



Let's Read the Bible
with Sarah E. Frazer & Hove Dover

A Study in
Psalms

Volume 1



Introduction

Hello!

Welcome to Volume 1 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. Hope is our author for Volume 1. 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 1-2

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.

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 1:3



Day 2

Read: Psalm 3-5

SEVERAL YEARS AGO, DURING A PARTICULARLY ROUGH PATCH, I LONGED FOR PEACE. LIFE WAS FILLED WITH UNCERTAINTY, FEAR, AND ANXIETY. ALL I WANTED WAS PEACE, YET NOTHING ABOUT MY CIRCUMSTANCES PROVIDED THAT SETTLED, CALM FEELING WITHIN ME THAT PEACE BRINGS.

PSALM 4 TELLS US THAT WE CAN TRUST GOD, EVEN IN DIFFICULT CIRCUMSTANCES. IN PSALM 4:8 DAVID REMINDS US THAT TRUE PEACE CAN ONLY COME FROM GOD. THERE IS NOTHING ELSE THAT CAN CALM OUR HEARTS FROM UNCERTAINTY, FEAR, AND ANXIETY. WE CAN LAY OUR HEADS DOWN EACH NIGHT AND FIND PEACE KNOWING THAT GOD IS BIGGER THAN ALL OF OUR UNCERTAINTIES, FEARS, AND ANXIETIES. IN HIM, WE CAN FIND TRUE PEACE.

God, let me find rest knowing that true peace comes from you and that you are bigger than my circumstances. Amen.

WRITE & REFLECT: PSALM 4:8



Day 3

Read: Psalm 6-7

HAVE YOU EVER CRIED SO MUCH THAT YOUR FACE BEGAN TO HURT AND YOUR EYES BECAME SO DRY AND PUFFY YOU COULD HARDLY KEEP THEM OPEN? HAVE YOU EVER JUST BECOME WEARY OF GRIEF? I CAN REMEMBER SOME VERY DARK TIMES WHEN I JUST DID NOT WANT TO GRIEVE ANYMORE. I DIDN'T KNOW HOW MUCH MORE I COULD GRIEVE.

IN PSALM 6:6-7 DAVID DESCRIBES HIS DESPAIR AND HOW HE IS WEARY AND WORN OUT FROM WEeping. THEN HE GOES ON TO SAY THAT THE LORD HAS HEARD HIS CRY. THIS PASSAGE REMINDS US THAT WE CAN TURN TO GOD WHEN WE FEEL LIKE WE JUST CAN'T TAKE ANYMORE. WE CAN FIND COMFORT AND STRENGTH, ESPECIALLY IN OUR DARKEST MOMENTS.

Lord, remind me to turn to you in my darkest moments. When my heart is weary from grief, help me to remember that you hear my cries. Amen.

WRITE & REFLECT: PSALM 6:6-7



Day 4

Read: Psalm 8-9

MY KIDS LOVE TO BUILD FORTS IN OUR LIVING ROOM. THEY BRING CHAIRS AND STOOLS FROM OTHER ROOMS AND USE STACKS OF BOOKS TO SECURE BED SHEETS. THEN THEY FORTIFY THEIR FORT WITH ALL THE PILLOWS THEY CAN FIND. DESPITE THEIR CAREFUL EFFORTS, THE FORTS EVENTUALLY FALL, LEAVING THEM VULNERABLE TO AN ATTACK FROM THEIR IMAGINARY ENEMY. THEIR STRONGHOLD FAILS.

BUT GOD. PSALM 9:9 SAYS, "THE LORD IS A REFUGE FOR THE OPPRESSED, A STRONGHOLD IN TIMES OF TROUBLE." A STRONGHOLD IS A PLACE OF PROTECTION AND SECURITY. WHEN CHALLENGES ARISE, WE CAN LOOK TO GOD FOR STRENGTH. WE CAN REST ASSURED THAT NO MATTER WHAT WE FACE, HE WILL NEVER LEAVE US OR FORSAKE US. UNLIKE PILLOW FORTS IN THE LIVING ROOM THAT ALWAYS FAIL, GOD'S STRONGHOLD NEVER FAILS.

Lord, when trouble comes, help me to seek refuge in you. Be my stronghold, my safety and protection. Amen.

WRITE & REFLECT: PSALM 9:9-10



Day 5

Read: Psalm 10

THIS PSALM OF LAMENT BEGINS, "WHY, LORD?" ISN'T IT COMFORTING TO KNOW THAT GOD CAN HANDLE OUR QUESTIONS? EVEN THOUGH WE DON'T ALWAYS RECEIVE ANSWERS, WE CAN ALWAYS ASK. THERE IS NO QUESTION TOO BIG FOR GOD. IT IS NORMAL TO WANT ANSWERS WHEN STRUGGLES COME. THIS PSALM REMINDS US THAT GOD HEARS OUR CRIES. EVEN DURING TIMES WHEN GOD SEEMS SILENT, HE IS WORKING EVERYTHING FOR OUR GOOD.

