEN IF THE SOURCE IS NOT ALWAYS TRUSTWORTHY. THERE IS ONE, HOWEVER, WHOSE "NEWS" IS ALWAYS RELIABLE, ALWAYS TRUE, AND STANDS FOREVER. WE NEVER NEED TO CAST DOUBT UPON GOD'S WORD, WONDER IF A PROMISE WILL COME TO PASS, OR QUESTION ITS WISDOM. HIS WORD HAS - AND WILL - STAND THE TEST OF TIME. THE AMAZING THING ABOUT CONSUMING THESE WORDS - HIS WORD - IS NOT THE INFORMATION IT GRANTS, BUT THE TRANSFORMATION IT AFFECTS. BE IN HIS WORD, AND YOU WILL BE CHANGED!

Lord, thank You for Your Word. Without it, I would be lost! Help me turn to Your Word before I turn to my phone, tv, or anything else that continually feeds me information. I long to know You and be transformed by You. Your Word is alive and contains the power to save me and change me. Have Your way in me as I'm in Your Word. Amen.

WRITE & REFLECT: PSALM 111:7



Day 10

Read: Psalm 112-113

WOULDN'T YOU LOVE THE SECRET OF KNOWING HOW YOU CAN MAINTAIN JOY IN THE MIDST OF YOUR TRIALS AND EXPERIENCE PEACE WHEN SURROUNDED BY PROBLEMS? PSALM 112:8 IN THE NIV GIVES US A CLUE BY THREE SIMPLE WORDS: "IN THE END." THE PSALMIST EXPLAINS THAT THE RIGHTEOUS WILL NOT BE SHAKEN OR FEAR BAD NEWS BECAUSE IN THE END THEY WILL TRIUMPH OVER THEIR FOES. IF YOU ARE OVERWHELMED WITH WHAT'S HAPPENING IN THE PRESENT, REMEMBER TO LOOK TO THE END. AS A CHILD OF GOD, YOU KNOW WHERE YOU'RE HEADED AND YOU KNOW THE STORY'S END. GOD IS STILL WRITING AND WORKING OUT THE DETAILS THAT CURRENTLY CAUSE YOU TO BE WORRIED OR CONCERNED. AS ELISABETH ELLIOT STATED, "OF ONE THING I AM PERFECTLY SURE: GOD'S STORY NEVER ENDS WITH ASHES."

Lord, thank You for the hope and assurance those three little words, "in the end," offer me. Help me remember You are still God, You're still in control, and You're still at work in me, my life, and my story. Regardless of how hard it is now, "in the end" I know it will be glorious, because I know what my end holds. Thank You for this reminder today. Amen.

WRITE & REFLECT: PSALM 112:8



Day 11

Read: Psalm 114-116

"THE LORD REMEMBERS US." HOW IMPORTANT IT IS TO REMEMBER THAT HE REMEMBERS! WHEN I REMEMBER THIS, NOTHING ELSE MATTERS. OTHERS MAY HAVE FORGOTTEN ME, BUT HE HAS NOT. OTHERS MAY PAY NO ATTENTION, BUT THAT IS NOT TRUE OF HIM. OTHERS MAY ABANDON, BUT HE NEVER WILL. WHEN ALL LOOKED BLEAK AND HOPELESS FOR JOSEPH, FORGOTTEN BY THE CUPBEARER IN GENESIS 40, GOD WAS WORKING BEHIND THE SCENES TO CAUSE HIM TO BE REMEMBERED AT JUST THE RIGHT TIME, FOR JUST THE RIGHT PURPOSE. THE SAME IS TRUE FOR YOU. YOU ARE NOT FORGOTTEN. YOUR GOD KNOWS YOU, SEES YOU, AND REMEMBERS YOU. HE IS WORKING IN WAYS YOU MAY NOT SEE OR UNDERSTAND. BUT AT JUST THE RIGHT TIME AND FOR JUST THE RIGHT PURPOSE, HE WILL MAKE HIS REMEMBRANCE OF YOU EVIDENT. UNTIL THEN, TRUST HE HAS NOT FORGOTTEN YOU!

Lord, help me remember that You remember me! Thank you for the example of Joseph; although I may feel forgotten and hopeless and may even have been forgotten by others, You never forget me. You have promised to never leave me or forsake me. Thank You for Your promises and Your presence. And as You remember me, help me remember You in every moment of every day. Amen.

