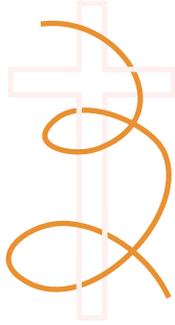


REAL PRAYERS



21 DAY CHALLENGE

*Select Psalms for Daily Reading,
Meditation, Prayer, and Fasting*



P R E P A R E

R E A D

R E F L E C T

W R I T E

P R A Y

R E P E A T





W E L C O M E

Welcome to Real Prayers and this year's 21-Day Challenge! We're thrilled that you set aside the first part of your year for a focused, intentional time of Bible reading, meditation, prayer, and fasting. The book of Psalms is a book of real prayers, honest poetry, and heartfelt worship. We hope this book is a helpful guide for you throughout this season.

A B O U T T H E 2 1 - D A Y C H A L L E N G E

We believe this will be the best year of your life... if it's your best year spiritually. The 21-Day Challenge is just a tool to help you focus the first part of your year on your relationship with God. The 21-Day Challenge itself involves two basic commitments.

The first is a personal commitment to 21 days of Bible reading, meditation, prayer, and fasting. Included in this book are 21 selected Psalms for daily reading and meditation as well as 21 daily prayers. See below for helpful information on fasting.

The second is a community commitment to our 21 Days of Prayer Services. We would love to have you pray with us as a church each day for 21 days. We'll worship together, pray for specific topics, and have a time for personal prayer needs.

CHOOSING YOUR FAST

Jesus fasted and He encouraged His disciples to do so from time to time as well. Every year during this season, we commit to 21 days of fasting. Fasting isn't about punishment for sin. Jesus already took care of that for you. There are no rigid rules here. Fasting is about choosing to disconnect yourself from your dependence on the world.

Here are examples of the different types of fasts you might consider:

COMPLETE FAST

Talk to your doctor before you participate in this one, but it's just like it sounds. Complete or total fasting means you drink liquids only for all or a designated portion of our 21-Day Challenge (e.g. water or light juices).

SELECTIVE FAST

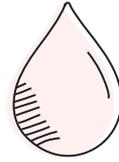
The majority of us will choose a selective fast. Scripture talks about this type of fast as choosing not to eat certain foods or drinks. The Daniel Fast is one example of a selective fast—no meats, sweets, or breads for 21 days. Whole 30, Vegan/plant-based, and Paleo meal plans are popular choices as well.

INTERMITTENT FAST

This was a common type of fast for the Hebrew people. For this fast, you designate certain times of the day for fasting. For example, no eating sun up to sundown or choosing to eat in the morning or afternoon only.

INPUT FAST

This is also a very popular type of fast each year. An input fast can mean turning off social media, the news, television, movies, music, or turning off screens at certain times of the day altogether. The point of this type of fast is to guard the types of things that go into your mind and heart during this season.



ABOUT BIBLE READING, MEDITATION, AND PRAYER

One of the most powerful things you can do to become more like Jesus is to simply read the Bible, think about what you've read, and have a conversation with God about it. If you do this for 21 days, you will be blown away at how much you grow.

We have chosen 21 selections from the book of Psalms for you to read in this season. These Psalms are honest prayers to God written thousands of years ago. You may be surprised at how much they relate to you today.

We've also provided guidance for how to meditate on what you've read. Don't be weirded out by the word "meditate". It just means to slow down, think about what you've read, and maybe even read it again a couple of times to see what stands out to you on the second or third pass. Think of meditation as a bridge from Bible reading to prayer time.

Finally, we've included some reflective prayers in response to what God has said to us through His Word in these Psalms. Make these prayers your own. Add to them. Pray them more than once in your day if you like. And then listen. God can and will speak to you. Yes, you!

WHAT YOU NEED TO KNOW ABOUT PSALMS

Psalms is a vibrantly emotional book of worship and prayer that developed over hundreds of years, divinely curated by the priesthood of Israel. The writing and collection of the Psalms into their present form spans the fifteenth to the third centuries B.C.

Psalms gives us expressions of worship, professions of faith, poems of sorrow, and venting prayers of frustration. Sometimes Psalms encourages us to give serious thought to the wisdom of God's Word. Other times, Psalms relates the humanity of a troubled heart. Psalms can even explode onto the page with evocative words of worship to God.

The main idea of the five books in the complete work of Psalms (often called *The Torah of David*) is that meditation on God's covenant promises gives us vast resources for our current troubles and offers messianic hope for future justice.

We have selected 21 Psalms that we trust will give you a taste of the transformative power of Scripture reading, meditation, and prayer. Enjoy!

COMMON EXPRESSIONS IN PSALMS

Here is the meaning of a few expressions you might see when you read through Psalms:

Selah—May mean Pause, Crescendo or Musical Interlude

Maskil—Possibly Contemplative, or Didactic, or Skillful Psalm

Mikhtam—Possibly Epigrammatic Poem, or Atonement Psalm

Sheol—The netherworld



1

PSALM 103:1-12

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start off with this prayer of surrender from **Psalm 119**:

*Teach me the way of Your statutes
and give me understanding.*

*Incline my heart to Your testimonies
and not to selfish gain...*

READ.

PSALM 103:1-12

OF DAVID.

*Bless the Lord, O my soul,
and all that is within me, bless His holy name!*

*Bless the Lord, O my soul,
and forget not all His benefits,
who forgives all your iniquity,*

*who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.*

*The Lord works righteousness
and justice for all who are oppressed.*

*He made known His ways to Moses,
His acts to the people of Israel.*

*The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.*

*He will not always chide,
nor will He keep His anger forever.*

*He does not deal with us according to our sins,
nor repay us according to our iniquities.*

*For as high as the heavens are above the earth,
so great is His steadfast love toward those who fear Him;
as far as the east is from the west,
so far does He remove our transgressions from us.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Lord, I give You all of me today—heart, mind, and soul...

I will remember all the benefits of surrendered life...

You forgive all my iniquities,

You heal all my diseases,

You redeem my life from the pit (destruction),

You crown me with steadfast love and mercy,

You alone can satisfy me with good,

And You renew my youth like You do for eagles.

You have not dealt with me according to my sin...

You have not repaid me according to my iniquities...