WE CAN BRING OUR PAIN, CONFUSION, AND QUESTIONS TO GOD. HE IS WORKING TO BRING PEACE, JUSTICE, HOPE, AND HEALING. WHEN WE SHARE GOD'S LOVE WITH OTHERS, WE ARE HELPING TO BRING HOPE AND HEALING TO OUR BROKEN WORLD.

Lord, thank you for letting me bring my pain, confusion, and questions to you. Help me to trust you in times of trouble. Amen.

WRITE & REFLECT: PSALM 10:17-18



Day 6

Read: Psalm 11-12

PSALM 12:6 GIVES US AN IMAGERY OF THE PURITY OF GOD'S WORDS AS DAVID LIKENS THEM TO REFINED SILVER. IN BIBLICAL TIMES SILVER WAS REFINED BY PLACING IMPURE SILVER IN A CUPEL (A SMALL VESSEL MADE FROM BONE ASH OR CLAY) AND HEATING IT IN A FURNACE. AS THE SILVER MELTED, THE IMPURITIES WERE OXIDIZED AND ABSORBED BY THE CUPEL. THE PURE, REFINED SILVER WAS LEFT BEHIND. THIS PROCESS WAS REPEATED SEVERAL TIMES BEFORE THE SILVER WAS CONSIDERED PURE. DAVID SAYS GOD'S WORDS ARE AS PURE AS SILVER PURIFIED SEVEN TIMES. WHEN THE NUMBER SEVEN IS USED IN THE BIBLE, IT REPRESENTS COMPLETENESS OR PERFECTION.

DAVID IS SHOWING THAT GOD'S WORD IS PERFECT AND RELIABLE. IT IS SOMETHING TO BE VALUED. THIS IS IN CONTRAST TO THE SPEECH OF THE WICKED DESCRIBED EARLIER IN THE CHAPTER. WE CAN TRUST GOD'S PERFECT WORDS TO GUIDE US ON THE PATH TO TRUTH.

God help me to rely on your words when the words of the world press in, knowing that your words are perfect, reliable, and true. Amen.

WRITE & REFLECT: PSALM 12:6



Day 7

Read: Psalm 13-14

PSALM 13 IS A PSALM OF LAMENT. IN SIX SHORT VERSES, WE SEE DAVID'S SORROW, FEELINGS OF ABANDONMENT, AND HOPELESSNESS, AS WELL AS HIS TRUST IN GOD. DAVID STARTS THE PSALM BY ASKING GOD, "HOW LONG?" HE FEELS LIKE GOD HAS FORGOTTEN HIM AND IS WAITING FOR DELIVERANCE FROM HIS PAIN.

HAVE YOU EVER BEEN THROUGH A PERIOD OF SUFFERING WHEN YOU FELT FORGOTTEN BY GOD? WHEN YOU HAVE BEEN SUFFERING FOR A LONG TIME, IT IS EASY TO FEEL LIKE YOU HAVE BEEN FORGOTTEN. WHEN WE READ PSALMS OF LAMENT IN THE BIBLE WE ARE REMINDED THAT IT IS OKAY TO EXPRESS OUR EMOTIONS TO GOD. WE CAN CRY OUT TO GOD WHEN WE FEEL FORGOTTEN, JUST AS DAVID DID. AT THE END OF THE PSALM, DAVID GOES FROM DESPAIR TO HOPE AS HE TRUSTS, REJOICES, AND PRAISES GOD. IN THE DARK MOMENTS, WE CAN CRY OUT TO GOD AND TRUST THAT HE HEARS US AND WILL PROVIDE COMFORT.

Lord, I trust in your steadfast love and rejoice in your salvation. In times of struggle, help me to remember that you have not forgotten me. Amen.

WRITE & REFLECT: PSALM 13:5



Day 8

Read: Psalm 15-16

"IN YOUR PRESENCE, THERE IS FULLNESS OF JOY." I LOVE THAT PHRASE USED IN PSALM 16:11 – FULLNESS OF JOY. JOY IS A STATE OF CONTENTMENT THAT COMES FROM WITHIN. IT IS NOT DEPENDENT UPON OUR CIRCUMSTANCES. WHEN WE WALK WITH GOD, WE CAN HAVE COMPLETE, ABUNDANT JOY. THE DEPTH OF THIS JOY IS LIKE NOTHING WE CAN EXPERIENCE ON OUR OWN. AS WE GROW IN OUR RELATIONSHIP WITH GOD, SO DOES THE JOY WE HAVE IN HIM.

THE JOY OF THE LORD IS A GIFT THAT DEMONSTRATES HIS LOVE AND GOODNESS. WHEN WE ARE FILLED WITH JOY FROM GOD, THERE IS NO ROOM FOR DOUBT OR FEAR. WE CAN NAVIGATE THE STRUGGLES AND CHALLENGES LIFE GIVES US. AND WHEN WE ARE IN GOD'S PRESENCE EXPERIENCING THE FULLNESS OF JOY THAT HE GIVES, OTHERS CAN'T HELP BUT NOTICE.