WRITE & REFLECT: PSALM 115:12



Day 12

Read: Psalm 117-118

"IF GOD IS FOR US, WHO CAN BE AGAINST US?" THIS IS THE QUESTION POSED BY PAUL IN ROMANS 8:31. HE WENT ON TO SAY, "I AM CONVINCED THAT NEITHER DEATH NOR LIFE...NEITHER THE PRESENT NOR THE FUTURE...NEITHER HEIGHT NOR DEPTH...WILL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD THAT IS IN CHRIST JESUS OUR LORD." THE PSALMIST EXPRESSED THIS SENTIMENT AS, "THE LORD IS FOR ME: HE WILL HELP ME." HOW DIFFERENTLY WE WOULD RESPOND OR REACT IF WE WERE CONVINCED THAT THE MAKER OF THE HEAVENS AND EARTH WAS WITH US, FOR US, AND ON OUR SIDE! WOULD WE STAND A LITTLE TALLER? SPEAK A LITTLE MORE CONFIDENTLY? STEP OUT IN FAITH A LITTLE MORE? REGARDLESS OF WHAT YOU FACE TODAY, KNOW HE IS ON YOUR SIDE. HE IS FOR YOU. AND THAT MAKES ALL THE DIFFERENCE!

Lord, I can't comprehend Your love and faithfulness toward me. Thank You that nothing I face today, tomorrow, or in the years to come will ever separate me from You. Regardless of who - or what - comes against me, help me be confident that You being with me and for me is all I truly need. Amen.

WRITE & REFLECT: PSALM 118:7



Day 13

Read: Psalm 119:1-32

OVER THE NEXT FEW DAYS, WE WILL BE READING PORTIONS OF THE LONGEST PSALM IN THE BIBLE: PSALM 119. IT IS MADE UP OF 176 VERSES AND SETS FORTH THE REASONS FOR - AND THE RESULTS OF - DELIGHTING IN GOD'S WORD. IN TODAY'S PORTION, NOTICE VERSE 11. IF YOU'VE EVER WONDERED THE SECRET TO LIVING A LIFE OF OBEDIENCE SO THAT YOU MAY NOT SIN AGAINST HIM, IT'S FOUND IN THIS: THE HIDING OF GOD'S WORD WITHIN YOUR HEART. AS YOU DEPOSIT HIS WORD THROUGH READING, STUDYING, MEMORIZING, AND EVEN SINGING IT, YOU ARE PLANTING TRUTH THAT WILL LEAD, CONVICT, AND STRENGTHEN YOU. IT WILL FORM YOUR THOUGHTS, PRIORITIES, AND DESIRES. IT WILL GO IN HIDDEN, DEEP WITHIN YOUR HEART, BUT WILL CHANGE YOU FROM THE INSIDE OUT UNTIL ALL THAT IS VISIBLE REFLECTS THAT WHICH WAS NOT: THE LIFE-GIVING, LIFE-TRANSFORMING SEED OF GOD'S WORD. WHAT IS ONE THING YOU CAN DO TODAY TO HELP HIDE HIS WORD WITHIN YOUR HEART?

Lord, I want to live a pure and blameless life. I know it is impossible to do so on my own, but I also know You supply all I need to live a life pleasing to You. Through your Spirit and by Your grace, please help me hide the seed of Your Word in my heart on a daily basis. As I do, would You water and grow it? Would you cause your Word to have its effect upon every part of my life in order that I may not sin against You? Amen.

WRITE & REFLECT: PSALM 119:11



Day 14

Read: Psalm 119:33-64

WHERE DO YOU LOOK FOR HAPPINESS? THE WORLD PROMISES IT CAN BE FOUND IN MANY PLACES AND IN DIFFERING WAYS. BUT EVEN IF HAPPINESS IS FOUND WHERE AND HOW THE WORLD SUGGESTS, HAVEN'T YOU DISCOVERED IT TO BE FLEETING AND SHORT-LIVED? IF YOU WANT TO FIND TRUE AND LASTING HAPPINESS, THE PSALMIST'S PRAYER IS FOR YOU! IN VERSE 35 WE READ, "MAKE ME WALK ALONG THE PATH OF YOUR COMMANDS, FOR THAT IS WHERE MY HAPPINESS IS FOUND." (NLT) WHAT A BEAUTIFUL TREASURE WE HAVE IN THE WORD OF GOD: NOT ONLY DOES IT CONTAIN THE WORDS OF ETERNAL LIFE, BUT IN IT ARE THE WORDS WE NEED FOR THIS LIFE. AS WE KNOW AND APPLY HIS WORD, DELIGHTING IN HIM AND WHAT HE HAS SAID, TRUE HAPPINESS WILL BE OURS. ASK HIM TO GIVE YOU THE HUNGER TO CRAVE, THE WILL TO OBEY, AND THE HEART TO DELIGHT IN HIS COMMANDS.