For as high as the heavens are above the earth,
so great is Your love toward me because I honor and revere You;

As far as the east is from the west,
so far do You remove my transgressions from me.

I'm so grateful for You.

Bless the Lord, O my soul.

Amen.



2

PSALM 103:13-22

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start with this next piece of the Lord's Prayer from *The Message*:

*Our Father in Heaven,
Reveal who You are to me...*

READ.

PSALM 103:13-22

OF DAVID.

*As a father shows compassion to his children,
so the Lord shows compassion to those who fear Him.*

For He knows our frame; He remembers that we are dust.

*As for man, his days are like grass;
he flourishes like a flower of the field;
for the wind passes over it, and it is gone,
and its place knows it no more.*

*But the steadfast love of the Lord is from everlasting
to everlasting on those who fear Him,
and His righteousness to children's children,
to those who keep His covenant
and remember to do His commandments.*

*The Lord has established His throne in the heavens,
and His kingdom rules over all.*

*Bless the Lord, O you His angels,
you mighty ones who do His word,
obeying the voice of His word!*

*Bless the Lord, all His hosts,
His ministers, who do His will!*

*Bless the Lord, all His works,
in all places of His dominion.*

Bless the Lord, O my soul!

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

God, thank you for being the best kind of Father.
You are so tender, so gentle, so slow to anger, and full of compassion.

And yet, I fear You, Lord. But not with an earthly kind of fear.

It's the good kind of fear, the kind that comes from being a child of
the Most High.

It's because You are entirely other than me.
The fact that you are almighty God and want an intimate
relationship with me is absolutely stunning.

You remember that I am made from dust
and that my days are like grass.

Before I know it, my time on earth will be done.

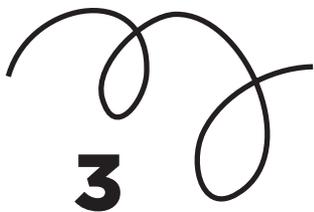
But Your love, O Lord, is the most concrete of all realities.

It will last into eternity. Your kingdom will never be overthrown.

Along with all of creation, I cry out a blessing to You, Father.

Bless the Lord!

Amen.



3

PSALM 119:33-40

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start with this next piece of the Lord's Prayer from *The Message*:

*Set my world right, Father;
Do what's best...
as above, so below.*

READ.

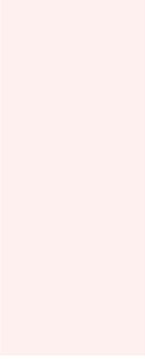
PSALM 119:33-40

HE.

*Teach me, O Lord, the way of Your statutes;
and I will keep it to the end.*

*Give me understanding, that I may keep Your law
and observe it with my whole heart.*

*Lead me in the path of Your commandments,
for I delight in it.*



*Incline my heart to Your testimonies,
and not to selfish gain!*

*Turn my eyes from looking at worthless things;
and give me life in Your ways.*

*Confirm to Your servant Your promise,
that You may be feared.*

*Turn away the reproach that I dread,
for Your rules are good.*

*Behold, I long for Your precepts;
in Your righteousness, give me life!*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Father,

Your ways are right and true and good. They lead me to life.

You invite me to follow Jesus into an adventure of faith,
a journey with You. All because You love me. Thank you, Father.

But I confess, at times I try to forge my own path,
choose my own ways. And I look to things in this world to find hope
and satisfaction.

Empty things that always eventually leave me empty myself.

God, open my eyes.

Help me see clearly the foolishness of turning my heart toward
anything above You.

Stir in me the desire to walk in Your paths today.

Lead me to life, and teach me how to follow You with my whole heart.

Not in part, but all of me.

Amen.



4

PSALM 139:1-12

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start with this next piece of the Lord's Prayer from *The Message*:

*You're in charge, God...
Do anything You want to do in me...
You're ablaze in beauty!
I say yes to You.*

Yes. Yes. Yes.

READ.

PSALM 139:1-12

TO THE CHOIRMASTER. A PSALM OF DAVID.

O Lord, You have searched me and known me!

*You know when I sit down and when I rise up;
You discern my thoughts from afar.*

*You search out my path and my lying down
and are acquainted with all my ways.*

*Even before a word is on my tongue,
behold, O Lord, You know it altogether.*

*You hem me in, behind and before,
and lay Your hand upon me.*

*Such knowledge is too wonderful for me;
it is high; I cannot attain it.*

*Where shall I go from Your Spirit?
Or where shall I flee from Your presence?*

*If I ascend to Heaven, You are there!
If I make my bed in Sheol, You are there!*

*If I take the wings of the morning
and dwell in the uttermost parts of the sea,
even there Your hand shall lead me,
and Your right hand shall hold me.*

*If I say, "Surely the darkness shall cover me,
and the light about me be night,"
even the darkness is not dark to You;
the night is bright as the day, for darkness is as light with You.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Today, I pray an honest prayer.

I want to know You, God...
Sometimes I don't feel like I can.
Sometimes I don't want to be known.

Change my want to.
I want-to-want to know You.
And to be known by You...

To know You and be fully known...
such knowledge is too wonderful for me;
It's high and I can't comprehend it.

Search me.

You already know me...
but I ask You to *know* me.
You already see me...
but *see* me...

Where could I possibly go from Your Holy Spirit?
How could I possibly escape Your presence?

When I find myself in darkness,
remind me that even the darkness is not dark to You...
The night is as bright as the day,
and even darkness is as light with You.

O Lord, You have searched me and known me!

Thank you.

Amen.



5

PSALM 139:13 - 24

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start today with this prayer of surrender from the words of Mary in **Luke 1:38**:

*Behold, I am the servant of the Lord;
Let it be to me according to Your Word.*

READ.

PSALM 139:13-24

TO THE CHOIRMASTER. A PSALM OF DAVID.

