



30 Days of Praying *the most beloved* Psalms



Bible Study Tools



The Book of Psalms is one of the most beloved books of the Bible and for good reason! The Psalms offer comfort in times of despair, strength in trials, and celebration in times of triumph. Jesus himself quoted the Psalms when he spoke his last words on the cross, saying, “Father, into Your hands I commend my spirit” (Luke 23:46; Psalm 31:5).

The Psalms make up the longest book of the Bible and are comprised of songs, prayers, and poetry in devotion to God. King David is attributed with writing 75 of the 150 Psalms. The remaining Psalms are attributed to various other authors including King Solomon and Moses, with about 50 of the Psalms not being attributed to any particular author.

For a powerful way to meditate on the themes of the 30 most popular Psalms, take a few minutes each day for the next month to read through the following short prayers based on the Book of Psalms. God bless!

DAY 1

PSALM 91

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

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

3 For he will deliver you from the snare of the fowler
 and from the deadly pestilence.

4 He will cover you with his pinions,
 and under his wings you will find refuge;
 his faithfulness is a shield and buckler.

5 You will not fear the terror of the night,
 nor the arrow that flies by day,

6 nor the pestilence that stalks in darkness,
 nor the destruction that wastes at noonday.

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

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

9 Because you have made the Lord your dwelling place—
 the Most High, who is my refuge—

10 no evil shall be allowed to befall you,
 no plague come near your tent.

11 For he will command his angels concerning you
 to guard you in all your ways.

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

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

14 "Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.

15 When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.

16 With long life I will satisfy him
and show him my salvation."

Lord, I find shelter and strength in Your Word. While the others may stumble around me, You protect me from the snares of this world. You send Your mighty angels to keep me from falling into the abyss, Your commandments shine a path for me to follow. What a merciful God You are—walking beside me when I'm discouraged, and carrying me when I'm defeated! I praise Your Holy Name! Amen.

DAY 2

PSALM 23

1 The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures.

He leads me beside still waters.

3 He restores my soul.

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

4 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.

5 You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

6 Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

forever.

Most loving Father, when I don't know where to turn or whom to trust, you're there to take care of me. You guide me out of my gloom and fill my soul with renewed hope. You anoint me as your beloved and bestow blessings upon me to show those who stand against me that I am a child of the Most High God. I will abide by your Word forever. Amen.

DAY 3

PSALM 27

1 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?

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

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

4 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.

5 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.

6 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.

7 Hear, O Lord, when I cry aloud;
be gracious to me and answer me!

8 You have said, "Seek my face."

My heart says to you,
"Your face, Lord, do I seek."

9 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!

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

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

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

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

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

God in Heaven, You are my beacon of hope, my salvation when trouble is near. When the storms of life sweep me up, You guide me back safely to shore. I devote my life to you, Lord, and seek Your goodness in everything I see, Your Holy Face in everyone I meet. I pray for Your continued blessings and protection. In Jesus' Name. Amen.

DAY 4

PSALM 139

1 O Lord, you have searched me and known me!

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

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

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

5 You hem me in, behind and before,
 and lay your hand upon me.

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

7 Where shall I go from your Spirit?

 Or where shall I flee from your presence?

8 If I ascend to heaven, you are there!

 If I make my bed in Sheol, you are there!

9 If I take the wings of the morning
 and dwell in the uttermost parts of the sea,

10 even there your hand shall lead me,
 and your right hand shall hold me.

11 If I say, "Surely the darkness shall cover me,
 and the light about me be night,"

12 even the darkness is not dark to you;
 the night is bright as the day,
 for darkness is as light with you.

13 For you formed my inward parts;
 you knitted me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;
my soul knows it very well.

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

16 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.

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

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

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

20 They speak against you with malicious intent;
your enemies take your name in vain.

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

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

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

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

You see my heart, O Lord. You know me better than anyone else. You're the Creator and Ruler of the universe who defeats all darkness with His light. You crafted me in Your image, and I am

fearfully and wonderfully made! You gave Your only Son so that whoever believed in Him would have eternal life. I give myself up to You, Lord. Show me anything in my life that offends You so that I may correct it and walk toward eternal salvation. Amen!

DAY 5

PSALM 121

1 I lift up my eyes to the hills.

From where does my help come?

2 My help comes from the Lord,
who made heaven and earth.

3 He will not let your foot be moved;
he who keeps you will not slumber.

4 Behold, he who keeps Israel
will neither slumber nor sleep.

5 The Lord is your keeper;
the Lord is your shade on your right hand.

6 The sun shall not strike you by day,
nor the moon by night.

7 The Lord will keep you from all evil;
he will keep your life.

8 The Lord will keep
your going out and your coming in
from this time forth and forevermore.

God Most High, help me to remember that my strength comes from You, who made the earth, sky, and sea. Help me to find rest in Your promise to watch over the faithful and keep us safe. With You as my stronghold, I will see victory through Your son, Jesus Christ. Amen.

DAY 6

PSALM 51

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

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

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

4 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.

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

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

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

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

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

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

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

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

13 Then I will teach transgressors your ways,
and sinners will return to you.

14 Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.

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

16 For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.

17 The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.

18 Do good to Zion in your good pleasure;
build up the walls of Jerusalem;

19 then will you delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

Most just God, I've sinned against You. Cleanse me of my transgressions and restore me with Your mercy. My guilt weighs heavy on my conscience and You see what I keep hidden from others! Give me a clean heart so that I can turn my life around. Use me as an example of Your divine redemption so that I can lead other lost sheep back to You. In Jesus' name! Amen.