Lord, I have searched high and low for what will bring me lasting happiness. I have yet to find it. Thank You for showing me true happiness is found in You as I walk in Your ways. Help me to believe this when I don't understand it. You alone are worthy and in You is my delight. Amen.

WRITE & REFLECT: PSALM 119:35



Day 15

Read: Psalm 119:65-96

DO YOU STRUGGLE WITH PERFECTIONISM? DO YOU LONG FOR EVERYTHING TO BE "JUST RIGHT" AND GET FRUSTRATED WHEN THINGS DON'T TURN OUT AS YOU ENVISIONED? IF SO, THERE'S GOOD NEWS THAT CAN BRING FREEDOM TO YOU AND TO ALL WHO ARE AFFECTED BY YOUR QUEST FOR PERFECTION: YOU CAN BREATHE EASY, RECEIVE GRACE, AND FIND REST BECAUSE THERE IS NO PERFECTION APART FROM GOD AND HIS WORD. THIS IS LIKELY SOMETHING YOU'RE ALREADY AWARE OF, BUT VERSE 96 CONFIRMS IT: THERE ARE LIMITS TO EVERYTHING IN THIS WORLD, INCLUDING YOUR ABILITY TO ACHIEVE EVEN A SEMBLANCE OF PERFECTION. BUT THERE ARE NO LIMITS TO GOD'S ABILITY. NOR ARE THERE LIMITS TO HIS PERFECTION. THIS IS SOMETHING EVERY PERFECTIONIST OR RECOVERING PERFECTIONIST CAN CELEBRATE.

Lord, thank You for this reminder that there is a limit to everything human: my abilities, my perfection, my knowledge, and my understanding. But there is no limit to You. There is no limit to the extent Your Word can reach or the power it holds. When I'm tempted to get frustrated because of something I can't achieve, help me remember to replace the expectation I have on myself or others onto You. When I'm fixed on You, I can rest in Your grace. Amen.

WRITE & REFLECT: PSALM 119:96



Day 16

Read: Psalm 119:97-136

DO YOU NEED DIRECTION, CLARITY, OR GUIDANCE? WHICH OF US DOESN'T! IF YOU'RE LIKE ME, THERE ARE COUNTLESS DECISIONS TO MAKE IN A SINGLE DAY; CONFUSION SO EASILY CAN SET IN; AND I FIND MYSELF WISHING SOMEONE COULD TELL ME JUST WHAT TO DO! IF YOU CAN RELATE, THERE IS GOOD NEWS: GOD'S WORD SERVES AS A LIGHT AND A LAMP TO ILLUMINATE THE WAY IN WHICH WE SHOULD WALK, TO DISPEL THE DARKNESS AND CONFUSION, AND TO GIVE US CLARITY IN OUR DECISIONS. THROUGH IT, WE ATTAIN WISDOM FOR DAILY LIFE AND LEARN THE PRINCIPLES BY WHICH WE CAN LIVE BY. THE NEXT TIME YOU HAVE A BIG DECISION TO MAKE, FIRST READ HIS WORD. AND BECAUSE LIFE IS FULL OF DECISIONS AND NEEDS, BE SURE TO MAKE SPENDING TIME IN IT A HABIT. BEFORE YOU KNOW IT, YOUR THOUGHTS WILL BE ALIGNED TO HIS, AND YOU WILL HAVE THE LIGHT THAT IS NEEDED FOR ALL THAT AWAITS YOU.

Lord, the world can be a dark and confusing place. And my life can be full of doubts and uncertainties. I have so many decisions to make and so many people depending upon me that it often feels like it's just too much. I'm tempted to wonder how I can possibly know what to do. Thank You for the reminder that Your Word is a lamp and a light. It sheds light on the immediate things I face and also illuminates the path ahead. Help me to look to Your Word and to stay on Your path. Amen.