*For You formed my inward parts;
You knitted me together in my mother's womb.*

*I praise You, for I am fearfully and wonderfully made.
Wonderful are Your works; my soul knows it very well.*

*My frame was not hidden from You,
when I was being made in secret,
intricately woven in the depths of the earth.*

*Your eyes saw my unformed substance;
in Your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.*

*How precious to me are Your thoughts, O God!
How vast is the sum of them!*

*If I would count them, they are more than the sand.
I awake, and I am still with You.*

*Oh that You would slay the wicked, O God!
O men of blood, depart from me!*

*They speak against You with malicious intent;
Your enemies take Your name in vain.*

*Do I not hate those who hate You, O Lord?
And do I not loathe those who rise up against You?*

*I hate them with complete hatred;
I count them my enemies.*

*Search me, O God, and know my heart!
Try me and know my thoughts!*

*And see if there be any grievous way in me,
and lead me in the way everlasting!*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Lord, Your Word says that every part of me was masterfully crafted by You.

I often struggle to believe that.

I admit that sin has broken me and only You, the One who created me, can make me whole.

You see every part because You made every part.

And the thought that You know me and consider me one of Your wonderful works *overwhelms* me.

You know my story—past, present, and future.
And since You know me better than anyone else,
I want to know what You think of me.
Will You show me?

When it feels like I'm surrounded by people
who don't know You or care to know You it makes me angry.

What can I do but turn to You in trust?
Will You show me the motives of my own heart today?
I will follow wherever You lead.

Amen.



6

PSALM 41

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start today with this prayer from Isaiah's response to God's call in **Isaiah 6:8**:

Heavenly Father, "Here I am. Send me."

READ.

PSALM 41

TO THE CHOIRMASTER. A PSALM OF DAVID.

Blessed is the one who considers the poor!

*In the day of trouble the Lord delivers him;
the Lord protects him and keeps him alive;
he is called blessed in the land;*

You do not give him up to the will of his enemies.

*The Lord sustains him on his sickbed;
in his illness You restore him to full health.*

*As for me, I said, “O Lord, be gracious to me;
heal me, for I have sinned against You!”*

*My enemies say of me in malice,
“When will he die and his name perish?”*

*And when one comes to see me, he utters empty words,
while his heart gathers iniquity;
when he goes out, he tells it abroad.*

*All who hate me whisper together about me;
they imagine the worst for me.*

*They say, “A deadly thing is poured out on him;
he will not rise again from where he lies.”*

*Even my close friend in whom I trusted,
who ate my bread, has lifted his heel against me.*

*But You, O Lord, be gracious to me,
and raise me up, that I may repay them!*

*By this I know that You delight in me:
my enemy will not shout in triumph over me.*

*But You have upheld me because of my integrity,
and set me in Your presence forever.*

*Blessed be the Lord, the God of Israel,
from everlasting to everlasting!*

Amen and Amen.

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It’s okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you’ve never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Father, when I compare Your character
as shown in the life of Jesus to my own,
I am convicted.

You showed Your unconditional love
in serving others that could not serve back.

You gave to those that had nothing to give back.
You gave us Jesus, and the only thing we can offer in
response is our sin.

Help me be more like You, Lord.
Help me care for those less fortunate than myself.
Help me do this out of a spirit of love, not wishing to be paid back.

Forgive me of my pride and self-obsession.
Heal me, for I have sinned against You
and against my brothers and sisters.

I thank You for hearing my prayer.
I thank You that, despite my sin,
no enemy can shout in triumph over me.
I have the cross. I have the resurrection.
Thank You, Lord!

Amen.

7

PSALM 47

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Echo the prayer of Paul in **Colossians 3:14**:

*Dear God, clothe me in love;
bind me together in perfect harmony with Your church.*

READ.

PSALM 47

TO THE CHOIRMASTER.

A PSALM OF THE SONS OF KORAH.

Clap your hands, all peoples!

Shout to God with loud songs of joy!

*For the Lord, the Most High, is to be feared,
a great King over all the earth.*

*He subdued peoples under us,
and nations under our feet.*

*He chose our heritage for us,
the pride of Jacob whom He loves. Selah*

*God has gone up with a shout,
the Lord with the sound of a trumpet.*

*Sing praises to God, sing praises!
Sing praises to our King, sing praises!*

*For God is the King of all the earth;
sing praises with a psalm!*

*God reigns over the nations;
God sits on His holy throne.*

*The princes of the peoples gather
as the people of the God of Abraham.*

*For the shields of the earth belong to God;
He is highly exalted!*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Father God,

You are a warrior. A King victorious in every battle. Undefeated!

You spoke the world into existence and You will restore it to perfection again through Jesus, our Lord. Nothing is beyond Your reach, nothing is outside Your view, nothing is impossible for You.

But sometimes I forget who You are. I lose sight of Your power and Your sovereignty, Your grace, and Your love. And my worship shrinks. Whether I open my mouth or not, You are worthy of great praise. Whether I stand in awe of Your glory or not, You are far more than my mind could ever conceive or imagine. But I was created to worship You and when I do, I discover more of my purpose.

So today I will not fail to worship. Today, I will shout out loud with joy. Today, I will sing a song in my heart to You. And when the news feed tells me the world is only violence and division and heartache, I will remember and proclaim...

“[My] God reigns over the nations;
[My] God sits on His holy throne.

For the shields of the earth belong to [My] God;
He is highly exalted!”

In the name of Jesus,

Amen.



8

PSALM 23

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Speak the worship lyrics of **Psalm 46:10** out loud over yourself:

Be still my soul.

You don't have to solve a single thing right now.

Know that God is God.

READ.

PSALM 23

A PSALM OF DAVID.

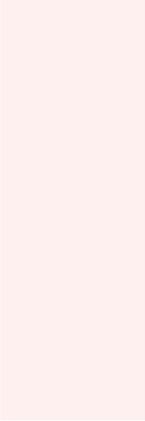
The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

*He leads me in paths of righteousness
for His name's sake.*



*Even though I walk through the valley of the shadow of death,
I will fear no evil,
for You are with me;
Your rod and Your staff,
they comfort me.*

*You prepare a table before me
in the presence of my enemies;
You anoint my head with oil;
my cup overflows.*

*Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord forever.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

God,

You care for me so well.

In Christ, You've addressed every part of my life—
mind, body, and soul.

Help me rest in the knowledge that You'll give me
what I need when I need it.

I want to know Your ways that I might glorify Your name.

I know if You're with me I can go through anything.

Even if it's hard. Even if it doesn't make sense.

Your presence gives me a quiet confidence.

I know that You are good.

I have been set apart by You.

I am kept by You.

Let the evidence of Your goodness and mercy flow from my life.