DAY 7

PSALM 37

1 Fret not yourself because of evildoers;
be not envious of wrongdoers!

2 For they will soon fade like the grass
and wither like the green herb.

3 Trust in the Lord, and do good;
dwell in the land and befriend faithfulness.

4 Delight yourself in the Lord,
and he will give you the desires of your heart.

5 Commit your way to the Lord;
trust in him, and he will act.

6 He will bring forth your righteousness as the light,
and your justice as the noonday.

7 Be still before the Lord and wait patiently for him;
fret not yourself over the one who prospers in his way,
over the man who carries out evil devices!

8 Refrain from anger, and forsake wrath!
Fret not yourself; it tends only to evil.

9 For the evildoers shall be cut off,
but those who wait for the Lord shall inherit the land.

10 In just a little while, the wicked will be no more;
though you look carefully at his place, he will not be there.

11 But the meek shall inherit the land
and delight themselves in abundant peace.

12 The wicked plots against the righteous
and gnashes his teeth at him,
13 but the Lord laughs at the wicked,
for he sees that his day is coming.

14 The wicked draw the sword and bend their bows
to bring down the poor and needy,
to slay those whose way is upright;
15 their sword shall enter their own heart,
and their bows shall be broken.

16 Better is the little that the righteous has
than the abundance of many wicked.
17 For the arms of the wicked shall be broken,
but the Lord upholds the righteous.

18 The Lord knows the days of the blameless,
and their heritage will remain forever;
19 they are not put to shame in evil times;
in the days of famine they have abundance.

20 But the wicked will perish;
the enemies of the Lord are like the glory of the pastures;
they vanish—like smoke they vanish away.

21 The wicked borrows but does not pay back,
but the righteous is generous and gives;
22 for those blessed by the Lord shall inherit the land,
but those cursed by him shall be cut off.

23 The steps of a man are established by the Lord,
when he delights in his way;

24 though he fall, he shall not be cast headlong,
for the Lord upholds his hand.

25 I have been young, and now am old,
yet I have not seen the righteous forsaken
or his children begging for bread.

26 He is ever lending generously,
and his children become a blessing.

27 Turn away from evil and do good;
so shall you dwell forever.

28 For the Lord loves justice;
he will not forsake his saints.

They are preserved forever,
but the children of the wicked shall be cut off.

29 The righteous shall inherit the land
and dwell upon it forever.

30 The mouth of the righteous utters wisdom,
and his tongue speaks justice.

31 The law of his God is in his heart;
his steps do not slip.

32 The wicked watches for the righteous
and seeks to put him to death.

33 The Lord will not abandon him to his power
or let him be condemned when he is brought to trial.

34 Wait for the Lord and keep his way,
and he will exalt you to inherit the land;
you will look on when the wicked are cut off.

35 I have seen a wicked, ruthless man,

spreading himself like a green laurel tree.

36 But he passed away, and behold, he was no more;
though I sought him, he could not be found.

37 Mark the blameless and behold the upright,
for there is a future for the man of peace.

38 But transgressors shall be altogether destroyed;
the future of the wicked shall be cut off.

39 The salvation of the righteous is from the Lord;
he is their stronghold in the time of trouble.

40 The Lord helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.

Father, help me not to envy those who have worldly success but who don't honor You, for I know that all worldly things eventually turn to dust. Give me the strength to store up my treasures in Heaven, instead. Help me to be still and focus my efforts on humbly doing good in Your Name. Give me the good sense to stay away from the wrong crowd and stick to the straight and narrow path. Amen.

DAY 8

PSALM 1

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

3 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.

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

5 Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;

6 for the Lord knows the way of the righteous,
 but the way of the wicked will perish.

Almighty Father, I know that bad company corrupts good character. I know that You'll bless those who seek You and that, on the day of Judgment, You'll separate the wheat from the chaff. Grant me the discernment to avoid those who would lead me away from You. Help me to grow deep roots in Your Holy Word so that I may flourish in Your Light through Christ Jesus. Amen.

DAY 9

PSALM 35

1 Contend, O Lord, with those who contend with me;
 fight against those who fight against me!

2 Take hold of shield and buckler
 and rise for my help!

3 Draw the spear and javelin
 against my pursuers!

Say to my soul,
 "I am your salvation!"

4 Let them be put to shame and dishonor
 who seek after my life!

Let them be turned back and disappointed
 who devise evil against me!

5 Let them be like chaff before the wind,
 with the angel of the Lord driving them away!

6 Let their way be dark and slippery,
 with the angel of the Lord pursuing them!

7 For without cause they hid their net for me;
 without cause they dug a pit for my life.

8 Let destruction come upon him when he does not know it!
And let the net that he hid ensnare him;
 let him fall into it—to his destruction!

9 Then my soul will rejoice in the Lord,
 exulting in his salvation.

10 All my bones shall say,
 "O Lord, who is like you,

delivering the poor
from him who is too strong for him,
the poor and needy from him who robs him?"

11 Malicious witnesses rise up;
they ask me of things that I do not know.

12 They repay me evil for good;
my soul is bereft.

13 But I, when they were sick—
I wore sackcloth;
I afflicted myself with fasting;

I prayed with head bowed on my chest.

14 I went about as though I grieved for my friend or my
brother;
as one who laments his mother,
I bowed down in mourning.