WRITE & REFLECT: PSALM 119:105



Day 17

Read: Psalm 119:137-176

"GREAT PEACE HAVE THOSE WHO LOVE YOUR LAW..." (VERSE 165, NKJV) PEACE IS SOMETHING EVERYONE WANTS BUT SELDOM KNOWS HOW TO FIND. WE OFTEN EQUATE PEACE WITH SECURITY, DON'T WE? IF MY JOB IS SECURE, I WILL FEEL PEACE. IF MY RELATIONSHIPS ARE STABLE, I WILL BE AT PEACE. BUT PEACE CAN QUICKLY DISAPPEAR WHEN SOMETHING IN OUR WORLD IS SHAKEN. THAT IS WHY THE PROMISE STATED HERE IN PSALM 119 IS SO POTENT. WE'RE TOLD THE SUREFIRE WAY TO EXPERIENCING PEACE IS THROUGH LOVING HIS LAW: THAT NOTHING WILL CAUSE US TO STUMBLE. THAT SOUNDS LIKE A RECIPE FOR PEACE I CAN GET BEHIND, CAN'T YOU?

Lord,

You know how I long to experience peace. Help me to know Your Word and love it. As I meditate upon Your truth, please fill my mind with peace.

Amen.

WRITE & REFLECT: PSALM 119:165



Day 18

Read: Psalm 120-122

WHEN TROUBLES COME YOUR WAY, WHERE DO YOU TURN? TO WHOM DO YOU POUR OUT YOUR COMPLAINTS? WHO GETS THE BRUNT OF YOUR FRUSTRATION? THROUGH THE PSALMIST'S EXAMPLE, WE ARE INSTRUCTED TO TAKE OUR TROUBLES TO THE LORD. WE OUGHT NOT BE SURPRISED BY THE TROUBLES WE FACE (JESUS PROMISED THEM, AFTER ALL, IN JOHN 16:33); WE NEED NOT BE SHAKEN BY THEM; AND WE NEED NOT SINK IN DESPAIR. WE SIMPLY NEED TO REMEMBER TO TAKE THEM TO HIM. HE ALONE IS OUR HELPER, OUR PROVIDER, AND OUR SUSTAINER. HE KNOWS JUST WHAT WE NEED AND WHEN WE NEED IT. WHAT TROUBLE ARE YOU FACING TODAY? GIVE IT TO HIM, THEN LEAVE IT WITH HIM. THERE IS NO BETTER PLACE FOR YOUR TROUBLES THAN IN THE CAPABLE AND LOVING HANDS OF YOUR SAVIOR.

Lord, I bring all that is troubling my heart today to You. You are not surprised by these troubles nor are You concerned. You know all of my days and what fills each one; You know what I need before I ask; and You know how and when to provide. Help me get into the habit of taking my troubles to You before I take them to those around me or to social media in front of me. I look to You and I trust in You. Amen.

WRITE & REFLECT: PSALM 120:1



Day 19

Read: Psalm 123-126

ARE YOU PLAGUED BY THE QUESTION, "WHAT IF?" I FIND THESE TWO LITTLE WORDS CAN LIGHT MY MIND ON FIRE THROUGH MY IMAGINATION AND BRING MY HEART INTO A FRENZY WITHIN SECONDS, DON'T YOU? IN PSALM 124, WE FIND THESE WORDS USED IN A MUCH DIFFERENT CONTEXT, HOWEVER. THE PSALMIST ASKS, "WHAT IF THE LORD HAD NOT BEEN ON OUR SIDE?" HE ANSWERS HIS OWN QUESTION BY STATING IF HE HAD NOT BEEN ON THEIR SIDE, THEY WOULD HAVE BEEN SWALLOWED ALIVE BY THEIR ENEMIES. IN OTHER WORDS, HE RECOGNIZED THE PRESENCE OF GOD AND HIS FAITHFULNESS IN THE PAST, WHICH SURELY ENCOURAGED HIM IN THE PRESENT AND GAVE HOPE FOR THE FUTURE. WHY NOT TAKE A MOMENT TO DO THE SAME? ACKNOWLEDGE HOW FAITHFUL HE HAS BEEN. YOUR "WHAT IF" WORRIES FOR THE FUTURE WILL SOON BE REPLACED BY "WHAT IF" WORSHIP FOR HIS PAST GOODNESS AND PRESENT FAITHFULNESS.

Lord, it is so easy to be consumed with "what if" scenarios that lead me to a place of panic and worry. Help me to follow the psalmist's example today as I reflect upon Your past faithfulness. When I consider "what if" You had not been on my side, "what if" You had not been present, "what if" You had not worked as You did, I am in awe of Your involvement in my life even when I did not realize it at the time. Help me turn my worries into worship as I consider Your great faithfulness. Amen.

