



*A Study of*  
**Psalm**s

*Volume 2*

**Let's Read the Bible**  
with Sarah E. Frazer & Sarah Ann Goode



# Introduction

Hello!

Welcome to Volume 2 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!

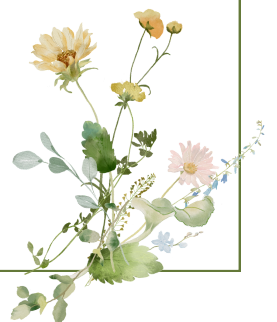
*In the multitude of my anxieties within me,  
Your comforts delight my soul. Psalm 94:19*

Join me on this journey through the Psalms. Sarah Ann is our author for Volume 2. 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](mailto:sarah@sarahefrazer.com)



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Day 1

## Read: Psalm 51-52

I LOVE SITTING IN OUR BACKYARD AND LOOKING UP AT THE TREES, ESPECIALLY IN THE SPRING WHEN THE LEAVES START TO GROW BACK AFTER WINTER. PSALM 1:3 GIVES A BEAUTIFUL IMAGE OF A TREE BY THE WATER, FRUITFUL AND PROSPERING. WHEN TREES ABSORB WATER THROUGH THEIR ROOTS THE WATER TRAVELS ALL THE WAY UP TO THEIR LEAVES, GIVING THE LEAVES VITAL NUTRIENTS AND MINERALS. WATER IS VITAL FOR THE TREES' SURVIVAL.

STAYING ROOTED IN GOD'S WORD GIVES US THE LIVING WATER WE NEED TO SURVIVE. WHEN WE STAY ROOTED IN GOD'S WORD AND STRIVE TO FOLLOW HIS WAYS WE CAN EXPERIENCE A FRUITFUL LIFE. DAILY BIBLE READING AND PRAYER HELP US TO STAY ROOTED AND GROW DEEPER IN OUR FAITH. WHEN WE GROW DEEPER IN OUR FAITH WE CAN LIVE OUT THE CALLING GOD HAS GIVEN US.

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*Lord, help me to stay rooted in your Word so that I may receive your Living Water necessary to live my life for you. Amen.*

WRITE & REFLECT: PSALM 51:10



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Day 2

## Read: Psalm 53-54

HAVE YOU EVER EXPERIENCED A SEASON FILLED WITH STRUGGLE AND STRIFE? PSALM 54 FINDS DAVID PLEADING FOR GOD TO RESCUE HIM FROM HIS ENEMIES AND TO SAVE HIM FROM HIS CIRCUMSTANCES. WHILE YOU MAY NOT NEED PHYSICAL RESCUE, YOU CAN TRUST GOD TO MEET YOU IN YOUR GREATEST NEED. INSTEAD OF GIVING IN TO OVERWHELM, BRING YOUR BURDENS BEFORE THE LORD AND TRUST THAT NOTHING IS TOO BIG FOR HIM TO HANDLE. EVEN IN YOUR SUFFERING AND STRUGGLE, OFFER PRAISE TO THE LORD FOR HIS STEADFAST CHARACTER. LIKE DAVID, REMEMBER HE IS FAITHFUL TO DELIVER HIS CHILDREN ACCORDING TO HIS PERFECT PLAN.

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*Lord,*

*I praise you for your steadfast character and the way you faithfully walk through hardship with your children. Help me to run to you and find shelter in you, instead of trying to do this season of life on my own. I need you, Lord!  
Amen.*

WRITE & REFLECT: PSALM 54:17



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Day 3

## Read: Psalm 55-56

WE LIVE IN A BROKEN AND FALLEN WORLD, FILLED WITH PEOPLE IN DESPERATE NEED OF SALVATION AND REDEMPTION. AS A RESULT, OUR SIN NATURE CAN SPILL OVER INTO EVEN THE STRONGEST RELATIONSHIPS. STRUGGLES CAN TAKE ROOT, PITTING FRIEND AGAINST FRIEND AND LEAVING A PATH OF TARNISHED RELATIONSHIPS IN THE WAKE. YET OUR HOPE DOES NOT LIE IN MAN'S ABILITY TO RESTORE BROKEN TIES OR TO RIGHT THE WRONGS THAT HAVE BEEN DONE TO US. AS A BELIEVER, YOUR HOPE LIES IN YOUR CREATOR AND DELIVER. WHEN YOU'RE OVERWHELMED BY THE STING OF BROKEN RELATIONSHIPS, SURRENDER YOUR DEEPEST WOUNDS AT THE FOOT OF THE CROSS. LIKE DAVID, POUR OUT THE INJUSTICE TO YOUR HEAVENLY FATHER. TRUST THAT HIS GOODNESS WILL ECLIPSE YOUR DARKEST NIGHT AND PROVIDE HOPE IN THE STORMS OF THIS LIFE. REMEMBER, "CAST YOUR BURDEN ON THE LORD, AND HE WILL SUSTAIN YOU". (PSALM 55:22)

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*Lord,*

*I praise you that you are my refuge and shelter from the storms of this life. Today I release my hurt from \_\_\_\_\_ at the foot of the cross. Restore my brokenness and help me to forward from this deep wound in your precious name. Amen.*

WRITE & REFLECT: PSALM 55:22



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Day 4

## Read: Psalm 57-58

IN PSALM 57, DAVID IS AGAIN SURROUNDED BY STRUGGLES AND IS DESPERATE FOR THE HELP OF THE LORD TO SEE HIM THROUGH. YET NO MATTER THE OBSTACLES BEFORE HIM, DAVID'S HEART WAS STEADFAST AND ROOTED IN THE PROMISES OF GOD. HE WAS FIRMLY ANCHORED TO THE LORD AS HIS TRUE SOURCE OF HELP AND HOPE. DESPITE THE OVERWHELMING ADVERSITY DAVID WAS FACING, HE EAGERLY PRAISED THE LORD. EVEN IN THE STRUGGLE, HE CONTINUED TO SHOUT GOD'S GOODNESS AND REMAINED STEADFAST IN FAITH. WHEN YOU'RE BATTLING THE STORMS OF LIFE, DO YOU STRUGGLE TO PRAISE THE LORD AND REMEMBER HIS FAITHFULNESS? ARE YOU TOO BURDENED TO SEE PAST YOUR SORROWS? SPEND TIME IN PRAYER ASKING THE LORD TO REMIND YOU OF HIS GOODNESS AND TO RENEW THE JOY OF YOUR SALVATION WHEN YOU'RE FACING THE BATTLE. AFTER ALL, THE LORD IS STEADFAST IN HIS GREAT LOVE FOR YOU AND ALWAYS KEEPS HIS PROMISES.