15 But at my stumbling they rejoiced and gathered;
they gathered together against me;
wretches whom I did not know
tore at me without ceasing;

16 like profane mockers at a feast,
they gnash at me with their teeth.

17 How long, O Lord, will you look on?
Rescue me from their destruction,
my precious life from the lions!

18 I will thank you in the great congregation;
in the mighty throng I will praise you.

19 Let not those rejoice over me
who are wrongfully my foes,
and let not those wink the eye

who hate me without cause.

20 For they do not speak peace,
but against those who are quiet in the land
they devise words of deceit.

21 They open wide their mouths against me;
they say, "Aha, Aha!
Our eyes have seen it!"

22 You have seen, O Lord; be not silent!

O Lord, be not far from me!

23 Awake and rouse yourself for my vindication,
for my cause, my God and my Lord!

24 Vindicate me, O Lord, my God,
according to your righteousness,
and let them not rejoice over me!

25 Let them not say in their hearts,
"Aha, our heart's desire!"

Let them not say, "We have swallowed him up."

26 Let them be put to shame and disappointed altogether
who rejoice at my calamity!

Let them be clothed with shame and dishonor
who magnify themselves against me!

27 Let those who delight in my righteousness
shout for joy and be glad
and say evermore,

"Great is the Lord,
who delights in the welfare of his servant!"

28 Then my tongue shall tell of your righteousness
and of your praise all the day long.

Save me, God, from despairing over the trouble-making and dishonest people around me. Place Your mighty hand between me and those who intend to do me harm. You are a loving Father and I am Your adoring child, eager to cling to You for help. Lord, shine Your Light of Truth on the corrupt, and comfort those who stay true to You! Hallelujah!

DAY 10

PSALM 46

1 God is our refuge and strength,
a very present help in trouble.

2 Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

3 though its waters roar and foam,
though the mountains tremble at its swelling. Selah

4 There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

5 God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

6 The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

7 The Lord of hosts is with us;
the God of Jacob is our fortress. Selah

8 Come, behold the works of the Lord,
how he has brought desolations on the earth.

9 He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

10 "Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"

11 The Lord of hosts is with us;
the God of Jacob is our fortress. Selah

O Most High God, You offer me sanctuary and hope. As this fallen world moves farther away from you, I remain close and sing hymns in Your honor. Give me the courage to be still and find solace in Your holy promise of deliverance. I know the day will come when every tear will be wiped away, death will be defeated, and I'll rejoice with You in Paradise. Amen!

DAY 11

PSALM 34

1 I will bless the Lord at all times;
his praise shall continually be in my mouth.

2 My soul makes its boast in the Lord;
let the humble hear and be glad.

3 Oh, magnify the Lord with me,
and let us exalt his name together!

4 I sought the Lord, and he answered me
and delivered me from all my fears.

5 Those who look to him are radiant,
and their faces shall never be ashamed.

6 This poor man cried, and the Lord heard him
and saved him out of all his troubles.

7 The angel of the Lord encamps
around those who fear him, and delivers them.

8 Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!

9 Oh, fear the Lord, you his saints,
for those who fear him have no lack!

10 The young lions suffer want and hunger;
but those who seek the Lord lack no good thing.

11 Come, O children, listen to me;
I will teach you the fear of the Lord.

12 What man is there who desires life
and loves many days, that he may see good?

13 Keep your tongue from evil

and your lips from speaking deceit.

14 Turn away from evil and do good;
seek peace and pursue it.

15 The eyes of the Lord are toward the righteous
and his ears toward their cry.

16 The face of the Lord is against those who do evil,
to cut off the memory of them from the earth.

17 When the righteous cry for help, the Lord hears
and delivers them out of all their troubles.

18 The Lord is near to the brokenhearted
and saves the crushed in spirit.

19 Many are the afflictions of the righteous,
but the Lord delivers him out of them all.

20 He keeps all his bones;
not one of them is broken.

21 Affliction will slay the wicked,
and those who hate the righteous will be condemned.

22 The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.

God is good! All honor and glory to the God of Abraham, Isaac, and Jacob! When my spirit was downcast and hungry, I tasted and saw the goodness of the Lord. I turned my back on sin and was made clean by the blood of the Lamb. I won't let my heart be troubled but will let His peace wash over me as I spread the Good News to all who'll listen. Thanks be to God! Amen.

DAY 12

PSALM 119

Aleph

- 1 Blessed are those whose way is blameless,
 who walk in the law of the Lord!
- 2 Blessed are those who keep his testimonies,
 who seek him with their whole heart,
- 3 who also do no wrong,
 but walk in his ways!
- 4 You have commanded your precepts
 to be kept diligently.
- 5 Oh that my ways may be steadfast
 in keeping your statutes!
- 6 Then I shall not be put to shame,
 having my eyes fixed on all your commandments.
- 7 I will praise you with an upright heart,
 when I learn your righteous rules.
- 8 I will keep your statutes;
 do not utterly forsake me!

Beth

- 9 How can a young man keep his way pure?
 By guarding it according to your word.
- 10 With my whole heart I seek you;
 let me not wander from your commandments!
- 11 I have stored up your word in my heart,
 that I might not sin against you.
- 12 Blessed are you, O Lord;
 teach me your statutes!
- 13 With my lips I declare

all the rules of your mouth.