WRITE & REFLECT: PSALM 124:2



Day 20

Read: Psalm 127-129

HAVE YOU GONE THROUGH THE PROCESS OF BUILDING A HOUSE? IF SO, YOU LIKELY WEREN'T THE ONE WHO PHYSICALLY LAID THE FOUNDATION OR ERECTED THE WALLS. BUT YOU DID HAVE AN IMPORTANT PART TO PLAY NONETHELESS IN TERMS OF MAKING THE DECISIONS, CHOOSING THE MATERIALS, AND HIRING THE RIGHT PEOPLE FOR THE JOB. AND I IMAGINE NOTHING WOULD HAVE FRUSTRATED YOU MORE THAN WATCHING THE BUILDERS LABOR IN VAIN, WASTING YOUR TIME, MONEY, AND RESOURCES. THIS IS NOT UNLIKE THE PICTURE PAINTED FOR US IN PSALM 127, WHERE WE READ THAT UNLESS THE LORD BUILDS THE HOUSE, THE BUILDERS LABOR IN VAIN. WHILE WE HAVE MANY IMPORTANT ROLES TO PLAY IN THE BUILDING OF OUR HOMES AND THE PEOPLE WITHIN THEM, IT IS THE LORD WHO DOES THE WORK. ARE WE SPINNING OUR WHEELS, WORKING IN VAIN OR ARE WE COOPERATING WITH HIM? ARE WE BUILDING IN HIS WAY, BY HIS SPIRIT'S ABILITY, AND THROUGH THE GUIDANCE OF HIS WORD?

Lord, it is so easy to rely upon myself as I go about my day, forgetting that You desire to use everything I do and every interaction with my loved ones as an opportunity to build my home. Help me to cooperate with You and learn how to let You build my home and my family so that my work may not be in vain. Please fill me with Your Spirit and guide me by Your Word. Amen.

WRITE & REFLECT: PSALM 127:1



Day 21

Read: Psalm 130-132

WHO DO YOU LOOK TO OR COUNT ON WHEN YOU NEED SOMEONE TO TURN TO? IN PSALM 130, THE PSALMIST MAKES IT CLEAR WHO HE COUNTED ON: THE LORD. "I AM COUNTING ON THE LORD: YES, I AM COUNTING ON HIM. I HAVE PUT MY HOPE IN HIS WORD." (PSALM 130:5, NLT) OTHER TRANSLATIONS OF THIS VERSE DON'T SAY "I AM COUNTING" ON THE LORD BUT RATHER I AM "WAITING" ON THE LORD. WHEN WE ARE WAITING ON HIM, WE MUST BE COUNTING ON HIM! THIS MEANS EVEN WHEN WE DON'T SEE SOMETHING UNFOLD HOW OR WHEN WE HAD HOPED, WE CAN REMAIN CONFIDENT IN HIS GOODNESS AND HOPEFUL IN HIS WORD TO KNOW HE WILL WORK OUT WHATEVER WE ARE WAITING FOR IN THE BEST WAY AND IN THE RIGHT TIME. WHAT ARE YOU WAITING FOR TODAY? REMEMBER TO COUNT ON HIM!

Lord, I echo the psalmist's declaration: I count on You - no one else and nothing else. You alone are trustworthy and Your Word alone is sure. As I'm waiting, help me to look to You and not to others; to count on You and nothing else. I choose to place my hope in You, knowing You will never let me down. Amen.

WRITE & REFLECT: PSALM 130:5



Day 22

Read: Psalm 133-135

I HAVE A SPECIAL CLAY "VASE" THAT SITS ON MY BATHROOM COUNTER, MADE BY ONE OF MY CHILDREN WHEN THEY WERE YOUNG. THEY WERE SO PROUD OF THE CREATION AS THEY CRAFTED A RECOGNIZABLE SHAPE OUT OF A LUMP OF CLAY. THERE IS SOMETHING SPECIAL ABOUT THE PROCESS OF SHAPING - OR BEING SHAPED - ISN'T THERE? IN PSALM 135 WE READ OF THE IDOLS THAT WERE MADE (SHAPED) BY HUMAN HANDS. WHAT A CONTRAST TO OUR GOD, WHO WAS NOT SHAPED BY HUMAN HANDS BUT ALWAYS HAS BEEN AND ALWAYS WILL BE. BUT IT IS ALSO A CONTRAST TO US, HIS CHILDREN, WHO ARE INTENDED TO BE SHAPED BY HIS SPIRIT AND THROUGH HIS WORD IN ORDER TO LOOK MORE AND MORE LIKE HIM. ARE YOU ALLOWING "HUMAN HANDS," THE THINGS OF THIS WORLD, SHAPE YOU? OR ARE YOU BEING SHAPED DAY BY DAY BY YOUR LOVING FATHER INTO THE IMAGE OF HIS LOVELY SON?