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*Heavenly Father,*

*I long to grow deep roots of faith and be anchored to your promises in all seasons of life. Help me to praise you and sing of your greatness regardless of my circumstances. You are worthy of praise each and every day of my life.*

*Amen.*

WRITE & REFLECT: PSALM 57:9-10



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Day 5

## Read: Psalm 59-60

WHEN YOU'RE SURROUNDED BY STRUGGLE AND STRIFE, WHERE DO YOU TURN FOR HELP? DO YOU RUN TO GOD FOR SHELTER FROM THE STORM OR DO YOU FIRST TURN TO OTHERS FOR CONSOLATION? PSALM 59 REMINDS US THAT GOD IS OUR STRENGTH, REFUGE, SHELTER, AND FORTRESS. WHETHER ENEMIES SURROUND YOU OR THE TROUBLES OF THIS WORLD FILL YOUR HEART WITH SORROW, COME TO THE LORD FIRST AS YOUR SAFE HAVEN AND REFUGE. HE ALONE CAN COMFORT YOUR SOUL WITH HIS STEADFAST LOVE AND OFFERS A SAFE PLACE YOUR WEARY SOUL CAN REST. THEN, MAY YOU SING AN ANTHEM OF GRATITUDE AND JOY FOR THE MARVELOUS WORKS OF THE LORD. HE IS WITH YOU IN THE BATTLE!

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*Father,*

*Help me to run to you in times of trouble and heartache. May I remember that you are my refuge and safeplace when I'm surrounded by suffering.*

*Thank you for meeting me in my struggles and standing with me in the battle.*

*Amen.*

WRITE & REFLECT: PSALM 59:17



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Day 6

## Read: Psalm 61-62

IN A RUSHED AND FRENZIED WORLD, SILENCE AND STILLNESS CAN BE HARD TO FIND. YET PSALM 61 AND 62 REMIND US OF THE IMPORTANCE OF DRAWING NEAR TO THE LORD AND DWELLING IN HIS PRESENCE. GOD WILL MEET YOU IN THE HUSHED, STILL MOMENTS AND REFUEL YOUR SOUL WITH STRENGTH TO PRESS ON. THEN, WHEN THE HARD TIMES COME, YOU WON'T BE SHAKEN OR MOVED. YOUR FAITH WILL REMAIN STEADFAST AND YOUR SPIRIT ALREADY ANCHORED TO HIS TRUTH. WHEN WAS THE LAST TIME YOU LINGERED IN THE PRESENCE OF THE LORD AND TOOK REFUGE IN HIS PERFECT PEACE? THE NEXT TIME YOU'RE TEMPTED TO RUSH THROUGH YOUR QUIET TIME, REMEMBER THE INVITATION TO SAVOR GOD'S GOODNESS AND RENEW YOUR STRENGTH BY BASKING IN HIS PRESENCE.

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*Heavenly Father,*

*Forgive me for the times I just go through the motions of meeting with you.*

*Help me to slow down and savor the beauty of your presence and to delight in your Word. I know that in your presence, I am restored and strengthened with your perfect peace. Amen.*

WRITE & REFLECT: PSALM 62:5-7





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Day 7

## Read: Psalm 63-64

HAVE YOU EVER TRULY LONGED FOR THE LORD? WHEN ALL IS RIGHT WITH THE WORLD AND THINGS ARE GOING YOUR WAY, IT'S EASY TO SING GOD'S PRAISES. YET WHEN YOU'RE WANDERING IN DESERT SEASONS OF LIFE, ONLY THEN CAN YOU TRULY UNDERSTAND THE ANGUISH OF LONGING FOR YOUR FATHER. IT'S IN THE STRUGGLES AND THE SUFFERING WHERE YOU EXPERIENCE HOW THE LIVING WATER OF THE LORD QUENCHES YOUR DEEPEST LONGINGS. IT'S IN THE DARKNESS AND THE QUESTIONING WHERE YOU LEARN TO CLING TIGHTLY TO THE STEADFAST LOVE OF GOD. AND IT'S IN THE MOMENTS WHEN YOU'RE TOO WEARY TO PRESS ON THAT YOU LEARN HOW TO TAKE REFUGE IN THE SHELTER OF THE MOST HIGH. NO MATTER HOW DEEP YOU HURT, THE LORD IS FAITHFUL TO OFFER COMPLETE SOUL SATISFACTION WITHIN HIS PERFECT PEACE.

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*O Lord,*

*I praise you that you satisfy your weary children and quench the longings deep within my soul. Help me to daily seek you as the One who satisfies my greatest needs and deepest desires. I believe that you are working in ways I can not see and I trust you to meet me in desert seasons of life.*

READ & REFLECT: PSALM 63:1



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Day 8

## Read: Psalm 65-66

SHOUT FOR JOY TO GOD, ALL THE EARTH; SING THE GLORY OF HIS NAME; GIVE TO HIM GLORIOUS PRAISE! PSALM 66:1-2 HOW DO YOU CELEBRATE GOD'S FAITHFULNESS IN YOUR LIFE? A SIMPLE GRATITUDE HABIT CAN HELP YOU RECOGNIZE GOD'S HANDIWORK AND SING FOR JOY AT HIS GOODNESS. GET IN THE HABIT OF LOOKING FOR GOD'S BLESSINGS WOVEN THROUGHOUT YOUR DAY AND MAKING NOTE OF THEM. THEN, THESE SIMPLE "STONES OF REMEMBRANCE" WILL BE A TESTIMONY OF GOD'S FAITHFULNESS IN TIMES OF SUFFERING. WATCH AND SEE HOW GOD USES THESE REMINDERS TO CULTIVATE A SHIFT IN YOUR HEART. PRAISE AND GRATITUDE WILL NATURALLY FLOW FROM YOUR LIFE AS A RESULT!