14 In the way of your testimonies I delight
as much as in all riches.

15 I will meditate on your precepts
and fix my eyes on your ways.

16 I will delight in your statutes;
I will not forget your word.

Gimel

17 Deal bountifully with your servant,
that I may live and keep your word.

18 Open my eyes, that I may behold
wondrous things out of your law.

19 I am a sojourner on the earth;
hide not your commandments from me!

20 My soul is consumed with longing
for your rules at all times.

21 You rebuke the insolent, accursed ones,
who wander from your commandments.

22 Take away from me scorn and contempt,
for I have kept your testimonies.

23 Even though princes sit plotting against me,
your servant will meditate on your statutes.

24 Your testimonies are my delight;
they are my counselors.

Daleth

25 My soul clings to the dust;
give me life according to your word!

26 When I told of my ways, you answered me;
teach me your statutes!

27 Make me understand the way of your precepts,
and I will meditate on your wondrous works.

28 My soul melts away for sorrow;
strengthen me according to your word!
29 Put false ways far from me
and graciously teach me your law!
30 I have chosen the way of faithfulness;
I set your rules before me.
31 I cling to your testimonies, O Lord;
let me not be put to shame!
32 I will run in the way of your commandments
when you enlarge my heart!

He

33 Teach me, O Lord, the way of your statutes;
and I will keep it to the end.
34 Give me understanding, that I may keep your law
and observe it with my whole heart.
35 Lead me in the path of your commandments,
for I delight in it.
36 Incline my heart to your testimonies,
and not to selfish gain!
37 Turn my eyes from looking at worthless things;
and give me life in your ways.
38 Confirm to your servant your promise,
that you may be feared.
39 Turn away the reproach that I dread,
for your rules are good.
40 Behold, I long for your precepts;
in your righteousness give me life!

Waw

41 Let your steadfast love come to me, O Lord,
your salvation according to your promise;
42 then shall I have an answer for him who taunts me,

for I trust in your word.

43 And take not the word of truth utterly out of my mouth,
for my hope is in your rules.

44 I will keep your law continually,
forever and ever,

45 and I shall walk in a wide place,
for I have sought your precepts.

46 I will also speak of your testimonies before kings
and shall not be put to shame,

47 for I find my delight in your commandments,
which I love.

48 I will lift up my hands toward your commandments, which I
love,
and I will meditate on your statutes.

Zayin

49 Remember your word to your servant,
in which you have made me hope.

50 This is my comfort in my affliction,
that your promise gives me life.

51 The insolent utterly deride me,
but I do not turn away from your law.

52 When I think of your rules from of old,
I take comfort, O Lord.

53 Hot indignation seizes me because of the wicked,
who forsake your law.

54 Your statutes have been my songs
in the house of my sojourning.

55 I remember your name in the night, O Lord,
and keep your law.

56 This blessing has fallen to me,
that I have kept your precepts.

Heth

57 The Lord is my portion;

I promise to keep your words.

58 I entreat your favor with all my heart;

be gracious to me according to your promise.

59 When I think on my ways,

I turn my feet to your testimonies;

60 I hasten and do not delay

to keep your commandments.

61 Though the cords of the wicked ensnare me,

I do not forget your law.

62 At midnight I rise to praise you,

because of your righteous rules.

63 I am a companion of all who fear you,

of those who keep your precepts.

64 The earth, O Lord, is full of your steadfast love;

teach me your statutes!

Teth

65 You have dealt well with your servant,

O Lord, according to your word.

66 Teach me good judgment and knowledge,

for I believe in your commandments.

67 Before I was afflicted I went astray,

but now I keep your word.

68 You are good and do good;

teach me your statutes.

69 The insolent smear me with lies,

but with my whole heart I keep your precepts;

70 their heart is unfeeling like fat,

but I delight in your law.

71 It is good for me that I was afflicted,

that I might learn your statutes.

72 The law of your mouth is better to me
than thousands of gold and silver pieces.

Yodh

73 Your hands have made and fashioned me;
give me understanding that I may learn your commandments.

74 Those who fear you shall see me and rejoice,
because I have hoped in your word.

75 I know, O Lord, that your rules are righteous,
and that in faithfulness you have afflicted me.

76 Let your steadfast love comfort me
according to your promise to your servant.

77 Let your mercy come to me, that I may live;
for your law is my delight.

78 Let the insolent be put to shame,
because they have wronged me with falsehood;
as for me, I will meditate on your precepts.

79 Let those who fear you turn to me,
that they may know your testimonies.

80 May my heart be blameless in your statutes,
that I may not be put to shame!

Kaph

81 My soul longs for your salvation;
I hope in your word.

82 My eyes long for your promise;
I ask, "When will you comfort me?"

83 For I have become like a wineskin in the smoke,
yet I have not forgotten your statutes.

84 How long must your servant endure?
When will you judge those who persecute me?

85 The insolent have dug pitfalls for me;
they do not live according to your law.

86 All your commandments are sure;
they persecute me with falsehood; help me!
87 They have almost made an end of me on earth,
but I have not forsaken your precepts.
88 In your steadfast love give me life,
that I may keep the testimonies of your mouth.

Lamedh

89 Forever, O Lord, your word
is firmly fixed in the heavens.
90 Your faithfulness endures to all generations;
you have established the earth, and it stands fast.
91 By your appointment they stand this day,
for all things are your servants.
92 If your law had not been my delight,
I would have perished in my affliction.
93 I will never forget your precepts,
for by them you have given me life.
94 I am yours; save me,
for I have sought your precepts.
95 The wicked lie in wait to destroy me,
but I consider your testimonies.
96 I have seen a limit to all perfection,
but your commandment is exceedingly broad.