Lord, thank You that You take great delight and care in shaping me more into Your image. Help me to recognize if I'm being shaped more by the things of this world than by Your Spirit and Your Word. You are the Potter, I am the clay. It is an honor to be made to look more and more like You. Amen.

WRITE & REFLECT: PSALM 135:15



Day 23

Read: Psalm 136-137

HIS LOVE - HIS MERCY - HIS FAITHFUL LOVE (DEPENDING ON THE TRANSLATION) ENDURES FOREVER. THERE'S NO DOUBTING THE EVERLASTING NATURE OF OUR ETERNAL GOD AFTER READING PSALM 136, IS THERE? WHAT CAN WE DO IN RESPONSE TO SUCH LOVE? THIS PSALM SERVES AS OUR PATTERN: WE GIVE HIM THANKS. FOR ALL THAT HE IS: GIVE HIM THANKS. FOR ALL HE HAS DONE: GIVE HIM THANKS. FOR ALL HE PROVIDES: GIVE HIM THANKS. AND MAY I ADD: FOR THE GIVING OF HIS SON, GIVE HIM THANKS. HOW SHORT-SIGHTED AND FORGETFUL WE ARE WHEN WE BELIEVE WE HAVE NOTHING TO THANK HIM FOR SIMPLY BECAUSE WE DON'T FEEL GRATEFUL. WE COULD THANK HIM FOR HIS LOVE, AS DISPLAYED UPON THE CROSS, EVERY MOMENT OF EVERY DAY AND IT STILL WOULD NOT BE ENOUGH!

*Lord, I give You thanks because You are good; Your love endures forever!
Thank You for who You are, what You've done, and all You have given.
Thank You especially for giving Your Son that He might die in my place in
order that I may live. Please help me continue to walk through my day with an
attitude of thanksgiving. Amen.*

WRITE & REFLECT: PSALM 136:1



Day 24

Read: Psalm 138

DO YOU EVER START SOMETHING JUST TO LOSE THE DESIRE OR ABILITY TO COMPLETE IT? WHETHER BOOKS OR PUZZLES OR ANY KIND OF RANDOM PROJECT, I'M OFTEN TEMPTED TO GIVE UP BEFORE I COMPLETE THE TASK AT HAND. I'M SO GRATEFUL THE LORD NEVER GIVES UP ON ME AND WILL FINISH WHAT HE STARTED. PHILIPPIANS 1:6 PROMISES IT (HE WILL FINISH THE WORK HE BEGAN) AND PSALM 138:8 CONFIRMS IT: HE WILL PERFECT ALL THAT CONCERNS ME. NOTHING WILL BE LEFT UNDONE IN MY LIFE OR YOURS. HIS PLANS WILL COME TO PASS, YOU CAN COUNT ON IT!

Lord,

Thank you for the assurance You will perfect everything that concerns me.

There are times I must admit I have a lot I am concerned about. Knowing You will work out even these things in perfect accordance to Your will brings such peace to my heart and mind.

Amen.

WRITE & REFLECT: PSALM 138:8



Day 25

Read: Psalm 139

"HOW DID YOU KNOW?" MY CHILDREN ASKED IN AWE. "I'M YOUR MOM, I CAN TELL WHEN SOMETHING IS BOTHERING YOU. I JUST KNOW." WE ALL HAVE PEOPLE IN OUR LIVES WHO WE CAN "JUST TELL" OR "JUST KNOW" HOW THEY ARE DOING AND WHAT THEY ARE THINKING. HOW MUCH MORE DOES GOD KNOW US, HIS CHILDREN? IN FACT, HE KNOWS US BETTER THAN WE KNOW OURSELVES. THIS MAY FRIGHTEN SOME OR MAKE SOME FEEL EMBARRASSED, BUT IN REALITY, IT OUGHT TO GIVE US GREAT COMFORT. HE KNOWS US BECAUSE HE SEES US AND IS PRESENT WITH US. IN FACT PSALM 139 MAKES IT CLEAR THERE IS NO PLACE WE CAN GO THAT HE IS NOT. WHEREVER YOU GO TODAY AND WHATEVER YOU DO, REMEMBER HE IS WITH YOU. HE SEES, AND HE KNOWS YOU. HOW CAN THIS COMFORT YOU TODAY?

Lord, help me remember today that You know me, You see me, and You are with me. When I feel alone, You are there. When I feel unseen, You see. When I feel misunderstood, You understand. This brings me such comfort. May Your knowledge of me be enough for me today. Amen.