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*Lord,*

*I praise you for your wondrous works and the ways you shower me with blessings day after day. Open my eyes to your handiwork and help me to recognize your blessings as they come. Cultivate a spirit of praise in my heart and may I shout your goodness to the world around me. Amen.*

WRITE & REFLECT: PSALM 66:1-2



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Day 9

## Read: Psalm 67-68

HAVE YOU EVER MARVELED AT THE POWER OF GOD? THE SAME GOD WHO CREATED THE UNIVERSE AND COMMANDS THE SEASONS IS THE SAME GOD WHO KNOWS YOU BY NAME. THE SAME GOD WHO PARTED THE RED SEA AND DEFEATED ANCIENT ARMIES, IS THE SAME GOD WHO WALKS WITH YOU EACH DAY. THE GOD WHO HEARD THE CRIES OF DAVID IS THE SAME GOD WHO ARMS YOU WITH STRENGTH FOR YOUR DAILY BATTLES. TAKE COMFORT IN KNOWING THAT GOD'S POWER IS FAR GREATER THAN YOU CAN IMAGINE AND HIS STEADFASTNESS NEVER FAILS. SPEND TIME MARVELING AT GOD'S POWER THROUGHOUT THE AGES AND IN YOUR OWN LIFE. REJOICE THAT GOD'S STORY CONTINUES UNTIL ALL HIS CHILDREN ARE HOME WITH HIM IN HEAVEN FOR ETERNITY.

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*Lord,*

*I marvel at your power and the way you've revealed yourself to me time and time again. Help me to lean into your power and strength in weak moments. You alone are my rock and my fortress!*

WRITE & REFLECT: PSALM 68:34-35



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Day 10

## Read: Psalm 69-70

HAVE YOU EVER ASKED THE LORD TO "DELIVER YOU" FROM A SITUATION OR SEASON OF LIFE? IN PSALM 70, DAVID CRIES OUT TO THE LORD FOR HIS DELIVERANCE AND IS DESPERATE FOR THE HELP OF GOD. IN TIMES WHEN THE STRUGGLES OF THIS LIFE FEEL TOO MUCH TO BEAR, LOOK UP. LOOK UP TO THE LORD FOR GUIDANCE AND DELIVERANCE. TRUST THAT YOUR HEAVENLY FATHER NEVER WASTES YOUR SUFFERING. YOUR PAIN CAN BE USED FOR HIS PURPOSE AND TO FULFILL HIS PROMISES TO YOU. IN THE DARKEST MOMENTS OF YOUR LIFE, GOD'S PLAN IS STILL GOOD AND HE IS DRAWING YOU TO HIM IN FRESH WAYS. MAY THE LORD USE YOUR ANGUISH TO GLORIFY HIS NAME AND BRING HIM HONOR AND PRAISE.

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*God,*

*I know that you are with me in all seasons of life, including those filled with pain and on the road of suffering. Draw me close to you in a fresh way and help me rely on you for strength and deliverance in moments when I can't go on. Refine me in your image and use this pain for your glory and purpose.*

*Amen.*

WRITE & REFLECT: PSALM 70:4-5



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Day 11

## Read: Psalm 71-72

WHAT ARE YOU HOPING FOR IN YOUR LIFE? DICTIONARY.COM SAYS 'HOPE' MEANS TO "LOOK FORWARD TO WITH DESIRE AND REASONABLE CONFIDENCE." YET AS A CHILD OF GOD, OUR HOPE DOESN'T COME FROM OUR DREAMS COMING TRUE OR HAVING OUR CIRCUMSTANCES WORK OUT THE WAY WE WANT. TRUE HOPE IS FOUND AT THE FOOT OF THE CROSS, WITH OPEN HANDS SURRENDERING YOUR LIFE TO THE LORD. BIBLICAL HOPE IS THE ASSURANCE THAT THE ONE WHO CREATED THE UNIVERSE AND PLACED THE STARS IN THE HEAVENS IS STILL IN CONTROL TODAY. TRUE HOPE KNOWS THAT NO MATTER WHAT COMES YOUR WAY OR HOW YOUR WORLD IS SHAKEN, YOUR HEAVENLY FATHER IS PREPARING A PLACE IN ETERNITY JUST FOR YOU. THIS WORLD, WITH ALL ITS PAINFUL UPS AND DOWNS, IS ONLY TEMPORARY. THEREFORE, YOU CAN HAVE HOPE WHEN THE WORLD FEELS HOPELESS AND TRUST YOUR HEAVENLY FATHER TO CARRY YOU THROUGH THE STORM.

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*Dear Lord,*

*You alone are my hope and it comforts my soul to know you are preparing a place for me in Heaven with you. May I live anchored to your hope, no matter the hardships that come my way. You alone are my refuge and strength in the times when I don't see the way. Help me to rest in your perfect peace each and every day.*

WRITE & REFLECT: PSALM 71:5



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Day 12

## Read: Psalm 73-74

HAVE YOU EVER BATTLED ENVY AND STRUGGLED WITH YOUR LOT IN LIFE? HAVE YOU EVER LOOKED AT THE LIFE OF AN UNBELIEVER AND WONDERED WHY IT SEEMED LIKE THEY WERE BLESSED, BUT YOU STRUGGLE? WHEN YOU FIND YOURSELF WRESTLING WITH ENVY, TAKE YOUR CUE FROM ASAPH, THE AUTHOR OF PSALM 73. FIRST, HE BROUGHT HIS CONFLICTED EMOTIONS TO THE "SANCTUARY OF THE LORD" (V. 17). THERE, IN THE PRESENCE OF GOD, HE REMEMBERED THAT THE LORD HAD THE FINAL VICTORY AND HE WOULD MAKE THEM "FALL TO RUIN" (V. 18). ASAPH THEN SURRENDERED HIS FEELINGS TO GOD AND ACKNOWLEDGED THE LORD AS THE ONE TO "GUIDE HIM WITH COUNSEL" (V. 24). IN THE END, ASAPH PRAISED GOD FOR BEING HIS REFUGE (V. 28) AND SPENT TIME PRAISING HIM. THE NEXT TIME ENVY THREATENS TO TAKE ROOT IN YOUR SOUL, REMEMBER THESE TIPS FROM ASAPH AND RUN TO THE PRESENCE OF THE LORD. HE IS FAITHFUL TO HELP YOU OVERCOME AND BANISH DISCONTENTMENT, KNOWING YOUR TRUE PRIZE IS ETERNITY WITH HIM.