Mem

97 Oh how I love your law!
It is my meditation all the day.
98 Your commandment makes me wiser than my enemies,
for it is ever with me.
99 I have more understanding than all my teachers,
for your testimonies are my meditation.
100 I understand more than the aged,

for I keep your precepts.

101 I hold back my feet from every evil way,
in order to keep your word.

102 I do not turn aside from your rules,
for you have taught me.

103 How sweet are your words to my taste,
sweeter than honey to my mouth!

104 Through your precepts I get understanding;
therefore I hate every false way.

Nun

105 Your word is a lamp to my feet
and a light to my path.

106 I have sworn an oath and confirmed it,
to keep your righteous rules.

107 I am severely afflicted;
give me life, O Lord, according to your word!

108 Accept my freewill offerings of praise, O Lord,
and teach me your rules.

109 I hold my life in my hand continually,
but I do not forget your law.

110 The wicked have laid a snare for me,
but I do not stray from your precepts.

111 Your testimonies are my heritage forever,
for they are the joy of my heart.

112 I incline my heart to perform your statutes
forever, to the end.

Samekh

113 I hate the double-minded,
but I love your law.

114 You are my hiding place and my shield;
I hope in your word.

115 Depart from me, you evildoers,
that I may keep the commandments of my God.

116 Uphold me according to your promise, that I may live,
and let me not be put to shame in my hope!

117 Hold me up, that I may be safe
and have regard for your statutes continually!

118 You spurn all who go astray from your statutes,
for their cunning is in vain.

119 All the wicked of the earth you discard like dross,
therefore I love your testimonies.

120 My flesh trembles for fear of you,
and I am afraid of your judgments.

Ayin

121 I have done what is just and right;
do not leave me to my oppressors.

122 Give your servant a pledge of good;
let not the insolent oppress me.

123 My eyes long for your salvation
and for the fulfillment of your righteous promise.

124 Deal with your servant according to your steadfast love,
and teach me your statutes.

125 I am your servant; give me understanding,
that I may know your testimonies!

126 It is time for the Lord to act,
for your law has been broken.

127 Therefore I love your commandments
above gold, above fine gold.

128 Therefore I consider all your precepts to be right;
I hate every false way.

Pe

129 Your testimonies are wonderful;

therefore my soul keeps them.

130 The unfolding of your words gives light;
it imparts understanding to the simple.

131 I open my mouth and pant,
because I long for your commandments.

132 Turn to me and be gracious to me,
as is your way with those who love your name.

133 Keep steady my steps according to your promise,
and let no iniquity get dominion over me.

134 Redeem me from man's oppression,
that I may keep your precepts.

135 Make your face shine upon your servant,
and teach me your statutes.

136 My eyes shed streams of tears,
because people do not keep your law.

Tsadhe

137 Righteous are you, O Lord,
and right are your rules.

138 You have appointed your testimonies in righteousness
and in all faithfulness.

139 My zeal consumes me,
because my foes forget your words.

140 Your promise is well tried,
and your servant loves it.

141 I am small and despised,
yet I do not forget your precepts.

142 Your righteousness is righteous forever,
and your law is true.

143 Trouble and anguish have found me out,
but your commandments are my delight.

144 Your testimonies are righteous forever;
give me understanding that I may live.

Qoph

145 With my whole heart I cry; answer me, O Lord!
 I will keep your statutes.

146 I call to you; save me,
 that I may observe your testimonies.

147 I rise before dawn and cry for help;
 I hope in your words.

148 My eyes are awake before the watches of the night,
 that I may meditate on your promise.

149 Hear my voice according to your steadfast love;
 O Lord, according to your justice give me life.

150 They draw near who persecute me with evil purpose;
 they are far from your law.

151 But you are near, O Lord,
 and all your commandments are true.

152 Long have I known from your testimonies
 that you have founded them forever.

Resh

153 Look on my affliction and deliver me,
 for I do not forget your law.

154 Plead my cause and redeem me;
 give me life according to your promise!

155 Salvation is far from the wicked,
 for they do not seek your statutes.

156 Great is your mercy, O Lord;
 give me life according to your rules.

157 Many are my persecutors and my adversaries,
 but I do not swerve from your testimonies.

158 I look at the faithless with disgust,
 because they do not keep your commands.

159 Consider how I love your precepts!

Give me life according to your steadfast love.

160 The sum of your word is truth,
and every one of your righteous rules endures forever.

Sin and Shin

161 Princes persecute me without cause,
but my heart stands in awe of your words.

162 I rejoice at your word
like one who finds great spoil.

163 I hate and abhor falsehood,
but I love your law.

164 Seven times a day I praise you
for your righteous rules.

165 Great peace have those who love your law;
nothing can make them stumble.

166 I hope for your salvation, O Lord,
and I do your commandments.

167 My soul keeps your testimonies;
I love them exceedingly.

168 I keep your precepts and testimonies,
for all my ways are before you.

Taw

169 Let my cry come before you, O Lord;
give me understanding according to your word!

170 Let my plea come before you;
deliver me according to your word.

171 My lips will pour forth praise,
for you teach me your statutes.

172 My tongue will sing of your word,
for all your commandments are right.

173 Let your hand be ready to help me,
for I have chosen your precepts.

174 I long for your salvation, O Lord,
and your law is my delight.

175 Let my soul live and praise you,
and let your rules help me.

176 I have gone astray like a lost sheep; seek your servant,
for I do not forget your commandments.

May God's Word always be on my mind, on my lips, and in my heart. I pray for the strength to walk in the Law of the Lord. Even when the distractions of life turn my eyes away from You, Father, don't count me among the unbelievers! Deliver me from the faithless around me and welcome me back into the fold. Your Word is a lamp to my feet, Your sustenance the Bread of Life. Glory to You, O Lord. Amen.