God, as I walk in your presence, help me to experience the fullness of joy that only you can bring. Amen.

WRITE & REFLECT: PSALM 16:11



Day 9

Read: Psalm 17

IN PSALM 17 DAVID PRAYS FOR DELIVERANCE FROM HIS ENEMIES. IN THIS POWERFUL PRAYER, DAVID SHOWS HIS FAITH AND TRUST IN GOD'S PROTECTION AND JUSTICE. IN VERSE 8 DAVID PLEADS FOR GOD TO KEEP HIM AS THE APPLE OF HIS EYE. IN THIS PHRASE, THE TERM "APPLE" REFERS TO THE ROUND SHAPE OF THE PUPIL. ORIGINALLY, THE PHRASE "APPLE OF YOUR EYE" MEANT THE PART OF THE EYE THAT WAS MOST CHERISHED AND PROTECTED. THIS PHRASE CAN BE FOUND SEVERAL TIMES IN THE OLD TESTAMENT AS IT IS USED TO DESCRIBE THE PEOPLE OF GOD AS THE OBJECT OF GOD'S CARE AND AFFECTION. DAVID KNOWS HE IS PRECIOUS TO GOD.

WHEN DAVID ASKS GOD TO HIDE HIM IN THE SHADOW OF HIS WINGS WE SEE AN IMAGE OF A BIRD PROTECTING ITS YOUNG UNDER ITS WINGS. THIS PHRASE IS ALSO USED OFTEN IN THE BIBLE TO GIVE US AN IMAGE OF GOD'S PROTECTION. ISN'T THAT A WONDERFUL PICTURE OF GOD'S PROTECTION AND CARE FOR US?

Lord, help me to remember how precious I am to you and to turn to you in times of trouble. Amen.

WRITE & REFLECT: PSALM 17:8



Day 10

Read: Psalm 18

PSALM 18 GIVES US A BEAUTIFUL PICTURE OF THE LENGTHS GOD WILL GO TO RESCUE US WHEN WE CRY OUT TO HIM IN TIMES OF TROUBLE. WE CAN SEE GOD'S POWER AND FAITHFULNESS THROUGHOUT THE PSALM. VERSE 19 TELLS OF GOD'S DELIVERANCE. WE ARE GIVEN THE IMAGE OF A SPACIOUS PLACE.

WHEN I THINK OF A SPACIOUS PLACE, I SEE A PLACE WHERE I FEEL SAFE AND FREE. I IMAGINE A PLACE FULL OF PEACE AFTER A PERIOD OF TURMOIL. WHEN GOD RESCUES US, HE BRINGS US TO A PLACE OF SAFETY, FREEDOM, AND PEACE. WE CAN LIVE AN ABUNDANT LIFE BECAUSE GOD DELIGHTS IN US AND WANTS US TO THRIVE.

Lord, thank you for your deliverance. Thank you for delivering me into spacious places of safety, freedom, and peace. Amen.

WRITE & REFLECT: PSALM 18:19



Day 11

Read: Psalm 19-20

"THE HEAVENS DECLARE THE GLORY OF GOD, AND THE SKY ABOVE PROCLAIMS HIS HANDIWORK" I LOVE LOOKING AT THE SKY IN ALL OF ITS DIFFERENT FORMS. THE CAMERA ROLL ON MY PHONE IS EVIDENCE OF THIS. SUNRISES AND SUNSETS AMAZE ME. THE BEAUTY OF A BLUE SKY WITH WHITE, PUFFY CLOUDS MAKES ME SMILE. A DARK NIGHT SKY FULL OF STARS LEAVES ME IN AWE.

THE SKY IS ONE PART OF NATURE THAT SHOWS GOD'S GLORY AND MAJESTY. WE CAN APPRECIATE THE WONDER AND BEAUTY OF GOD'S CREATION AS WE RECOGNIZE HIS POWER AS THE CREATOR OF ALL THINGS. IT IS BREATHTAKING TO THINK THAT THE GOD WHO CREATED THE SKY CREATED ME AND LOVES ME BEYOND MEASURE.



*God, thank you for giving us reminders in nature of your power and majesty.
Amen.*

WRITE & REFLECT: PSALM 19:1-2



Day 12

Read: Psalm 21-22

DO YOU EVER FEEL A BIT HOPELESS WHEN YOU THINK ABOUT ALL THAT IS HAPPENING IN THE WORLD TODAY? WHEN I AM OVERWHELMED AND DISCOURAGED BY CURRENT EVENTS, I MUST REMIND MYSELF THAT GOD IS IN CONTROL. PSALM 22:27-28 REMINDS US OF GOD'S SOVEREIGNTY.