I am Yours forever.

In Jesus' name,

Amen.



9

PSALM 51:1-15

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start today with a simple prayer from the words from **Proverbs 3**:

*I trust You, God,
with all of my heart...*

I trust You more than my understanding;

I acknowledge You.

Direct my path today

READ.

PSALM 51:1-15

TO THE CHOIRMASTER. A PSALM OF DAVID, WHEN NATHAN THE PROPHET WENT TO HIM, AFTER HE HAD GONE IN TO BATHSHEBA.

*Have mercy on me, O God, according to Your steadfast love;
according to Your abundant mercy blot out my transgressions.*

Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me.

*Against You, You only, have I sinned and done
what is evil in Your sight, so that You may be justified in
Your words and blameless in Your judgment.*

*Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.*

*Behold, You delight in truth in the inward being,
and You teach me wisdom in the secret heart.*

*Purge me with hyssop, and I shall be clean; wash me,
and I shall be whiter than snow.*

Let me hear joy and gladness; let the bones that You have broken rejoice.

Hide Your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

*Cast me not away from Your presence, and take not Your
Holy Spirit from me.*

*Restore to me the joy of Your salvation, and uphold me with a willing
spirit.*

Then I will teach transgressors Your ways, and sinners will return to You.

*Deliver me from blood guiltiness, O God, O God of my salvation,
and my tongue will sing aloud of Your righteousness.*

O Lord, open my lips, and my mouth will declare Your praise.

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Pray excerpts from Psalm 51 just as they are.
Pray aloud and make these words your own.*

“Have mercy on me, O God, according to Your steadfast love;
according to Your abundant mercy, blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me.

Behold, You delight in truth in the inward being,
and You teach me wisdom in the secret heart.

Hide Your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

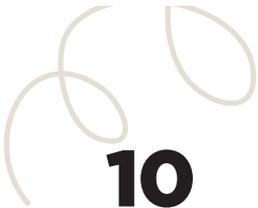
Cast me not away from Your presence, and take not Your Holy Spirit
from me.

Restore to me the joy of Your salvation, and uphold me with a
willing spirit.

Then I will teach transgressors Your ways,
and sinners will return to You.

O Lord, open my lips, and my mouth will declare Your praise.”

Amen.



10

PSALM 10

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Pray Paul's words of encouragement from **Philippians 4:**

God, I don't want to be anxious. I give all anxiety to You.

Help me be a non-anxious presence in my world.

Give me the kind of peace I can't imagine is possible.

READ.

PSALM 10

Why, O Lord, do You stand far away?

Why do You hide yourself in times of trouble?

*In arrogance the wicked hotly pursue the poor;
let them be caught in the schemes that they have devised.*

*For the wicked boasts of the desires of his soul,
and the one greedy for gain curses and renounces the Lord.*

*In the pride of his face the wicked does not seek Him;
all his thoughts are, "There is no God."*

His ways prosper at all times; Your judgments are on high, out of his sight; as for all his foes, he puffs at them. He says in his heart, "I shall not be moved; throughout all generations I shall not meet adversity." His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity.

He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless; he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net.

The helpless are crushed, sink down, and fall by his might. He says in his heart, "God has forgotten, He has hidden His face, He will never see it."

Arise, O Lord; O God, lift up Your hand; forget not the afflicted.

Why does the wicked renounce God and say in his heart, "You will not call to account."

But You do see, for You note mischief and vexation, that You may take it into Your hands; to You the helpless commits himself; You have been the helper of the fatherless.

Break the arm of the wicked and evildoer; call his wickedness to account till You find none.

The Lord is King forever and ever; the nations perish from His land. O Lord,

You hear the desire of the afflicted; You will strengthen their heart;

You will incline Your ear to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

God, if I'm being honest,
sometimes it feels like You are far away.

When I see the rampant injustice and pain,
when I see evil and suffering everywhere I look,
it seems like the wicked are winning.

I ache to see the poor and oppressed set free.
It hurts to see those with power exploit those with none.
I know many of them are praying for You to show that You care.

But Father, I remember that You have proven You care.
You don't ignore pain and suffering.

You sent us Jesus.

You took all of this into Your hands and You did something about
it. Lord, I commit to partner with You in bringing Your will here on
earth as it is in Heaven while we wait for the day of Your return.

Amen.



11

PSALM 40:1-11

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Start today with a prayer based on Paul's words of encouragement from **Romans 12**:

*Father God,
break me from the hurried pattern of this world.
Renew my mind. You choose what's good for me.*

READ.

PSALM 40:1-11

TO THE CHOIRMASTER. A PSALM OF DAVID.

*I waited patiently for the Lord; He inclined to me and heard my cry.
He drew me up from the pit of destruction, out of the miry bog,
and set my feet upon a rock, making my steps secure.*

*He put a new song in my mouth, a song of praise to our God.
Many will see and fear, and put their trust in the Lord.*

*Blessed is the man who makes the Lord his trust,
who does not turn to the proud, to those who go astray after a lie!
You have multiplied, O Lord my God,
Your wondrous deeds and Your thoughts toward us; none can
compare with You!
I will proclaim and tell of them, yet they are more than can be told.
In sacrifice and offering You have not delighted, but You have given
me an open ear.
Burnt offering and sin offering You have not required.
Then I said, "Behold, I have come; in the scroll of the book it is
written of me:
I delight to do Your will, O my God; Your law is within my heart."
I have told the glad news of deliverance in the great congregation;
behold, I have not restrained my lips, as You know, O Lord.
I have not hidden Your deliverance within my heart;
I have spoken of Your faithfulness and Your salvation;
I have not concealed Your steadfast love and Your faithfulness from
the great congregation.
As for You, O Lord, You will not restrain Your mercy from me;
Your steadfast love and Your faithfulness will ever preserve me.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

My Father and my God,

Only You can restore what has been completely broken.

Only You can renew what is worn and forgotten.

Only You can heal the deepest wounds.

Only You can bring to life what is dead.

I wait patiently on You. To do what only You can do.

I know You hear my voice. You've promised to hear my cry.

Lift me up, Lord. Place my feet on a solid place. A rock that is secure.

Cast my doubts away. Replace all my fears of being ruined

with hopes of Your great rescue for me.