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*Dear God,*

*There are times I wrestle with envy and discontentment. I surrender these messy emotions to you and ask you to help me stay focused on your goodness. Please guard my heart and keep these feelings at bay, knowing my true reward is waiting for me in Heaven.*

WRITE & REFLECT: PSALM 73:25-26



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Day 13

## Read: Psalm 75-76

IN OUR MODERN CULTURE, WICKEDNESS AND DEPRAVITY ARE OFTEN CELEBRATED AS NORMAL. WHILE AS A SOCIETY WE'VE FALLEN AWAY FROM GOD'S COMMANDS, IT DOESN'T MEAN THAT GOD'S JUDGMENT STILL ISN'T COMING. AS A BELIEVER IN CHRIST, WE CAN REST ASSURED KNOWING GOD WILL JUDGE THOSE WHO DO NOT HAVE A PERSONAL RELATIONSHIP WITH HIM. IT'S OUR JOB, AS THE BODY OF CHRIST, TO SPREAD THE GOOD NEWS OF THE GOSPEL TO A LOST AND BROKEN WORLD. IT'S NOT OUR JOB TO JUDGE AND CONDEMN. JUST AS IN PSALM 75, "IT IS GOD WHO EXECUTES JUDGMENT". WHEN WE FOCUS ON HOW GOD JUDGES THE BEHAVIOR OF MEN, NOT US, IT ALLOWS US TO WALK ALONGSIDE THOSE WAYWARD SOULS WITH THE LOVE OF JESUS. INSTEAD OF JUDGING AND CONDEMNING FOR SIN, WE CAN LOVINGLY POINT A LOST SOUL TO THE SAVING GRACE OF GOD AND LEAVE THE JUDGMENT TO HIM.

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*Lord,*

*It can be easy for me to pass judgment on others when I see them go astray and not living according to your Word. Help me to leave the judgment to you and to correct a fallen soul with your love and kindness. May I share your mercy and saving grace with a lost and fallen world. Amen.*

WRITE & REFLECT: PSALM 75:2-5



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Day 14

## Read: Psalm 77-78

THERE ARE SEASONS OF LIFE THAT FEEL BRUTAL AND IMPOSSIBLE. IN THE BROKENNESS AND THE PAIN, THE STEADFAST LOVE OF THE LORD IS WAITING TO COMFORT YOU. GOD HEARS YOUR PLEAS FOR HELP AND YOUR CRIES OF HEARTACHE (PSALM 77:1). IN THE MOMENTS YOU'RE TOO WEARY TO BE COMFORTED, REMEMBER THE LORD IS NEAR (V. 2). THEN, RECALL GOD'S FAITHFULNESS TO HIS CHILDREN AND THE MIGHTY DEEDS HE'S DONE IN THE PAST (V.11). AS YOU REFLECT ON GOD'S PROVISION AND THE TIMES WHEN HE BROUGHT YOU THROUGH THE WILDERNESS, TAKE HEART. GOD IS STILL WITH YOU IN THE HARDSHIP AND WILL PROVIDE A SAFE PLACE TO REST, ONCE AGAIN.

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*Lord,*

*Thank you for your faithfulness and how you hear my cries for help. I know you walk with me in the desert seasons of life and that your provision of the past provides hope for me each and every day. May I remember that I am never alone on this journey through life. Amen.*

WRITE & REFLECT: PSALM 77:1





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Day 15

## Read: Psalm 79-80

HAVE YOU EVER PARTED WAYS WITH A FAMILY MEMBER OR FRIEND, THINKING THE RELATIONSHIP WAS TOO FAR GONE TO SAVE? THE STING OF BETRAYAL AND THE HURT OF A BROKEN RELATIONSHIP CAN LEAVE ONE SCARRED FOR YEARS TO COME. BUT THERE IS HOPE! GOD IS A GOD OF RESTORATION AND HEALING. NO AMOUNT OF BROKENNESS OR HURT IS TOO MUCH FOR GOD TO HANDLE. JUST AS ASAPH CRIED TO THE LORD FOR RESTORATION FOR ISRAEL IN PSALM 80, BRING YOUR CRUSHED FEELINGS TO THE LORD. ASK THE LORD TO HEAL YOUR WOUNDS, AND "TURN AGAIN, O GOD OF HOSTS" (V.14). THEN, CONTINUE TO SEEK GOD'S FACE AS YOU TRUST HIM TO MOVE ACCORDING TO HIS PERFECT PLAN IN THE HEARTS OF THOSE INVOLVED. HE WILL SUSTAIN YOU!