IN VERSE 27 DAVID ENVISIONS A TIME WHEN PEOPLE FROM ALL NATIONS AND TRIBES WILL RECOGNIZE AND ACKNOWLEDGE GOD'S AUTHORITY. GOD'S LOVE AND GRACE ARE UNENDING AND STRETCH TO THE ENDS OF THE EARTH. WE CAN HAVE HOPE IN THE MIDST OF TURMOIL AND UNCERTAINTY. WE DON'T HAVE TO WORRY ABOUT TOMORROW BECAUSE WE KNOW HOW THE STORY ENDS.



Lord, I pray that nations will turn to you and that your name will be glorified to the ends of the earth. Amen.

WRITE & REFLECT: PSALM 22:27-28



Day 13

Read: Psalm 23

PSALM 23 IS WITHOUT A DOUBT ONE OF THE MOST WELL-KNOWN PSALMS. WE COULD SPEND SEVERAL DAYS UNPACKING IT. IN FACT, ENTIRE BOOKS HAVE BEEN WRITTEN COVERING JUST THIS ONE PSALM. IN VERSES 2 AND 3 WE SEE IMAGES OF GREEN PASTURES, STILL WATERS, AND PATHS OF RIGHTEOUSNESS – ALL GOOD THINGS. BUT IN VERSE 4 WE ARE TAKEN TO THE VALLEY, AND NOT JUST ANY VALLEY, BUT THE VALLEY OF THE SHADOW OF DEATH. SOME TRANSLATIONS SAY THE DARKEST VALLEY.

EVERYONE WILL PASS THROUGH THE DARKEST VALLEY AT SOME POINT IN LIFE. SOME WILL ENDURE MANY DARK VALLEYS AS WE JOURNEY THROUGH THIS IMPERFECT WORLD. YET WE ARE REMINDED THAT WHEN WE GO THROUGH DIFFICULT TIMES, EVEN WHEN DEATH TOUCHES OUR LIFE, WE DO NOT HAVE TO FEAR. GOD IS ALWAYS WITH US AND WILL COMFORT US. REFLECT ON A TIME WHEN YOU WALKED THROUGH THE VALLEY OF THE SHADOW OF DEATH. HOW DID GOD SHOW HIS PRESENCE TO YOU DURING THAT TIME?

*Lord, thank you for your presence in my life in good times and bad. Help me to rely on you when I travel through the valleys of life.
Amen.*

WRITE & REFLECT: PSALM 23:4



Day 14

Read: Psalm 24

PSALM 24 IS A PSALM OF WORSHIP AND AN EXPRESSION OF GOD'S SOVEREIGNTY. IT CELEBRATES GOD'S HOLINESS AND THE COMING MESSIAH. DAVID BEGINS BY ACKNOWLEDGING GOD AS THE CREATOR AND OWNER OF ALL THINGS TO REMIND US THAT EVERYTHING COMES FROM GOD. HE ALSO REMINDS US OF THE IMPORTANCE OF HOLINESS AS WE ARE CALLED TO APPROACH GOD WITH CLEAN HANDS AND A PURE HEART. AT THE END OF THE PSALM, WE ARE ENCOURAGED TO LIFT UP OUR HEADS AND LOOK FOR THE KING OF GLORY.

THIS PSALM ENCOURAGES US TO LIVE LIVES THAT CAN BE CHARACTERIZED BY HUMILITY, HOLINESS, AND HOPE. BY DOING THIS WE WILL GROW A DEEPER RELATIONSHIP WITH GOD AND EXPERIENCE HIS BLESSINGS.

Lord, I acknowledge that you are the creator and owner of all things. As I approach the throne with clean hands and a pure heart, help me to live a life of humility, holiness, and hope.

Amen.

WRITE & REFLECT: PSALM 24:1



Day 15

Read: Psalm 25-26

PSALM 25 SHOWS DAVID'S TRUST AND CONFIDENCE IN GOD. AS DAVID PRAYS FOR GOD TO SHOW HIM HIS WAYS HE RECOGNIZES A NEED FOR GOD'S GUIDANCE AND INSTRUCTION. JUST LIKE DAVID, WE DO NOT HAVE ALL THE ANSWERS. WE NEED GUIDANCE AS WE NAVIGATE LIFE. WE CAN TRUST GOD AND BE CONFIDENT THAT HE WILL LEAD US ON THE RIGHT PATH.

WE NEED TO BE HUMBLE ENOUGH TO SEEK INSTRUCTION AND GUIDANCE FROM GOD. WE NEED TO RECOGNIZE OUR NEED FOR HIS WISDOM AND DIRECTION. WE MUST PUT OUR HOPE IN GOD AND NOT THINGS OF THIS WORLD. WE CAN SEEK GOD'S HELP BY GETTING INTO GOD'S WORD AND SPENDING TIME IN PRAYER.

God, I humble myself before you and ask for your wisdom and direction as I journey through life.

Amen.