Put a new song in my mouth today, Father. Put a hope deep within me

that can be seen and felt by others that they might put their trust in

You. I know Your Word is true from Psalm 40 today...

“As for You, O Lord, You will not restrain Your mercy from me;

Your steadfast love and Your faithfulness will ever preserve me!”

Thank You, Father!

Amen.



12

PSALM 32

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying words of gratitude based on **Lamentations 3**:

*Your love doesn't quit, God.
Your mercy is fresh every day.
Your faithfulness is truly awesome.
I'm with You.*

READ.

PSALM 32

A MASKIL OF DAVID.

*Blessed is the one whose transgression is forgiven,
whose sin is covered.*

*Blessed is the man against whom the Lord counts no iniquity,
and in whose spirit there is no deceit.*

For when I kept silent, my bones wasted away through my groaning all day long.

*For day and night Your hand was heavy upon me;
my strength was dried up as by the heat of summer.
Selah*

*I acknowledged my sin to You, and I did not cover my iniquity;
I said, "I will confess my transgressions to the Lord,"
and You forgave the iniquity of my sin.
Selah*

*Therefore let everyone who is godly
offer prayer to You at a time when You may be found;
surely in the rush of great waters, they shall not reach Him.*

*You are a hiding place for me;
You preserve me from trouble;
You surround me with shouts of deliverance.
Selah*

*I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.*

*Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.*

*Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the Lord.*

*Be glad in the Lord, and rejoice, O righteous, and shout for joy,
all you upright in heart!*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read this prayer aloud and make it **your own**.*

Father God,

Only because of Jesus am I considered blessed.

What an incredible gift to be counted as righteous!

I've tried it my way before.

I've tried to hide my sin,

not talk about it,

pretend like it wasn't there.

It was exhausting.

Now, I confess my sin, confident it is for my good.

Who would have thought so much freedom would come on the heels of admitting my guilt?

The moment the words left my mouth Your grace came in like a flood, lifting the burden I could no longer bear.

I am so thankful.

Thank you for giving me a way out.

Thank you for guiding me with patience.

You've replaced my sorrow with Your steadfast love.

I can't help but rejoice in You, Lord.

My debt has been paid in full!

In Jesus' name,

Amen.

13

PSALM 91

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by saying these words aloud from a prayer of Jesus in **John 14:27**:

Heart, don't be troubled.

Mind, don't be afraid.

Soul, don't be anxious.

God, I'm taking You up on the peace that only Jesus can give.

READ.

PSALM 91

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

For He will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; His faithfulness is a shield and buckler.

You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

You will only look with your eyes and see the recompense of the wicked.

Because you have made the Lord your dwelling place—the Most High, who is my refuge—no evil shall be allowed to befall you, nor plague come near your tent.

For He will command His angels concerning you to guard you in all your ways.

On their hands they will bear you up, lest you strike your foot against a stone.

*You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.*

*“Because he holds fast to Me in love, I will deliver him;
I will protect him, because he knows My name.
When he calls to Me, I will answer him;
I will be with him in trouble; I will rescue him and honor him.*

With long life I will satisfy him and show him My salvation.”

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Pray the lyrics from this 19th century poem-turned-hymn,
“How Great Thou Art”:*

O Lord, my God, when I in awesome wonder
Consider all the worlds Thy Hands have made
I see the stars, I hear the rolling thunder
Thy power throughout the universe displayed

Then sings my soul, my Savior God, to Thee
How great Thou art,
How great Thou art

And when I think of God, His Son not sparing
Sent Him to die, I scarce can take it in
That on the Cross, my burden gladly bearing
He bled and died to take away my sin

Then sings my soul, my Savior God, to Thee
How great Thou art, how great Thou art

When Christ shall come with shout of acclamation
And lead me home, what joy shall fill my heart
Then I shall bow with humble adoration
And then proclaim, my God, how great Thou art

Then sings my soul, my Savior God, to Thee
How great Thou art, how great Thou art

Then sings my soul, my Savior God, to Thee
How great Thou art, how great Thou art

14

PSALM 138

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today. Say these simple words based on **Ephesians 1:**

I am not overlooked. Jesus chose me.

I am not ashamed. Jesus made me blameless.

I am not abandoned. Jesus adopted me as His own.

My life is not empty. Jesus has given me a divine purpose in Him.

READ.

PSALM 138

OF DAVID.

*I give You thanks, O Lord, with my whole heart;
before the gods I sing Your praise;*

*I bow down toward Your holy temple and give thanks to
Your name for Your steadfast love and Your faithfulness,
for You have exalted above all things
Your name and Your word.*

*On the day I called, You answered me; my strength of soul
You increased.*

*All the kings of the earth shall give You thanks, O Lord,
for they have heard the words of Your mouth,
and they shall sing of the ways of the Lord,
for great is the glory of the Lord.*

*For though the Lord is high, He regards the lowly,
but the haughty He knows from afar.*

*Though I walk in the midst of trouble, You preserve my life;
You stretch out Your hand against the wrath of my enemies,
and Your right hand delivers me.*

*The Lord will fulfill His purpose for me;
Your steadfast love, O Lord, endures forever.
Do not forsake the work of Your hands.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes**, **repeated words**, or **echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

P R A Y .

Father, there is no shortage of reasons to give thanks to You.

Thank you for Your name.

Thank you for Your steadfast love.

Thank you for Your faithfulness.

Thank you for Your Word.

Thank you for regarding the lowly.

Thank you for preserving my life.

Thank you for giving me a purpose.

Father, I choose to believe in this very moment,
right now, that You will fulfill Your purpose for me.

Though I may have felt useless in the past,
I trust that You are using me. Though I feel empty, You will fill me.

I trust that You will finish the job You started with me.
You will not forsake the work of Your hands!

Amen.



15

PSALM 24

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying the ancient reflection of Job in **Job 7**:

*Oh God,
What am I, that You make so much of me?
That You set Your heart on me?*

READ.

PSALM 24

A PSALM OF DAVID.