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*Father,*

*I lay my broken relationships at your feet, especially my relationship with \_\_\_\_\_ . You know the depth of my hurt, and today I release it at the foot of the cross. May I trust you to heal and restore according to your will, even when I don't see the way. Today I cling to you for peace and hope. I know you're with me! Amen.*

WRITE & REFLECT: PSALM 80:3



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Day 16

## Read: Psalm 81-82

WHAT DOES PRAISE AND WORSHIP LOOK LIKE IN YOUR LIFE? DO YOU "SING ALOUD TO GOD" AND "SHOUT FOR JOY", LIKE ASAPH IN PSALM 81:1? WHILE PRAISE AND WORSHIP MAY LOOK DIFFERENT IN YOUR LIFE, IT'S A POWERFUL WAY TO STRENGTHEN YOUR RELATIONSHIP WITH GOD. CONSIDER DESIGNATING A PORTION OF YOUR QUIET TIME TO PRAISING THE LORD AND REFLECTING ON HIS FAITHFULNESS. OR TURN ON WORSHIP MUSIC THROUGHOUT THE DAY TO RENEW YOUR MIND WITH TRUTH AND CELEBRATE WHAT GOD HAS DONE. OR, CONSIDER WRITING A PRAYER OF PRAISE TO THE LORD WHO RESCUED AND REDEEMED YOUR SOUL. HE IS WORTHY OF HONOR AND PRAISE!!

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*Lord,*

*You alone are worthy of honor and praise! May I pause to reflect on your goodness and marvel at the work of your hand. For you alone are faithful!*

*Amen.*

WRITE & REFLECT: PSALM 81:1



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Day 17

## Read: Psalm 83-84

DO YOU LONG FOR HEAVEN AND TO BE IN GOD'S PERFECT PRESENCE? PSALM 84 REMINDS US THAT THERE IS NO BETTER PLACE THAN IN THE COURT OF THE LORD. "FOR A DAY IN YOUR COURTS IS BETTER THAN A THOUSAND ELSEWHERE," PSALM 84:10. IN GOD'S PRESENCE THERE IS STRENGTH, FAVOR, HONOR, AND GOOD THINGS. YET WHILE WE WALK THROUGH THIS LIFE UNTIL THE LORD CALLS US HOME, WE CAN LEAN INTO GOD FOR STRENGTH AND ENDURANCE. SIMPLY SEEK THE LORD EACH DAY AND ASK HIM TO DIRECT YOUR PATH. KEEP GOD'S WORD AS THE CORNERSTONE OF YOUR LIFE AND FOLLOW GOD'S COMMANDS, EVEN WHEN IT'S PAINFUL. LEAN INTO GOD FOR STRENGTH TO OBEY AND STAND FIRM IN FAITH WHEN YOU'RE TEMPTED TO STRAY. IN HIS PRESENCE, THAT'S WHERE TRUE JOY IS FOUND UNTIL THE DAY WHEN YOUR ETERNITY WITH HIM BEGINS.

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*Father,*

*I long to experience your perfect peace and to bask in your presence. Help me to seek you wholeheartedly and to live on mission for you until my time on Earth is complete. May I be found faithful to live for you each and every day of my life. Amen.*

WRITE & REFLECT: PSALM 84:1-2



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Day 18

## Read: Psalm 85-86

FROM THE MOMENT YOU ACCEPT JESUS AS LORD AND SAVIOR OF YOUR LIFE, YOU'RE FORGIVEN AND YOUR SINS ARE WASHED CLEAN. HOWEVER, THAT IS JUST THE BEGINNING OF YOUR NEW LIFE IN CHRIST. AS A CHILD OF GOD, YOUR LIFE SHOULD LOOK DIFFERENT AND BE SET APART FROM THE WAYS OF THE WORLD. AS AN OVERFLOW OF LOVE FOR GOD, YOU ARE TO NOT "TURN BACK TO FOLLY" (PSALM 85:8) OBEDIENCE IS A RESULT OF A LIFE THAT'S BEEN RADICALLY TRANSFORMED BY THE GRACE OF GOD. THE LORD SUPPLIES HIS CHILDREN WITH STRENGTH TO FLEE FROM TEMPTATION AND "MAKE HIS FOOTSTEPS A WAY" TO NOT STUMBLE. (V.13) HE WILL GROW YOU IN HIS IMAGE AND REFINE YOUR CHARACTER ALONG THE WAY. PRAISE THE LORD FOR GROWTH AND SPIRITUAL MATURITY!

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*Lord,*

*I long to follow your path and keep your commandments, but sometimes it feels impossible. Help me to grow strong roots of faith and to blossom with spiritual maturity. May I grow to be a woman who flees from temptation and trusts you to meet me where I am. Amen.*

WRITE & REFLECT: PSALM 85:12-13



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Day 19

## Read: Psalm 87-88

HAVE YOU EVER BEEN ANGRY OR UPSET WITH GOD BECAUSE OF YOUR CIRCUMSTANCES? HAVE YOU EVER FELT LIKE YOUR CIRCUMSTANCES WERE A PUNISHMENT FROM THE LORD? THEN YOU CAN RELATE TO "BEING IN THE PIT" LIKE HEMAN THE EZRAHITE, THE AUTHOR OF PSALM 88. IN THIS PSALM, THE AUTHOR IS AFFLICTED WITH PAINFUL CIRCUMSTANCES AND WRESTLING WITH GOD IN THE DARKNESS OF HIS POSITION. HE CONFESSES HIS OVERWHELMING SORROW TO THE LORD AND CONTINUES TO CALL ON HIM FOR STRENGTH AND HELP DAY AFTER DAY (V.9) EACH MORNING, HE RISES TO SEEK THE LORD AGAIN AND LAY HIS BURDENS BEFORE HIS HEAVENLY FATHER. WHEN YOU FEEL OVERWHELMED BY YOUR OWN CIRCUMSTANCES, RELEASE YOUR BURDENS TO THE LORD AS YOUR DAY BEGINS. DRAW COMFORT AND STRENGTH FROM HIS PERFECT PEACE, AND TRUST THE PIT OF DESPAIR IS ONLY TEMPORARY.