WRITE & REFLECT: PSALM 25:4-5



Day 16

Read: Psalm 27-28

NINE YEARS AGO I WAS IN THE MIDDLE OF A LONG PERIOD OF WAITING. AFTER LOSING TWO BABIES AND STRUGGLING WITH INFERTILITY, I WAITED FOR GOD TO BRING MY DREAM OF MOTHERING LIVING CHILDREN TO FRUITION. THE WAITING WAS HARD BECAUSE I WAS NOT ONLY WAITING FOR A DREAM TO COME TRUE. I WAS GRIEVING LOSS AT THE SAME TIME. PSALM 27:14 ENCOURAGES US TO BE STRONG AND LET OUR HEARTS TAKE COURAGE AS WE WAIT FOR THE LORD.

WHEN WE ARE WAITING FOR GOD TO MOVE WE MUST TRUST IN HIS TIMING AND HIS PLAN. THIS IS NOT ALWAYS EASY. SOMETIMES CIRCUMSTANCES ARE DIFFICULT AND WE DON'T UNDERSTAND WHAT GOD IS DOING. AS WE WAIT WE CAN PRAY, READ THE BIBLE, AND SEEK WISE COUNSEL. WAITING REQUIRES FAITH, PATIENCE, AND PERSEVERANCE. AS WE WAIT, WE CAN REST ASSURED THAT GOD IS WORKING EVERYTHING OUT FOR OUR GOOD AND HIS GLORY.

God, I know that your plan and your timing are perfect. Help me to wait patiently for you to do a good work in and through me. Amen.

WRITE & REFLECT: PSALM 27:14



Day 17

Read: Psalm 29-30

WHERE DO YOU TURN WHEN LIFE GETS FLIPPED UPSIDE DOWN? THE KEY VERSES FROM TODAY'S READING (PSALM 30:11-12) REMIND US THAT GOD HAS THE POWER TO TURN MOURNING INTO DANCING AND SORROW INTO JOY. WHEN WE BRING OUR PAIN AND SUFFERING TO GOD, HE IS FAITHFUL TO COMFORT US AND BRING HEALING. GOD CAN TAKE OUR MOST DIFFICULT SITUATIONS AND TURN THEM INTO OPPORTUNITIES FOR GROWTH AND TRANSFORMATION IF WE ARE WILLING TO DO THE HARD WORK OF HEALING. IN EVERY CIRCUMSTANCE, WE CAN TRUST IN GOD'S UNFAILING LOVE AND FAITHFULNESS. IT IS BY HIS POWER AND HIS POWER ALONE THAT SORROWS TURN TO JOY AND MOURNING TURNS TO DANCING.

*Lord, I know you have the power to turn around my most difficult situations.
I trust in You to turn my mourning to dancing and my sorrows to joy.
Amen.*



WRITE & REFLECT: PSALM 30:11-12



Day 18

Read: Psalm 31-32

PSALM 32:7 PROVIDES A BEAUTIFUL IMAGE OF GOD'S PROTECTION. GOD IS OUR HIDING PLACE. THIS PHRASE REFERS TO A PLACE OF SAFETY, PROTECTION, AND REFUGE FROM DANGER OR HARM. WHEN LIFE PRESENTS CHALLENGES, WE CAN TURN TO GOD FOR COMFORT AND STRENGTH. WE CAN FIND REST AND PEACE IN HIS PRESENCE. WHEN WE PLACE OUR TRUST IN GOD WE CAN BE SURE HE WILL PROTECT US AND GUIDE US THROUGH LIFE'S STORMS. THE NEXT TIME YOU FACE A DIFFICULT SITUATION, MAKE GOD YOUR HIDING PLACE. TURN TO HIM IN PRAYER AND HAND OVER ALL OF YOUR WORRIES AND FEARS. ASK HIM TO BRING PEACE TO THE SITUATION AS YOU TRUST IN HIM.

Thank you, Lord, for being my hiding place when life is hard. Thank you for surrounding me with shouts of deliverance as I trust in You. Amen.

WRITE & REFLECT: PSALM 32:7



Day 19

Read: Psalm 33

PSALM 33 IS A SONG OF PRAISE AND WORSHIP THAT CELEBRATES GOD'S SOVEREIGNTY AND FAITHFULNESS. PSALM 33:4 REMINDS US OF THE TRUTHFULNESS AND POWER OF GOD'S WORD. EVERY DAY WE ARE INUNDATED WITH MANY DIFFERENT VOICES AND OPINIONS, ESPECIALLY ON SOCIAL MEDIA. IT CAN BE EASY TO BECOME CONFUSED OR UNCERTAIN ABOUT WHAT TO BELIEVE. THE PSALMIST DECLARES THAT GOD'S WORD IS "RIGHT AND TRUE." IT GIVES US A FOUNDATION ON WHICH TO BUILD OUR LIVES, ESPECIALLY WHEN WE ARE BOMBARDED WITH SO MANY DIFFERING VIEWS. THE PSALMIST ALSO POINTS OUT THAT GOD IS FAITHFUL IN EVERYTHING THAT HE DOES. WHEN WE SEEK TO BUILD OUR LIVES ON THE FIRM FOUNDATION OF GOD'S WORD AND TRUST IN HIS FAITHFULNESS, WE CAN EXPERIENCE PEACE AND ASSURANCE.