*The earth is the Lord's and the fullness thereof,
the world and those who dwell therein,
for He has founded it upon the seas
and established it upon the rivers.*

*Who shall ascend the hill of the Lord?
And who shall stand in His holy place?*

*He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.*

*He will receive blessing from the Lord and righteousness from the
God of His salvation.*

*Such is the generation of those who seek Him,
who seek the face of the God of Jacob.
Selah*

*Lift up your heads, O gates!
And be lifted up, O ancient doors, that the King of glory may come in.*

*Who is this King of glory?
The Lord, strong and mighty,
the Lord, mighty in battle!*

*Lift up your heads, O gates! And lift them up, O ancient doors,
that the King of glory may come in.*

*Who is this King of glory?
The Lord of hosts,
He is the King of glory!
Selah*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

Father God,

YOU ARE the creator of the whole earth,
YOU ARE the King of glory,
YOU ARE strong and mighty,
YOU ARE the Lord of hosts,
YOU ARE... so *different* from me.

I AM human,
I AM created,
I AM limited,
I AM sinful,
I AM... so *different* from You.

But this prayer of King David tells me there is a way for even me to be in Your presence! A hope for even me to know You intimately and receive Your blessing!

“Who shall ascend the hill of the Lord?
And who shall stand in His holy place?
He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.
He will receive blessing from the Lord and
righteousness from the God of His salvation.”

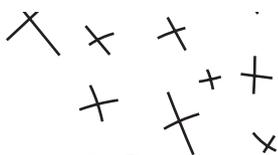
I want these words to be true of me, Father, but I know I cannot clean my hands or purify my heart on my own. No amount of trying, no doubled effort, no act of will can make me holy before You.

But Jesus can. Jesus has.

His clean hands and His pure heart are now mine. O God, teach me to surrender all of me to Jesus. Every day. Every moment. That I might be clean and pure and, therefore, close to You always.

Thank you for Jesus, Father.

Amen.



16

PSALM 27

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by making the ancient request of Moses found in **Exodus 33**:

*Dear God,
Please show me Your glory.*

READ.

PSALM 27 OF DAVID.

The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid?

When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

*Though an army encamp against me, my heart shall not fear;
though war arise against me, yet I will be confident.*

*One thing have I asked of the Lord, that will I seek after:
that I may dwell in the house of the Lord all the days of my life,
to gaze upon the beauty of the Lord and to inquire in His temple.*

*For He will hide me in His shelter in the day of trouble;
He will conceal me under the cover of His tent; He will lift me high
upon a rock.*

*And now my head shall be lifted up above my enemies all around me,
and I will offer in His tent sacrifices with shouts of joy; I will sing and
make melody to the Lord.*

*Hear, O Lord, when I cry aloud; be gracious to me and answer me!
You have said, "Seek My face." My heart says to You,
"Your face, Lord, do I seek." Hide not Your face from me.*

*Turn not Your servant away in anger, O You who have been my help.
Cast me not off; forsake me not, O God of my salvation!*

*For my father and my mother have forsaken me, but the Lord will
take me in.*

*Teach me Your way, O Lord, and lead me on a level path because of
my enemies.*

*Give me not up to the will of my adversaries; for false witnesses have
risen against me, and they breathe out violence.*

*I believe that I shall look upon the goodness of the Lord in the land of
the living!*

*Wait for the Lord; be strong, and let your heart take courage; wait for
the Lord!*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

Lord, only You can show me things as they really are.
Only You can help me see that with You I have nothing to fear.

Will You help me see?

Even if I don't understand, I won't be afraid because You see, You know. No matter the circumstance, You are my confidence.

There's only one place I want to be.
With You, taking You in and learning everything I can.

Only You know how to keep me safe, and all I can do is respond with praise.

I have to believe that You hear me.

Today, I choose to seek Your face in the most ordinary places.
I'll look for You everywhere.
In the faces of friends and family...
In the way the sun rises and sets...
Will You reveal Yourself to me?

And because sometimes You feel far, will You show me that You are close? Will You show me that You are the God who saves and redeems every part of my life?

I know a day is coming when I will see You in all Your goodness unrestrained. Lord, let that hope make me strong, and give me the courage to wait for You.

Amen.



17

PSALM 131

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying the words of Peter found in **1 Peter 5:5-6**:

Lord, I'm putting on humility today. Count me among the humble. If the God of the universe sets Himself as a raging storm against the proud, I'm jumping ship.

*Immerse me at Humble Sea;
Toss me a life raft of Gospel Grace,
and rescue me from my pride.*

READ.

PSALM 131

A SONG OF ASCENTS. OF DAVID.

*O Lord, my heart is not lifted up;
my eyes are not raised too high;*

*I do not occupy myself with things
too great and too marvelous for me.*

*But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.*

*O Israel, hope in the Lord
from this time forth and forevermore.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

God, show me where my pride is keeping me from intimacy with You.

If I've been too proud to forgive people who have hurt me,
show me who.

My sense of justice keeps me from considering Your sense of justice.
You're perfectly just yet slow to anger and rich in mercy.
Forgive me of my unforgiveness.
Today, I choose to forgive _____
and anyone who has hurt me.

If I've been proud with my time, show me.
I've allowed myself to be distracted by meaningless impulses.
I've allowed myself to be overcommitted, always busy.
I've not always set aside time to be with You.
I've not always honored You with a day of Sabbath rest.
I don't always slow down to listen to others.
I haven't cherished my time with loved ones and friends.
I don't always bring my best to church or small group.
Forgive me for not considering each day and each breath as an
inestimable gift from You.

In Jesus' name,

Amen.



18

PSALM 5

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time. Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying the words of Jesus found in **Matthew 13:16**:

*Give me eyes to see what You want me to see today.
Give me ears to hear what You want me to hear.*

READ.

PSALM 5

TO THE CHOIRMASTER:
FOR THE FLUTES. A PSALM OF DAVID.

Give ear to my words, O Lord; consider my groaning.

*Give attention to the sound of my cry, my King and my God,
for to You do I pray.*

*O Lord, in the morning, You hear my voice;
in the morning, I prepare a sacrifice for You and watch.*

*For You are not a God who delights in wickedness;
evil may not dwell with You.*

*The boastful shall not stand before Your eyes;
You hate all evildoers.*

*You destroy those who speak lies; the Lord abhors the
bloodthirsty and deceitful man.*

*But I, through the abundance of Your steadfast love,
will enter Your house.*

I will bow down toward Your holy temple in the fear of You.