WRITE & REFLECT: PSALM 139:1



Day 26

Read: Psalm 140-141

REGRET. IT'S SOMETHING WE ALL HAVE FELT AT ONE TIME OR ANOTHER AND MOST OF US HAVE PROBABLY EXPERIENCED IT OVER WORDS WE HAVE SPOKEN THAT LATER WE WISH WE HADN'T. UNFORTUNATELY, WE CANNOT TAKE BACK THAT WHICH WE'VE SAID, THE DAMAGE OUR WORDS HAVE CAUSED, OR THE HURT THEY INFLICT UPON OTHERS. THANK GOD FOR HIS GRACE AND HIS ABILITY TO FORGIVE OUR SIN AND REDEEM OUR RELATIONSHIPS! BUT WOULDN'T IT BE BETTER TO NOT HAVE TO GO THROUGH THAT PAIN IN THE FIRST PLACE? IF THIS IS A RECURRING STRUGGLE FOR YOU, YOU WILL RELATE TO DAVID'S PRAYER FOUND IN PSALM 141:3, "SET A GUARD OVER MY MOUTH, LORD; KEEP WATCH OVER THE DOOR OF MY LIPS." WHY NOT GET IN THE HABIT OF PRAYING THIS DAILY IN ORDER TO USE OUR WORDS TO PLEASE GOD AND BLESS OTHERS?

Lord, I know the impact my words can have on those around me. I confess that controlling my speech is a struggle and at times I say things I later regret. I need Your help and echo the words found in this psalm: please set a guard over my mouth and keep watch over the door of my lips. Fill me with Your Spirit that I may have the fruit of self-control in what I say today and in the days to come. Amen.

WRITE & REFLECT: PSALM 141:3



Day 27

Read: Psalm 142-144

HAVE YOU EVER NOTICED HOW EASY IT IS TO COMPLAIN ABOUT SOMETHING VS SAYING SOMETHING KIND ABOUT SOMETHING? YOU DON'T NEED TO SCROLL TOO LONG ON SOCIAL MEDIA OR STAND AROUND A GROUP OF PEOPLE BEFORE SEEING (OR HEARING) COMPLAINT AFTER COMPLAINT. IN PSALM 142:2 WE ARE GIVEN A BETTER WAY TO HANDLE OUR COMPLAINING MOUTHS AND TROUBLED HEARTS: POUR IT ALL OUT BEFORE HIM. IN FACT, I AM ABLE TO JUDGE HOW MUCH I'M POURING OUT BEFORE HIM BY EVALUATING HOW MUCH I'M POURING OUT TO OTHERS ON ANY GIVEN DAY. THE MORE I POUR OUT TO HIM, THE LESS I NEED TO POUR OUT TO MAN. BUT THE LESS I POUR OUT TO HIM, THE MORE I NEED TO TAKE MY COMPLAINTS, TROUBLES, AND OVERWHELMED HEART AND MIND TO ANYONE WHO WILL LISTEN. TODAY, BEFORE YOU COMPLAIN TO A FRIEND OR LOVED ONE, SPILL YOUR HEART TO THE LORD. HE'S THE ONLY ONE WHO HAS THE SOLUTION TO THE PROBLEM AND THE CURE FOR YOUR HEART.

Lord, I confess how easy it is to get overwhelmed and then overrun by a complaining attitude. I long for my words and my heart to honor and glorify You. Help me bring all of my complaints to You and You alone. You are the only One who is able to address the problems around me and restore peace and a good attitude within me. Amen.

WRITE & REFLECT: PSALM 142:2



Day 28

Read: Psalm 145

CAN YOU IMAGINE SEEING A CHILD BENT OVER FROM HIS HEAVY-LOADED BACKPACK AND NOT OFFERING TO CARRY IT FOR HIM? JUST AS OUR FIRST INSTINCT WOULD BE TO HELP CARRY HIS LOAD SINCE WE ARE BIGGER AND STRONGER THAN HE, THE LORD LIFTS THOSE WHO ARE BENT BENEATH THEIR LOADS SINCE HE IS BIGGER AND STRONGER THAN THEM. IF YOU ARE HEAVY-HEARTED FROM CARRYING HEAVY BURDENS, BE ENCOURAGED THAT HE ALWAYS KEEPS HIS PROMISES AND IS GRACIOUS IN ALL HE DOES (VERSE 13). HE IS NEAR YOU WHEN YOU CALL ON HIM (VERSE 18). IF YOU HAVE FALLEN, HE WILL HELP YOU, AND IF YOU ARE BURDENED HE WILL LIFT YOU. LOOK TO HIM AND CALL ON HIS NAME; HE DELIGHTS IN WATCHING OVER YOU.