Lord, I seek to lean on your Word and trust in your faithfulness when the voices of the world become too loud. Amen.



WRITE & REFLECT: PSALM 33:10-11



Day 20

Read: Psalm 34

IN PSALM 34:10 WE ARE GIVEN A POWERFUL IMAGE OF LIONS GROWING WEAK AND HUNGRY. THIS SHOWS THAT EVEN THE STRONGEST AND MOST POWERFUL CAN EXPERIENCE LACK AND NEED. THOSE WHO SEEK THE LORD ARE PROMISED THAT THEY WILL LACK NO GOOD THING. THIS DOES NOT MEAN THAT WHEN WE SEEK GOD LIFE WILL BE FREE OF TROUBLES AND DIFFICULTY AND THAT ALL OF OUR DESIRES WILL BE MET. GOD WILL PROVIDE WHAT WE TRULY NEED TO LIVE ACCORDING TO HIS PURPOSE. GOD IS OUR PROVIDER, PROTECTOR, AND GUIDE. WHEN WE WALK WITH HIM WE CAN LIVE A LIFE OF CONTENTMENT AND GRATITUDE, KNOWING HE WILL SUPPLY ALL OUR NEEDS.

God, thank you for being my provider, protector, and guide through life. I trust that by following you I will lack no good thing as you supply my needs. Amen.

WRITE & REFLECT: PSALM 34:10



Day 21

Read: Psalm 35-36

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!

Lord, I praise you for your steadfast love and faithfulness. I know that I can trust in you no matter what life brings. Amen.

WRITE & REFLECT: PSALM 36:5-6



Day 22

Read: Psalm 37

"DELIGHT YOURSELF IN THE LORD, AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART." PSALM 37:4. THE HEBREW WORD FOR DELIGHT USED IN THIS VERSE MEANS "TO BE SOFT, DELICATE, OR DAINTY." IT CAN ALSO CARRY THE CONNOTATION OF FINDING PLEASURE OR JOY IN SOMETHING. THE HEBREW WORD FOR DESIRES USED IN THIS VERSE CAN BE TRANSLATED AS REQUESTS OR PETITIONS.

THIS VERSE ENCOURAGES US TO MAKE GOD THE PRIMARY FOCUS OF OUR DESIRES AND REQUESTS AND TO FIND JOY AND DELIGHT IN OUR RELATIONSHIP WITH HIM. AS WE SEEK TO KNOW GOD INTIMATELY, OBEY HIS COMMANDS, AND TRUST IN HIS FAITHFULNESS, OUR DESIRES WILL BE SHAPED BY HIS WILL FOR US. WE CAN FIND JOY AND CONTENTMENT IN FULFILLING HIS PURPOSES.

*God, I delight in you as I seek to follow you in every aspect of my life.
Amen.*

PSALM 37:4



Day 23

Read: Psalm 38-39

WE SEE A POWERFUL REMINDER OF THE IMPORTANCE OF PLACING OUR HOPE IN GOD IN PSALM 39:7. AS DAVID REFLECTS ON THE FLEETING NATURE OF HUMAN LIFE, HE ACKNOWLEDGES THAT OUR ACHIEVEMENTS AND POSSESSIONS ARE MEANINGLESS IN THE FACE OF ETERNITY. WHEN WE PLACE OUR HOPE IN GOD, WE ARE RECOGNIZING THAT ONLY GOD PROVIDES THE TRUE MEANING AND PURPOSE OF LIFE THAT WE SEEK.

WE SHOULD EXAMINE OUR OWN LIVES AND LOOK AT WHERE WE ARE PLACING OUR HOPE. ARE YOU PLACING YOUR HOPE IN GOD AND TRUSTING IN HIS GUIDANCE AND PROVISION? THIS IS THE ONLY WAY TO FIND TRUE MEANING AND PURPOSE IN LIFE. WHEN WE PLACE OUR HOPE IN GOD WE FIND THE WISDOM AND STRENGTH TO FACE THE UNCERTAINTIES AND CHALLENGES LIFE BRINGS.