*Lead me, O Lord, in Your righteousness because of my enemies;
make Your way straight before me.*

*For there is no truth in their mouth; their inmost self is destruction;
their throat is an open grave; they flatter with their tongue.*

*Make them bear their guilt, O God; let them fall by their own
counsels; because of the abundance of their transgressions cast them
out, for they have rebelled against You.*

*But let all who take refuge in You rejoice; let them ever sing for joy,
and spread Your protection over them, that those who love Your
name may exult in You.*

*For You bless the righteous, O Lord; You cover him with favor as
with a shield.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

Father God, today, I'm asking for something different.

You've made me in Your image,
You've called me to live for Jesus,
You've commissioned me to love the people in my world.
Yet it seems there are many obstacles keeping me from doing what
You've asked me to do.

Give ear to my words, O Lord; consider my groaning.

You don't like injustice, lack, strife, fear, greed, addiction, backbiting,
laziness, lust, comparison, depression, despair, or wickedness of any
kind.

My fight is spiritual and I ask You to fight my battles for me.
Raise up a standard on my behalf.
Destroy any spiritual enemies
who try to speak lies and deceive people in my life.

Lead me in this spiritual battle;
Keep me on the straight and narrow.

Help me to love well.
Cover me with favor as with a shield.

In Jesus' name,

Amen.



19

PSALM 19

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying the words of Jesus found in **John 10:4-5**:

*I am like a sheep, and Jesus is my shepherd.
I recognize His voice and go wherever He leads.
The voice of strangers, I will not follow.*

READ.

PSALM 19

TO THE CHOIRMASTER. PSALM OF DAVID.

The heavens declare the glory of God, and the sky above proclaims His handiwork.

*Day to day pours out speech, and night to night reveals knowledge.
There is no speech, nor are there words, whose voice is not heard.*

Their voice goes out through all the earth, and their words to the end of the world.

*In them, He has set a tent for the sun,
which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.*

Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

*The law of the Lord is perfect, reviving the soul;
the testimony of the Lord is sure, making wise the simple;
the precepts of the Lord are right, rejoicing the heart;
the commandment of the Lord is pure, enlightening the eyes;
the fear of the Lord is clean, enduring forever;
the rules of the Lord are true, and righteous altogether.*

*More to be desired are they than gold, even much fine gold;
sweeter also than honey and drippings of the honeycomb.*

Moreover, by them is Your servant warned; in keeping them there is great reward.

Who can discern his errors? Declare me innocent from hidden faults.

*Keep back Your servant also from presumptuous sins;
let them not have dominion over me!*

Then I shall be blameless, and innocent of great transgression.

Let the words of my mouth and the meditation of my heart be acceptable in Your sight,

O Lord, my rock and my redeemer.

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

God, it's honestly hard to fathom You.
It seems unattainable. Impossible even.

Thank you for Jesus.
For showing us who You are through Him.
For making a way for us to approach You in prayer through Him.
For offering a way of forgiveness through Him.

I ask for Your power over sin.
Keep me back from presumptuous sins;
stop them from having dominion over me!

Let the words of my mouth
and the meditation of my heart
be acceptable in Your sight, God.

You are my rock.
You are my redeemer.

I'm so grateful for Your love
and for Your great power.

In Jesus' name,

Amen.



20

PSALM 16

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today by praying the words of James, brother of Jesus, found in **James 1**:

*God, You alone are good.
Every good gift comes from You.
You don't change.
You're always good.*

READ.

PSALM 16

A MIKTAM OF DAVID.

*Preserve me, O God, for in You I take refuge.
I say to the Lord, "You are my Lord;
I have no good apart from You."*

*As for the saints in the land, they are the excellent ones,
in whom is all my delight.*

*The sorrows of those who run after another god shall multiply;
their drink offerings of blood I will not pour out
or take their names on my lips.*

*The Lord is my chosen portion and my cup; You hold my lot.
The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.*

*I bless the Lord who gives me counsel;
in the night also my heart instructs me.
I have set the Lord always before me;
because He is at my right hand, I shall not be shaken.*

*Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.*

*For You will not abandon my soul to Sheol,
or let Your holy one see corruption.*

*You make known to me the path of life;
in Your presence there is fullness of joy;
at Your right hand are pleasures forevermore.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

Keep me safe, God.
All of my security is in You.

You're my Master.
All of my good comes from You.

Help me not be persuaded by fleeting pleasures
and understandable addictions.

Help me to not put too much trust in things
that will inevitably let me down.

Teach me the way of Jesus.
Slow me down to rest in You.
Help me to love You well.

You make known to me the path of life;
In Your presence there is fullness of joy;
In Christ Jesus are the truest pleasures.

In Jesus' name,

Amen.

21

PSALM 1

PREPARE.

GET ALONE WITH GOD

Create space today for 10-15 minutes of uninterrupted quiet time.

Start by removing distractions—screens and alerts off.

Take one minute of silence before you read today's Psalm:

1. Quiet your thoughts.
2. Palms up.
3. Long inhale.
4. Long exhale.
5. Relax.

FEEL PEACEFUL

Today's reading is not just an exercise for your mind *but also for your heart.*

Prepare your heart today with this prayer based on Peter's response to Jesus in **John 6:68**:

Lord Jesus, to whom else could I possibly go but You?

Only You have words that give life.

Your words are full of grace and truth.

Your words give wisdom and understanding.

Your words are eternal.

READ.

PSALM 1

*Blessed is the man who
walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;*

*but his delight is in the law of the Lord,
and on His law he meditates day and night.*

*He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.*

In all that he does, he prospers.

*The wicked are not so,
but are like chaff that the wind drives away.*

*Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;
for the Lord knows the way of the righteous,
but the way of the wicked will perish.*

REFLECT.

After reading the passage once, consider taking a second and third pass. Read slowly. Get a pen or highlighter and mark up the text as you read back through. **Underline or circle** anything that stands out to you. (*It's okay to do this in your actual Bible too.*)

Look for **themes, repeated words, or echoing phrases**. Keep an eye out for tone changes or emotional shifts. The Holy Spirit will reveal things to you that you've never noticed.

WRITE .

Here's a place to write down what God is showing you.

What is this Psalm showing you about God, about yourself, or about the people in your life?

PRAY.