Lord, it is no surprise to You that I am heavy-hearted and bent beneath my heavy loads. Thank You for the reminders today that You are near and willing to help; You are faithful and You are kind. I come to You now and lay down my burdens. I release my worries, fears, and to-do lists; I give You the bad news I've recently heard and my concerns for my loved ones; I entrust my present and my future to You. Amen.

WRITE & REFLECT: PSALM 145:14



Day 29

Read: Psalm 146-147

IT WAS THE MOST IMPORTANT DRESS OF MY LIFE, AND IT WAS ILL-FITTING! IT BUNCHED UP TERRIBLY, WAS TOO BIG, AND OVERALL LOOKED TERRIBLE. THIS IS WHAT I DISCOVERED ONE DAY BEFORE MY WEDDING AND RESULTED IN A WHIRLWIND OF EMERGENCY ALTERATIONS. THE POOR FIT COULD HAVE BEEN ACCEPTABLE IF IT HAD BEEN AN ORDINARY OCCASION BUT CERTAINLY NOT FOR A WEDDING. I'M REMINDED OF THE IMPORTANCE OF HOW WELL SOMETHING "FITS" WHEN I READ PSALM 147:1. THE NIV AND NLT TRANSLATIONS STATE HOW FITTING IT IS TO PRAISE GOD. FOR A CHILD OF GOD, WHAT IS "FITTING" IS PARAMOUNT. AND IT IMPLIES SOME THINGS WILL NOT BE A GOOD FIT. WHY NOT USE THIS AS A FILTER TODAY WHEN MAKING DECISIONS OR EVALUATING YOUR RESPONSES: IS IT A GOOD FIT FOR A CHRISTIAN? DOES IT REFLECT HIS HEART? DOES IT MAKE FOR AN HONORABLE REPRESENTATIVE OF HIM? WHEN IN DOUBT, RETURN TO THIS PSALM. ONE THING THAT ALWAYS FITS AND NEVER GOES OUT OF STYLE IS OUR PRAISE!

Lord, help me live in such a way that is a fitting representation of You. May I continually have Your praises upon my lips and Your songs within my heart. Amen.

WRITE & REFLECT: PSALM 147:1



Day 30

Read: Psalm 148-150

THIS IS OUR FINAL DAY IN THE BOOK OF PSALMS. HAVEN'T YOU LOVED SPENDING TIME IN IT? HAVEN'T YOU GROWN SO MUCH CLOSER TO GOD IN THE PROCESS OF READING, REFLECTING UPON, AND PUTTING SOME OF ITS TRUTHS INTO ACTION? IT SHOULD COME AS NO SURPRISE THAT THE FINAL EXHORTATION FOUND IN THIS BOOK IS TO PRAISE THE LORD. WHEREVER WE ARE, WHATEVER WE HAVE, AND WITH EVERY BREATH WE ARE TO PRAISE THE LORD! WE OUGHT TO PRAISE HIM FOR WHO HE IS AND FOR WHAT HE DOES. HE IS GREAT AND IS WORTHY OF OUR PRAISE. HE HAS DONE GREAT THINGS AND WE OUGHT NEVER CEASE PRAISING HIM FOR THEM. HOW CAN YOU INCORPORATE MORE PRAISE INTO YOUR DAY TODAY AND IN THE DAYS TO COME?

Lord, thank You for the gift of these past thirty days. My heart has become more in tune with Yours as I have read this special portion of Your Word. As long as I live, with every breath in my being, may I praise You. I can't think of anything better to do with my life than to let my life, my heart, and my words declare the praises of Your name. I love You and praise You for Your mighty works and unequalled greatness. There is none like You! Amen.

WRITE & REFLECT: PSALM 150:6



Notes



A series of horizontal lines for writing notes, spanning the width of the page below the header.

Thank you!

Thank you for joining us for Summer of Psalms! I pray it was a blessing to spend time getting to know God through the book of **Psalms**. I pray He continues to grow your faith through the study of His word.

Meet the Author

CARA BLONDO

Whether through teaching Bible studies, speaking to groups in person or online, or writing devotionals or other Christ-centered resources, Cara is passionate about helping women connect biblical truths to their everyday lives. Through her blog, The One Thing Desired, and podcast, Perspective Shifts, she hopes to encourage women to shift their perspective upward and come to know Him as their greatest desire. She and her husband have been married for more than twenty years and are blessed to have four children.

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