PSALM 103

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

2 Bless the Lord, O my soul,
and forget not all his benefits,

3 who forgives all your iniquity,
who heals all your diseases,

4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,

5 who satisfies you with good
so that your youth is renewed like the eagle's.

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

7 He made known his ways to Moses,
his acts to the people of Israel.

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

9 He will not always chide,
nor will he keep his anger forever.

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

11 For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;

12 as far as the east is from the west,
so far does he remove our transgressions from us.

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

14 For he knows our frame;
he remembers that we are dust.

15 As for man, his days are like grass;
he flourishes like a flower of the field;

16 for the wind passes over it, and it is gone,
and its place knows it no more.

17 But the steadfast love of the Lord is from everlasting to
everlasting on those who fear him,
and his righteousness to children's children,
18 to those who keep his covenant
and remember to do his commandments.

19 The Lord has established his throne in the heavens,
and his kingdom rules over all.

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

21 Bless the Lord, all his hosts,
his ministers, who do his will!

22 Bless the Lord, all his works,
in all places of his dominion.

Bless the Lord, O my soul!

I rejoice at Your goodness, Most Heavenly Father. Joyously, I sing,
"Bless the Lord, O my soul!" Despite my flawed human nature,
You wash me of my inequities, clothe me in white, and offer me
salvation. Your steadfast love is my greatest blessing! I pray that
all of Your creations, even the angels, worship Your Holy Name!
Amen.

DAY 14

PSALM 100

1 Make a joyful noise to the Lord, all the earth!

2 Serve the Lord with gladness!

Come into his presence with singing!

3 Know that the Lord, he is God!

It is he who made us, and we are his;
we are his people, and the sheep of his pasture.

4 Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him; bless his name!

5 For the Lord is good;

his steadfast love endures forever,

and his faithfulness to all generations.

Glory to God in the highest! I sing Your praises, clap my hands, and stomp my feet to celebrate Your unwavering devotion and mercy, Father. I thank You for the blessings You've given me, and the lessons You've taught me to make me a better person. He is Good! He is Risen! All the world, make a joyful noise! Hosanna in the highest! Amen.

DAY 15

PSALM 40

1 I waited patiently for the Lord;
 he inclined to me and heard my cry.

2 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.

3 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.

4 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!

5 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.

6 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.

7 Then I said, "Behold, I have come;
 in the scroll of the book it is written of me:
8 I delight to do your will, O my God;

your law is within my heart."

9 I have told the glad news of deliverance
in the great congregation;
behold, I have not restrained my lips,
as you know, O Lord.

10 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.

11 As for you, O Lord, you will not restrain
your mercy from me;
your steadfast love and your faithfulness will
ever preserve me!

12 For evils have encompassed me
beyond number;
my iniquities have overtaken me,
and I cannot see;
they are more than the hairs of my head;
my heart fails me.

13 Be pleased, O Lord, to deliver me!
O Lord, make haste to help me!

14 Let those be put to shame and disappointed altogether
who seek to snatch away my life;
let those be turned back and brought to dishonor
who delight in my hurt!

15 Let those be appalled because of their shame
who say to me, "Aha, Aha!"

16 But may all who seek you
rejoice and be glad in you;

may those who love your salvation
say continually, "Great is the Lord!"
17 As for me, I am poor and needy,
but the Lord takes thought for me.
You are my help and my deliverer;
do not delay, O my God!

Thank You, Father, for never abandoning me. Even when I feel like You've closed a door in my life, You always open a window, pull me out of my misery, and set me down on greener pastures. I know You hear my prayers, Lord. I have faith that You'll answer them according to Your will, not mine. I humbly ask that You guide my thoughts and actions all the days of my life. You are my Divine Deliverer! Amen.

DAY 16

PSALM 19

- 1 The heavens declare the glory of God,
and the sky above proclaims his handiwork.
- 2 Day to day pours out speech,
and night to night reveals knowledge.
- 3 There is no speech, nor are there words,
whose voice is not heard.
- 4 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,
- 5 which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.
- 6 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.

- 7 The law of the Lord is perfect,
reviving the soul;
the testimony of the Lord is sure,
making wise the simple;
- 8 the precepts of the Lord are right,
rejoicing the heart;
the commandment of the Lord is pure,
enlightening the eyes;
- 9 the fear of the Lord is clean,
enduring forever;
the rules of the Lord are true,
and righteous altogether.
- 10 More to be desired are they than gold,

even much fine gold;
sweeter also than honey
and drippings of the honeycomb.

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

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

13 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.

14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
O Lord, my rock and my redeemer.

I see Your glory all around me, God. In every sunrise and in every blade of glass, in every storm bearing down and in every rainbow thereafter, I see Your awesome dominion. Your Holy Word tells me everything I need to know to join You in Paradise. Now it's up to me to follow Your instructions. Lord, give me the strength to be Your good and faithful servant. Amen!

PSALM 42

1 As a deer pants for flowing streams,
so pants my soul for you, O God.

2 My soul thirsts for God,
for the living God.

When shall I come and appear before God?