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*Father,*

*Help me to keep my eyes focused on you and look up for your help when I'm in the pit of despair. Thank you that you walk with me in the valley, and that this season of suffering is no match for your great power. I trust you, Father, even when life feels more than I can bear. Amen.*

WRITE & REFLECT: PSALM 87:1-2



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Day 20

## Read: Psalm 89-90

DO YOU MARVEL AT WHO GOD IS, WHAT HE'S DONE IN YOUR LIFE, AND HIS WORK IN THE WORLD AROUND YOU? WHEN YOU PAUSE TO REALLY PONDER THE VERY BEING AND ESSENCE OF GOD, IT'S AMAZING HOW MANY REASONS THERE ARE TO WORSHIP HIM! PSALM 89 IS FILLED WITH WONDERFUL ATTRIBUTES OF GOD, INCLUDING THAT HE IS: STEADFAST, FAITHFUL, MIGHTY, STRONG, RIGHTEOUS, JUST, GLORIOUS, STRONG, AND THE ROCK OF YOUR SALVATION. CONSIDER USING THESE AMAZING TRAITS OF GOD AS PRAYER PROMPTS IN YOUR QUIET TIME. SPEND TIME RESEARCHING EACH ATTRIBUTE OF GOD (AND MORE) AND AS A WAY TO PRAISE GOD FOR WHO HE IS AND THE AMAZING THINGS HE'S DONE. ON THE DAYS WHEN LIFE FEELS HEAVY AND HARD, READ PSALM 89 AS A WAY TO REFLECT ON HIS FAITHFULNESS AND PROVISION IN YOUR LIFE. THERE'S SO MANY REASONS TO PRAISE THE LORD!

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*Lord,*

*I am in awe of your goodness and the many reasons to give you praise! May I never forget to celebrate your attributes and bring you honor with my life and actions. Amen.*

WRITE & REFLECT: PSALM 89:1



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Day 21

## Read: Psalm 91

HAS THERE BEEN A TIME IN YOUR LIFE YOU BATTLED EXHAUSTION AND WERE WEARY TO THE CORE? IN THOSE SEASONS WHERE YOU LONGED FOR REST AND RELIEF, A QUICK CAT-NAP WOULDN'T BE ENOUGH TO FULLY RESTORE YOU. IN ORDER TO EXPERIENCE TRUE REST, YOU NEED TO QUIET YOUR MIND FOR A PROLONGED PERIOD OF TIME. PSALM 91 IS A REMINDER HOW TRUE REST AND RENEWAL ONLY COMES FROM BEING STILL IN THE PRESENCE OF THE LORD. TRUE RESTORATION COMES FROM DWELLING IN HIS PRESENCE, SITTING AT HIS FEET, AND RELEASING YOUR BURDENS AT THE FOOT OF THE CROSS. IT'S THOSE TIMES WHERE YOU SAVOR GOD'S WORD AND SOAK IN HIS PERFECT PEACE, WHERE HE BRINGS RENEWAL AND RESTORATION IN FRESH WAVES. THE NEXT TIME YOU'RE WEARY AND FEEL LIKE YOU CAN'T GO ON, SEEK THE LORD AS YOUR COMPLETE REFUGE AND SOUL RENEWAL. HIS COMFORT AND LOVINGKINDNESS WILL REFRESH YOUR WEARY SPIRIT BEYOND YOUR WILDEST IMAGINATION!

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*Lord, I thank you that you alone are my refuge and rest. Help me to seek you when I'm weary and press into you for renewal from the busyness of this life. May I remember that true serenity is found by resting you and being still in your perfect presence. Amen.*

WRITE & REFLECT: PSALM 91:1-2



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Day 22

## Read: Psalm 92

WHILE THE WORLD HAS THEIR VERSION OF SUCCESS AND VICTORY, SO DOES SCRIPTURE. PSALM 92 GIVES US A GLIMPSE OF WHAT IT MEANS TO FLOURISH AS A CHILD OF GOD AND EVIDENCE OF SPIRITUAL MATURITY. VERSE 12 STATES THAT A MATURE FOLLOWER OF CHRIST WILL BE "LIKE A PALM TREE" AND THE "CEDARS OF LEBANON". THESE TREES HAVE ROOTS THAT ARE ANCHORED DEEP IN THE SOIL TO WITHSTAND ANY STORM THAT BLOWS ITS WAY. THESE TREES STAND TALL TO BASK IN THE SUN AND CONTINUE TO BEAR FRUIT REGARDLESS OF AGE. IT'S THE SAME WAY IN YOUR OWN LIFE. YOUR FAITH SHOULD BE STEADFAST AND RUN DEEP SO THAT WHEN THE STORMS OF LIFE THREATEN YOUR WORLD, YOU WILL NOT BE MOVED. ALSO, ONE WHO REACHES SPIRITUAL MATURITY WILL REACH TOWARDS THE LORD AND PROCLAIM HIS MESSAGE OF HOPE TO ALL WHO WILL LISTEN.

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*Father,*

*Help me to grow deep roots of faith that withstand the strongest storms. May I continue to "bear fruit" and shout of your steadfast love to those in my community and world. Amen.*

WRITE & REFLECT: PSALM 92:4





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Day 23

## Read: Psalm 93

"THE LORD REIGNS." WHAT A BOLD PROCLAMATION AND REMINDER OF GOD'S SOVEREIGN POWER! THE CREATOR OF THE UNIVERSE STILL REIGNS TODAY AND HIS GREATNESS IS BEYOND OUR EARTHLY COMPREHENSION. HIS MAJESTIC BEAUTY IS EVERLASTING AND ETERNAL. WHAT DO YOU IMAGINE WHEN YOU THINK OF GOD'S SPLENDOR AND GREATNESS? CLOSE YOUR EYES AND IMAGINE HOW MARVELOUS IT WOULD BE TO GAZE UPON THE BEAUTY OF THE LORD AND BE IN HIS PERFECT PRESENCE. THEN, WRITE DOWN OR SKETCH THE IMAGES THAT COME TO MIND. KEEP IT AS A "BLESSING LIST" TO USE ON THE HARD DAYS WHEN YOU NEED TO BE REMINDED OF GOD'S AMAZING GRACE. IT'S A POWERFUL WAY TO REFLECT ON THE POWER AND MAJESTY OF YOUR SAVIOR!