*God, I know this life is fleeting. Help me to always place my hope in you.
Amen.*

WRITE & REFLECT: PSALM 39:7



Day 24

Read: Psalm 40-41

PSALM 40 IS A PSALM OF THANKSGIVING AND PRAISE. DAVID SHOWS GRATITUDE TO GOD FOR DELIVERING HIM FROM TIMES OF TROUBLE. IN VERSE TEN DAVID DECLARES THAT HE HAS NOT KEPT GOD'S DELIVERANCE AND GOODNESS TO HIMSELF. GOD HAS DONE SOMETHING GREAT IN DAVID'S LIFE AND HE HAS SHARED IT WITH OTHERS. THIS IS WHAT WE SHOULD DO AS WELL. AS CHRISTIANS, WE ARE CALLED TO TELL THE GOOD NEWS. WE SHOULD WILLINGLY AND JOYFULLY SHARE WHAT GOD HAS DONE IN OUR LIVES WITH OTHERS. WHEN OTHERS SEE GOD'S GOODNESS IN OUR LIVES, THEY ARE ENCOURAGED TO TRUST HIM. OUR TESTIMONIES HAVE POWER. SHARING OUR FAITH GIVES OTHERS HOPE.



God, thank you for the goodness you have shown to me. Help me to unashamedly share my testimony, so that others may be encouraged to trust in you. Amen

WRITE & REFLECT: PSALM 40:10



Day 25

Read: Psalm 42-43

PSALMS 42 AND 43 ARE PSALMS OF LAMENT. IT IS BELIEVED THAT THEY WERE ORIGINALLY ONE PSALM. BOTH PSALMS EXPRESS THE PSALMIST'S LONGING FOR GOD'S PRESENCE AND DESIRE TO BE DELIVERED FROM DIFFICULT CIRCUMSTANCES. THESE PSALMS ENCOURAGE US TO TRUST GOD, EVEN WHEN WE FACE TRIALS AND HARD TIMES.

IN PSALM 42:8 WE SEE THE PSALMIST'S TRUST AND CONFIDENCE THAT GOD IS ALWAYS PRESENT, EVEN IN THE MIDST OF DIFFICULT CIRCUMSTANCES. GOD'S LOVE IS STEADFAST. IT IS UNCHANGING AND NOT DEPENDENT UPON OUR ACTIONS. GOD'S PRESENCE IS CONSTANT. HE IS WITH US DAY AND NIGHT, IN GOOD TIMES AND IN DIFFICULT TIMES. THIS VERSE ALSO SHOWS US THE IMPORTANCE OF PRAYER AS A WAY TO CONNECT WITH GOD AND EXPERIENCE HIS PRESENCE.

Thank you, Lord, for your neverending presence in my life. Remind me of your steadfast love when hard times come. Amen.

WRITE & REFLECT: PSALM 42:8



Day 26

Read: Psalm 44

PSALM 44 IS ANOTHER PSALM OF LAMENT. IN THIS PSALM OF LAMENT, THE PSALMIST IS SPEAKING ON BEHALF OF A COMMUNITY THAT IS SUFFERING AND ASKS GOD WHY HE HAS ABANDONED THEM. SOME COMMENTARIES SUGGEST THAT THE HISTORICAL CONTEXT COULD BE THE BABYLONIAN EXILE. THE ISRAELITES WERE TAKEN CAPTIVE AND REMOVED FROM THEIR HOMELAND. THE PSALM COULD BE EXPRESSING PAIN AND CONFUSION OVER EXILE AND ASKING WHY GOD ALLOWED IT TO HAPPEN.

PSALM 44:23 SHOWS THE CONFUSION AND FRUSTRATION OF GOD'S APPARENT LACK OF INTERVENTION IN A DESPERATE SITUATION. "AWAKE! WHY ARE YOU SLEEPING, O LORD? ROUSE YOURSELF! DO NOT REJECT US FOREVER!" THERE IS A SENSE OF DESPERATION IN ASKING GOD TO INTERVENE AND NOT REJECT THEM ANYMORE. THIS VERSE SHOWS US THAT WE CAN PRAY HONEST, PERSISTENT PRAYERS TO GOD AS WE TRUST IN HIS FAITHFULNESS.

God, thank you for always listening to my prayers, even amidst confusion and frustration. Help me to trust in your perfect plan.

WRITE & REFLECT: PSALM 44:23



Day 27

Read: Psalm 45-46

PSALM 46 IS ONE OF MY FAVORITES AND VERSE TEN IS A FAVORITE WITHIN THE PSALM. GO INSIDE ANY HOBBY LOBBY STORE AND YOU ARE BOUND TO SEE MANY SIGNS AND PLAQUES THAT SAY "BE STILL AND KNOW." ACCORDING TO STRONG'S CONCORDANCE, "BE STILL" IS TRANSLATED FROM THE HEBREW WORD RAPHAH. THIS WORD MEANS TO SINK, RELAX, LET DROP, BE WEAK OR HELPLESS. IN THE CONTEXT OF VERSE TEN IT MEANS TO STOP STRIVING OR FIGHTING AND TRUST GOD.