3 My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”

4 These things I remember,
as I pour out my soul:
how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.

5 Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation 6 and my God.

My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.

7 Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves

have gone over me.

8 By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.

9 I say to God, my rock:
"Why have you forgotten me?
Why do I go mourning
because of the oppression of the enemy?"
10 As with a deadly wound in my bones,
my adversaries taunt me,
while they say to me all the day long,
"Where is your God?"

11 Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.

I need You, Lord, now more than ever. I long for Your peace to quiet my soul and stop my tears from flowing. I need to feel Your embrace in my life again. Help me to keep my eyes fixed on You throughout my trials and tribulations. You'll never abandon me, and I will keep my faith in You. In Jesus' name. Amen.

DAY 18

PSALM 22

1 My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer,
and by night, but I find no rest.

3 Yet you are holy,
enthroned on the praises of Israel.

4 In you our fathers trusted;
they trusted, and you delivered them.

5 To you they cried and were rescued;
in you they trusted and were not put to shame.

6 But I am a worm and not a man,
scorned by mankind and despised by the people.

7 All who see me mock me;
they make mouths at me; they wag their heads;

8 "He trusts in the Lord; let him deliver him;
let him rescue him, for he delights in him!"

9 Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.

10 On you was I cast from my birth,
and from my mother's womb you have been my God.

11 Be not far from me,
for trouble is near,
and there is none to help.

12 Many bulls encompass me;
strong bulls of Bashan surround me;
13 they open wide their mouths at me,
like a ravening and roaring lion.

14 I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
15 my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.

16 For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet—
17 I can count all my bones—
they stare and gloat over me;
18 they divide my garments among them,
and for my clothing they cast lots.

19 But you, O Lord, do not be far off!
O you my help, come quickly to my aid!
20 Deliver my soul from the sword,
my precious life from the power of the dog!
21 Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!

22 I will tell of your name to my brothers;
in the midst of the congregation I will praise you:
23 You who fear the Lord, praise him!
All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!

24 For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.

25 From you comes my praise in the great congregation;
my vows I will perform before those who fear him.

26 The afflicted shall eat and be satisfied;
those who seek him shall praise the Lord!
May your hearts live forever!

27 All the ends of the earth shall remember
and turn to the Lord,
and all the families of the nations
shall worship before you.

28 For kingship belongs to the Lord,
and he rules over the nations.

29 All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.

30 Posterity shall serve him;
it shall be told of the Lord to the coming generation;
31 they shall come and proclaim his righteousness to a people
yet unborn,
that he has done it.

I may not see a way out of the darkness right now, Father, but I know You're there. I may not know who my friends are right now, but I know I can always count on You. You're the Alpha and the Omega, there in the beginning and there in the end. Even when others mock me, I'll sing Your praises and count my blessings so that all may know that You are the Lord! The day will come when at the name of Jesus, every knee will bow. I trust You, Lord! Amen.

PSALM 18

1 I love you, O Lord, my strength.

2 The Lord is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation, my stronghold.

3 I call upon the Lord, who is worthy to be praised,
and I am saved from my enemies.

4 The cords of death encompassed me;
the torrents of destruction assailed me;

5 the cords of Sheol entangled me;
the snares of death confronted me.

6 In my distress I called upon the Lord;
to my God I cried for help.

From his temple he heard my voice,
and my cry to him reached his ears.

7 Then the earth reeled and rocked;
the foundations also of the mountains trembled
and quaked, because he was angry.

8 Smoke went up from his nostrils,
and devouring fire from his mouth;
glowing coals flamed forth from him.

9 He bowed the heavens and came down;
thick darkness was under his feet.

10 He rode on a cherub and flew;
he came swiftly on the wings of the wind.

11 He made darkness his covering, his canopy around him,

thick clouds dark with water.

12 Out of the brightness before him
hailstones and coals of fire broke through his clouds.

13 The Lord also thundered in the heavens,
and the Most High uttered his voice,
hailstones and coals of fire.

14 And he sent out his arrows and scattered them;
he flashed forth lightnings and routed them.

15 Then the channels of the sea were seen,
and the foundations of the world were laid bare
at your rebuke, O Lord,
at the blast of the breath of your nostrils.

16 He sent from on high, he took me;
he drew me out of many waters.

17 He rescued me from my strong enemy
and from those who hated me,
for they were too mighty for me.

18 They confronted me in the day of my calamity,
but the Lord was my support.

19 He brought me out into a broad place;
he rescued me, because he delighted in me.

20 The Lord dealt with me according to my righteousness;
according to the cleanliness of my hands he rewarded me.

21 For I have kept the ways of the Lord,
and have not wickedly departed from my God.

22 For all his rules were before me,
and his statutes I did not put away from me.

23 I was blameless before him,
and I kept myself from my guilt.

24 So the Lord has rewarded me according to my righteousness,

according to the cleanness of my hands in his sight.

25 With the merciful you show yourself merciful;
 with the blameless man you show yourself blameless;

26 with the purified you show yourself pure;
 and with the crooked you make yourself seem tortuous.

27 For you save a humble people,
 but the haughty eyes you bring down.

28 For it is you who light my lamp;
 the Lord my God lightens my darkness.

29 For by you I can run against a troop,
 and by my God I can leap over a wall.

30 This God—his way is perfect;
 the word of the Lord proves true;
 he is a shield for all those who take refuge in him.

31 For who is God, but the Lord?
 And who is a rock, except our God?—

32 the God who equipped me with strength
 and made my way blameless.