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*Father,*

*While I can not comprehend your majestic beauty, I long to sit at your feet and drink in your splendor. Your radiant presence is beyond my wildest imagination, but I know I will be in awe when I see you face to face one day. Until then, may I shine your brilliant love and compassion to a world in desperate need of your hope. Amen.*

WRITE & REFLECT: PSALM 93:1



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Day 24

## Read: Psalm 94

WHILE OUR MIGHTY LORD IS FILLED WITH COMPASSION AND LOVINGKINDNESS FOR HIS CHILDREN, HE'S ALSO A GOD OF JUSTICE. HIS PERFECTION AND MAJESTY CAN NOT TOLERATE THE WICKEDNESS AND DEPRAVITY OF MANKIND. AS A RESULT, HE CAN NOT LET THE EVIL WAYS OF UNBELIEVERS GO UNPUNISHED. THOSE WHO ARE FAR FROM GOD AND WITHOUT A PERSONAL RELATIONSHIP WITH HIM WILL BE SUBJECT TO HIS WRATH AND JUSTICE. YET FOR THOSE WHO KNOW HIM AND CALL HIM LORD, THERE IS HOPE. HE IS THEIR REFUGE, STRONGHOLD, AND A SAFE PLACE TO REST. A CHILD OF GOD HAS BEEN WELCOMED INTO GOD'S FAMILY AND ALL SINS HAVE BEEN FORGIVEN. TAKE HEART, CHILDREN OF GOD, EVIL WILL NOT PREVAIL. THE GOODNESS OF GOD WILL HAVE THE VICTORY IN THE END!

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*Lord,*

*I praise you for your saving grace and the way you've redeemed my wayward soul. You alone are victorious and have already defeated the evil one. I look forward to an eternity singing your praises! You are worthy! Amen.*

WRITE & REFLECT: PSALM 94:22



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Day 25

## Read: Psalm 95

WHAT DOES WORSHIP LOOK LIKE IN YOUR EVERYDAY LIFE? IT CAN TAKE ON MANY FORMS, AND PSALM 95 GIVES US A GLIMPSE INTO SEVERAL WAYS TO MAKE WORSHIP NATURALLY FLOW FROM YOUR LIFE. SINGING PRAISES CAN BE A POWERFUL WAY TO CELEBRATE GOD'S FAITHFULNESS AND REJOICE AT GOD'S PROVISION IN YOUR LIFE. WORSHIP CAN ALSO LOOK LIKE SHOUTS OF JOY AS YOU PROCLAIM GOD'S HANDIWORK TO A WORLD DESPERATE FOR HOPE. WORSHIP ALSO CAN BE A QUIETED HEART SITTING AT THE FEET OF JESUS, GIVING THANKS IN A SEASON OF SUFFERING. HOWEVER WORSHIP LOOKS FOR YOU, MAKE IT A HABIT TO GIVE GOD THE GLORY AND PRAISE HE DESERVES. AIM TO CELEBRATE HIS GOODNESS REGULARLY AND INCORPORATE WORSHIP INTO SEVERAL ASPECTS OF YOUR DAY. YOU'LL BE SURPRISED AT HOW EASY THE PRAISE FLOWS!

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*Lord,*

*You have blessed me beyond measure! May I make praise and worship a cornerstone in my life, whether in good times or bad. Your faithfulness deserves to be celebrated and shouted from the rooftops! Amen.*

WRITE & REFLECT: PSALM 95:1-2



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Day 26

## Read: Psalm 96

"OH SING TO THE LORD A NEW SONG; SING TO THE LORD, ALL THE EARTH!" PSALM 96:1. THE MOMENT YOU ACCEPTED JESUS AS LORD AND SAVIOR OF YOUR LIFE, YOU WERE A NEW CREATION. AS A NEW CREATION, GOD HAS EXCHANGED YOUR OLD LIFE (SINS, HABITS, THOUGHT PATTERNS, ETC...) FOR HIS PERFECTION. YOU ARE NO LONGER SHACKLED TO YOUR SINS OF THE PAST! YOU HAVE BEEN REDEEMED AND MADE NEW! THEREFORE, GOD HAS PLACED A NEW SONG IN YOUR HEART, WHICH INVOLVES PROCLAIMING HIS SALVATION AND SHARING OF HIS GOODNESS. WHO DO YOU KNOW WHO NEEDS TO HEAR OF THE SAVING GRACE OF THE LORD? PRAY THROUGH HOW YOU CAN SHARE GOD'S SALVATION AND YOUR PERSONAL REDEMPTION STORY WITH SOMEONE WHO NEEDS THIS SAVING GRACE, TOO.

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*Lord,*

*I celebrate that I am a new creation in you and you've put a new song in my heart. May my words and actions reflect your amazing grace as I share your goodness to a world in need of salvation. Amen.*

WRITE & REFLECT: PSALM 96:2



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Day 27

## Read: Psalm 97

HOW DO YOU ENVISION GOD'S PROTECTION? PSALM 97:10 REMINDS US THAT GOD PRESERVES AND GUARDS HIS CHILDREN. THE LORD CARES FOR THE PHYSICAL AND SPIRITUAL NEEDS OF HIS CHILDREN. YET SOMETIMES GOD'S PROTECTION COMES IN UNEXPECTED WAYS. PROTECTION CAN BE A CLOSED DOOR, A GENTLE "NO", OR A LOVING, "NOT NOW". THE LORD, BEING OMNIPOTENT, HOLDS YOUR DAYS AND ETERNITY IN HIS HANDS. WHILE GOD'S PROTECTION MAY BE PAINFUL, YOU CAN REST IN HIS SOVEREIGNTY AND TAKE COMFORT IN HIS PROVISION. JUST AS A DILIGENT SHEPHERD GUARDS HIS FLOCK, SO THE LORD FAITHFULLY WATCHES AND GUARDS HIS CHILDREN. MAY YOU REST IN THE HOPE OF GOD'S PROVISION, EVEN WHEN HE CLOSES A DOOR YOU DESPERATELY WANT OPENED. IN HIS VAST UNDERSTANDING, HE ALWAYS KNOWS BEST AND HAS ETERNITY IN HIS SIGHT.