*Read these words aloud and make them **your personal prayer**.*

Heavenly Father, I confess...
my heart is prone to wander.

I care too much about what people think.
I compare myself to the images and ideals of other people.

I want to be the kind of person who cares more about Your ways.
I want to spend more time this year with Jesus.
I want to become more like Jesus.
I want to do the kinds of things Jesus did.

If I commit to spend more time reading my Bible,
will You help me understand?

If I commit to be more consistent in my prayer time,
will You speak to me?

If I commit to make real changes,
will You empower me?

I want to love and forgive and serve others
the way You have loved and forgiven and served me.

I trust You with the consequences of a life fully surrendered to You.

In Jesus' name,

Amen.

ADDITIONAL RESOURCES

READ SCRIPTURE APP

This is one of our favorite Bible reading plans. Read Scripture was built to help you read the Bible with greater understanding than you ever have before. Yes, the Bible is long and for many people it sounds intimidating. Read Scripture will help you start a journey to see for yourself the beauty and wisdom of this library of writings that have come together to tell one unified story that leads you to Jesus.

Check out ReadScripture.org and download the Read Scripture App today! Spend just 15-20 minutes a day reading the Bible while learning how to read it with contextual videos from The Bible Project and praying through the Psalms.

THE BIBLE PROJECT

We love The Bible Project! This is a non-profit animation studio that produces short-form, animated videos to make the Bible accessible to everyone, everywhere. The Bible Project has an amazing YouTube channel, an insightful podcast, and helpful study guides to explore the unified story that leads to Jesus.

We can't recommend their videos and content enough. Check them out at TheBibleProject.com, on YouTube, or wherever you get your podcasts.

THE BIBLE APP

You know about The Bible App? Read, watch, listen, and share scripture right from your phone. The Bible App offers several great Bible reading plans for free! Browse to find the one that suits you.

ADVANCED BIBLE STUDY BOOK RECOMMENDATIONS

THE BOOK OF PSALMS: A TRANSLATION WITH COMMENTARY

by Robert Alter

READ THE BIBLE FOR A CHANGE: UNDERSTANDING AND RESPONDING TO GOD'S WORD

by Ray Lubeck

NEW BIBLE COMMENTARY

by Gordon Wenham and Donald Carson

HOW WE GOT THE BIBLE

by John Sailhamer

THE HISTORICAL RELIABILITY OF THE GOSPELS

by Craig L. Blomberg



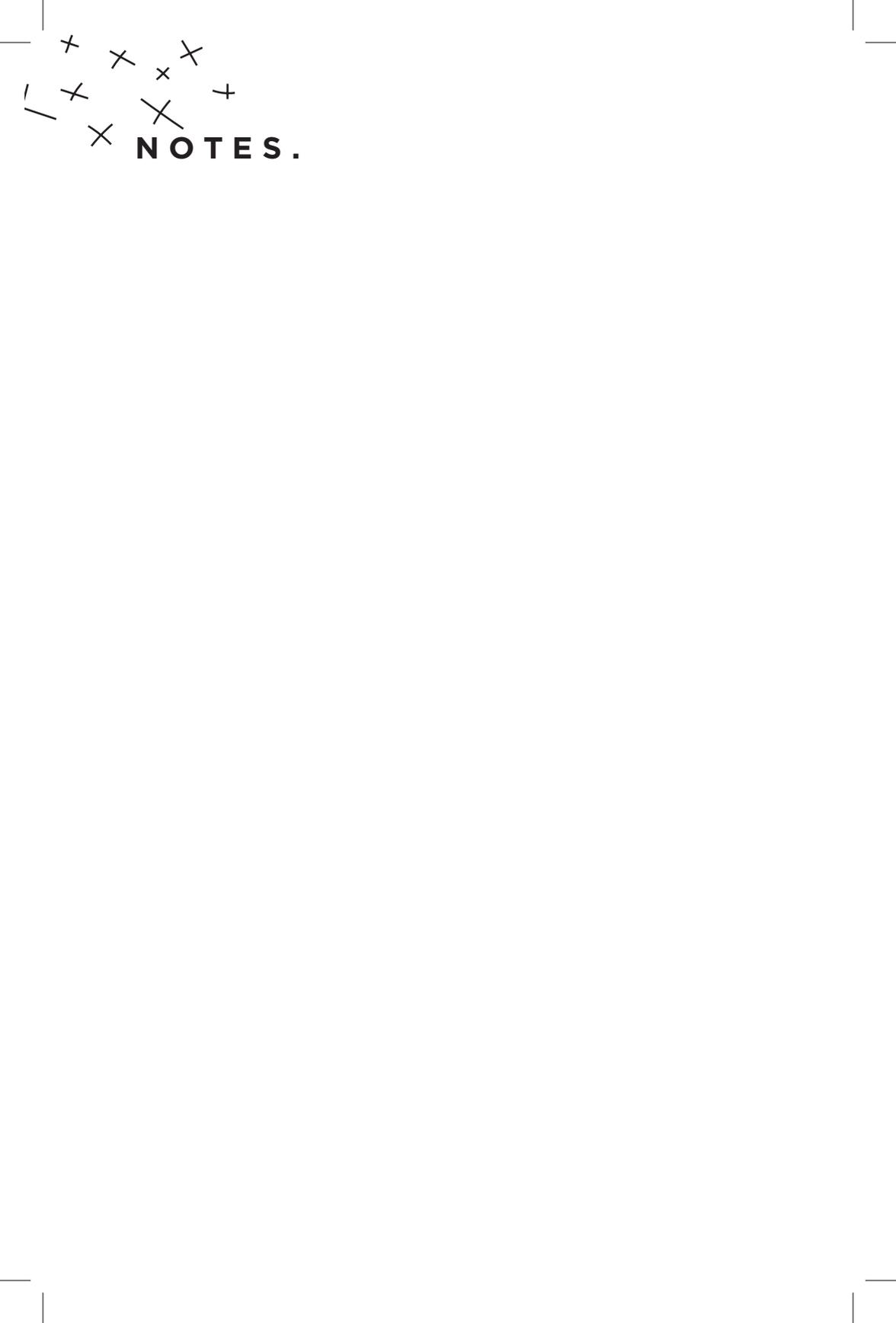
NOTES.





NOTES.





NOTES.