THE WORD "KNOW" IS TRANSLATED FROM THE HEBREW WORD YADA. THIS WORD MEANS TO KNOW, PERCEIVE, OR UNDERSTAND AND CAN ALSO SUGGEST A PERSONAL KNOWLEDGE. THIS KNOWLEDGE IS BASED ON EXPERIENCE AND NOT JUST INTELLECTUAL KNOWLEDGE. WHEN WE STOP STRIVING AND KNOW GOD IS GOD, WE RECOGNIZE HIS SOVEREIGNTY. WHEN DIFFICULT CIRCUMSTANCES ARISE, WE CAN TRUST IN HIS POWER AND NOT OUR OWN TO MAKE THINGS WORK.

Lord, help me to stop striving and know that you are God. As I grow in my relationship with you, help me to trust you more. Amen.

WRITE & REFLECT: PSALM 46:10



Day 28

Read: Psalm 47-48

PSALMS 47 AND 48 ARE PSALMS OF PRAISE AND CELEBRATION THAT FOCUS ON GOD'S POWER AND GREATNESS. PSALM 47:7 PROCLAIMS THAT GOD IS THE KING OF ALL THE EARTH. IT CALLS FOR A PSALM OF PRAISE TO BE SUNG TO GOD. OUR SOVEREIGN GOD DESERVES OUR WORSHIP. AS WE REFLECT ON GOD'S GREATNESS AND POWER OVER ALL THINGS, WE CAN TRUST IN HIS GOODNESS.

ONE COMMENTARY SUGGESTS THAT PRAISING GOD IS AN ACT OF FAITH AND OBEDIENCE. WHEN WE RECOGNIZE GOD'S SOVEREIGNTY, WE CAN GAIN A DEEPER APPRECIATION OF HIS POWER. WE ALSO SUBMIT TO GOD'S AUTHORITY AND WILL AND STRIVE TO ALIGN OUR LIVES WITH HIS PURPOSES. WE CAN SEEK TO FOLLOW HIM IN ALL THAT WE DO.

God, I recognize your sovereignty and submit to your authority. Help me to faithfully follow you in all that I do. Amen.

WRITE & REFLECT: PSALM 47:7



Day 29

Read: Psalm 49

PSALM 49 REFLECTS ON THE NATURE OF WEALTH AND THE FATE OF THE WICKED. IT SPEAKS A LOT ABOUT WEALTH AND ENCOURAGES US TO PRIORITIZE SPIRITUAL RICHES OVER EARTHLY POSSESSIONS. WE SHOULD PUT OUR TRUST IN GOD AND NOT IN OUR OWN POSSESSIONS OR ABILITIES.

PSALM 49:20 SAYS, "PEOPLE WHO HAVE WEALTH BUT LACK UNDERSTANDING ARE LIKE THE BEASTS THAT PERISH." THE EXPOSITOR'S BIBLE COMMENTARY NOTES THAT THOSE WHO HAVE WEALTH BUT LACK UNDERSTANDING ARE NO BETTER THAN ANIMALS THAT LIVE AND DIE WITHOUT PURPOSE OR MEANING. WE SHOULD STRIVE FOR WISDOM AND UNDERSTANDING AND PUT OUR TRUST IN GOD. THIS IS WHERE FULFILLMENT CAN BE FOUND.

Lord, give me wisdom and understanding as I put my trust in you. Help me strive for spiritual riches over earthly possessions. Amen.

WRITE & REFLECT: PSALM 48:20



Day 30

Read: Psalm 50

PSALM 50 REVEALS THEMES OF TRUE WORSHIP, REPENTANCE, AND JUDGMENT. IT IS A REMINDER THAT TRUE WORSHIP AND REPENTANCE SHOULD COME FROM THE HEART. IF WE WANT TO PLEASE GOD, RITUALS AND SACRIFICES WILL NOT BE ENOUGH. GOD'S SOVEREIGNTY AND THE FACT THAT HE IS THE ULTIMATE JUDGE ARE EMPHASIZED.

VERSE 23 SHOWS THE IMPORTANCE OF OFFERING TRUE WORSHIP TO GOD. "THOSE WHO SACRIFICE THANK OFFERINGS HONOR ME, AND TO THE BLAMELESS, I WILL SHOW MY SALVATION." GOD IS PLEASED WITH THOSE WHO GENUINELY WORSHIP HIM. HE DOESN'T WANT US JUST GOING THROUGH THE MOTIONS. GOD WANTS A RELATIONSHIP WITH US, ONE THAT IS BUILT ON THANKSGIVING AND PRAISE. HE PROVIDES DELIVERANCE AND VICTORY TO THOSE WHO WORSHIP HIM WITH A THANKFUL HEART.

Lord, I want to truly worship you, not just go through the motions. Give me a heart of thanksgiving and praise as I strive for a deeper relationship with you. Amen.

WRITE & REFLECT: PSALM 50:23



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

Hope Dover is a simple, southern Jesus girl. She lives in a small southern town with her husband and children. They are a homeschooling family that loves the outdoors. Hope is a writer and virtual assistant. She writes about seeking hope in the sacred space where joy and sorrow intersect.

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