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*Lord,*

*Thank you for protecting and guarding your children. May I trust that you are working in ways beyond my comprehension and that sometimes your protection may not look like the answer I think I want. Help me to remember that you know best and to follow where you lead, even when I don't see the way. Amen.*

WRITE & REFLECT: PSALM 97:10-11



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Day 28

## Read: Psalm 98

AS A REDEEMED CHILD OF GOD, YOU HAVE BEEN SET FREE FROM THE BONDAGE OF SIN AND THE TRAPPINGS OF THIS WORLD. YOU ARE NO LONGER HELD CAPTIVE TO SIN, BUT ARE A NEW CREATION IN CHRIST! (AMEN AND HALLELUJAH!!) PSALM 98 REMINDS BELIEVERS THAT GOD IS VICTORIOUS AND IN THE END, HIS POWER WILL PREVAIL. THROUGHOUT SCRIPTURE THERE ARE EXAMPLES OF VICTORY AND ORDINARY CHILDREN OF GOD GIVEN THE VICTORY IN IMPOSSIBLE SITUATIONS. BEST YET, GOD IS STILL VICTORIOUS TODAY! HE HAS CLAIMED VICTORY OVER DEATH, EVIL, TEMPTATION, AND STRONGHOLDS. WHEN YOU'RE FEELING WEAK AND POWERLESS, REFLECT ON THE VICTORY GOD HAS ALREADY GIVEN HIS CHILDREN. THEN, REFUTE THE LIES OF THE ENEMY AND STAND FIRM AGAINST TEMPTATION BY QUOTING AND PRAYING SCRIPTURE. CONSIDER MEMORIZING PSALM 98 AS YOUR ANTHEM WHEN YOU'RE IN THE BATTLE. THE LORD STANDS WITH YOU IN THE BATTLE AND THE VICTORY IS ALREADY HIS!

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*Lord,*

*I'm in awe of the way you've already won the war! I take comfort knowing that evil will not prevail but you will stand victorious over all sin and darkness. There's no stronghold or struggle too big for you to handle. May I arm myself with truth to stand firm in the strongest battles. I know you're with me!  
Amen.*

WRITE & REFLECT: PSALM 98:1



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Day 29

## Read: Psalm 99

WHEN YOU THINK ABOUT THE CHARACTERS IN THE BIBLE WHO LOVED AND SERVED GOD, IT'S IMPORTANT TO REMEMBER THEY WERE ALL FLAWED, SINFUL PEOPLE, TOO. YET THE LORD WAS GRACIOUS TO FORGIVE HIS FAITHFUL FOLLOWERS AND REVEAL HIMSELF TO THOSE HE CALLED. PSALM 6 SHARES HOW MOSES, AARON, AND SAMUEL WERE ALL GODLY SERVANTS WHO SOUGHT THE FACE OF GOD. IN THEIR SEEKING, THE LORD REVEALED HIMSELF TO HIS CHILDREN. AFTER ALL THESE YEARS, THE LORD STILL REVEALS HIMSELF IN A VARIETY OF WAYS. YET LIKE THESE MEN OF FAITH, TO HEAR FROM GOD, YOU NEED TO SEEK HIS FACE. CARVE OUT TIME TO REGULARLY SIT AT HIS FEET AND DIG DEEP INTO HIS WORD. TALK TO HIM DAILY AND LISTEN TO SMALL WHISPERS FROM YOUR HEAVENLY FATHER. AND WHEN YOU STRAY FROM HIS COMMANDS, TRUST THAT HIS GRACE WILL MEET YOU THERE, JUST LIKE THOSE GREAT BIBLE CHARACTERS FROM LONG AGO.

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*Heavenly Father,*

*I rejoice that you still reveal yourself to those who seek your face. Oh, how I long for you to reveal yourself to me! Help me to quiet my spirit before you and listen as you impart your wisdom to me. I'm ready to hear from you!*

*Amen.*

WRITE & REFLECT: PSALM 99:8



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Day 30

## Read: Psalm 100

AS A WOMAN, YOU HAVE MANY ROLES AND PROBABLY MANY TITLES. WIFE, MOTHER, DAUGHTER, AND FRIEND ARE JUST A FEW OF THE IDENTITIES YOU MAY HAVE. YET THE MOST POWERFUL IDENTITY OF ALL IS KNOWING YOU ARE GOD'S CHILD AND CREATION. PSALM 100:3 STATES, "THAT THE LORD IS GOD, IT IS HE WHO MADE US, AND WE ARE HIS, WE ARE HIS PEOPLE, THE SHEEP OF HIS PASTURE." DO YOU UNDERSTAND THE MAGNITUDE OF THIS IDENTITY? YOU ARE HIS! THE CREATOR OF THE UNIVERSE CALLS YOU BY NAME AND DELIGHTS IN YOU. AS YOUR SHEPHERD, HE GUIDES YOU THROUGH THIS LIFE AND PROTECTS YOU, HIS PRECIOUS DAUGHTER. HE FAITHFULLY WATCHES OVER YOU AND KEEPS YOU ON THE STRAIGHT PATH. GOD IS INTIMATELY INVOLVED IN THE AREAS OF YOUR LIFE, AND PROVIDES SHELTER, NOURISHMENT, AND REST FOR HIS FLOCK. REJOICE AT HOW YOUR HEAVENLY FATHER CARES FOR YOU AND GUIDES ON YOUR JOURNEY THROUGH LIFE.

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*Lord,*

*I praise you that you are the Good Shepherd, who leads and guides me with your steadfast love. Thank you for calling me yours and keeping watch over all areas of my life. May I continue to follow where you lead all the days of my life. Amen.*

WRITE & REFLECT: PSALM 100:3





Notes



A series of horizontal lines for writing, 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.

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## Meet the Author

Sarah Ann Goode is a perfectly imperfect wife and mother, and is thankful for the saving grace of the Lord. When she's not busy caring for her two special-needs children, she enjoys studying God's Word, writing, and spending time with authentic friends. She's passionate about equipping women to live an abundant life in Christ at Proverbs31Mentor.com. Join her for practical ways to study the Bible, become a prayer warrior, and live an intentional life in Christ.

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