33 He made my feet like the feet of a deer
 and set me secure on the heights.

34 He trains my hands for war,
 so that my arms can bend a bow of bronze.

35 You have given me the shield of your salvation,
 and your right hand supported me,
 and your gentleness made me great.

36 You gave a wide place for my steps under me,
 and my feet did not slip.

37 I pursued my enemies and overtook them,
 and did not turn back till they were consumed.

38 I thrust them through, so that they were not able to rise;
 they fell under my feet.

39 For you equipped me with strength for the battle;
you made those who rise against me sink under me.

40 You made my enemies turn their backs to me,
and those who hated me I destroyed.

41 They cried for help, but there was none to save;
they cried to the Lord, but he did not answer them.

42 I beat them fine as dust before the wind;
I cast them out like the mire of the streets.

43 You delivered me from strife with the people;
you made me the head of the nations;
people whom I had not known served me.

44 As soon as they heard of me they obeyed me;
foreigners came cringing to me.

45 Foreigners lost heart
and came trembling out of their fortresses.

46 The Lord lives, and blessed be my rock,
and exalted be the God of my salvation—

47 the God who gave me vengeance
and subdued peoples under me,

48 who rescued me from my enemies;
yes, you exalted me above those who rose against me;
you delivered me from the man of violence.

49 For this I will praise you, O Lord, among the nations,
and sing to your name.

50 Great salvation he brings to his king,
and shows steadfast love to his anointed,
to David and his offspring forever.

Thank you, God, for being my sanctuary in this fallen world!

When I'm worried, You calm my angst; when I'm afraid, You hold me close. You rescue me when I slip into low places and set me back on higher ground. You refresh my spirit and reward me for my devotion. I praise Your Holy Name! Amen.

DAY 20

PSALM 3

1 O Lord, how many are my foes!

Many are rising against me;

2 many are saying of my soul,

"There is no salvation for him in God." Selah

3 But you, O Lord, are a shield about me,

my glory, and the lifter of my head.

4 I cried aloud to the Lord,

and he answered me from his holy hill. Selah

5 I lay down and slept;

I woke again, for the Lord sustained me.

6 I will not be afraid of many thousands of people

who have set themselves against me all around.

7 Arise, O Lord!

Save me, O my God!

For you strike all my enemies on the cheek;

you break the teeth of the wicked.

8 Salvation belongs to the Lord;

your blessing be on your people! Selah

When things aren't going my way or someone I trust lets me down, You deliver me from my troubles, Father. You won't desert Your children, You won't disappoint. On days when I'm weighed down by discouragement, You're there to lift my chin back up as long as I keep Your Word close to my heart. Holy, holy, holy, is the Lord Almighty! Amen.

DAY 21

PSALM 118

1 Oh give thanks to the Lord, for he is good;
for his steadfast love endures forever!

2 Let Israel say,
“His steadfast love endures forever.”
3 Let the house of Aaron say,
“His steadfast love endures forever.”
4 Let those who fear the Lord say,
“His steadfast love endures forever.”

5 Out of my distress I called on the Lord;
the Lord answered me and set me free.

6 The Lord is on my side; I will not fear.
What can man do to me?
7 The Lord is on my side as my helper;
I shall look in triumph on those who hate me.

8 It is better to take refuge in the Lord
than to trust in man.

9 It is better to take refuge in the Lord
than to trust in princes.

10 All nations surrounded me;
in the name of the Lord I cut them off!

11 They surrounded me, surrounded me on every side;
in the name of the Lord I cut them off!

12 They surrounded me like bees;
they went out like a fire among thorns;

in the name of the Lord I cut them off!
13 I was pushed hard, so that I was falling,
but the Lord helped me.

14 The Lord is my strength and my song;
he has become my salvation.

15 Glad songs of salvation
are in the tents of the righteous:
“The right hand of the Lord does valiantly,
16 the right hand of the Lord exalts,
the right hand of the Lord does valiantly!”

17 I shall not die, but I shall live,
and recount the deeds of the Lord.

18 The Lord has disciplined me severely,
but he has not given me over to death.

19 Open to me the gates of righteousness,
that I may enter through them
and give thanks to the Lord.

20 This is the gate of the Lord;
the righteous shall enter through it.

21 I thank you that you have answered me
and have become my salvation.

22 The stone that the builders rejected
has become the cornerstone.

23 This is the Lord’s doing;
it is marvelous in our eyes.

24 This is the day that the Lord has made;
let us rejoice and be glad in it.

25 Save us, we pray, O Lord!
O Lord, we pray, give us success!

26 Blessed is he who comes in the name of the Lord!
We bless you from the house of the Lord.

27 The Lord is God,
and he has made his light to shine upon us.
Bind the festal sacrifice with cords,
up to the horns of the altar!

28 You are my God, and I will give thanks to you;
you are my God; I will extol you.

29 Oh give thanks to the Lord, for he is good;
for his steadfast love endures forever!

Lord, thank You for loving me. Thank You for hearing my prayers. Even in dark times when my faith began to waver, You found ways to remind me that salvation is mine if only I'd keep You as the cornerstone of my life. Rain or shine, dark or light, this is the day the Lord has made. I will rejoice and be glad in it for victory is mine through Christ our Lord! Hosanna in the highest! Amen.

DAY 22

PSALM 16

1 Preserve me, O God, for in you I take refuge.

2 I say to the Lord, "You are my Lord;
I have no good apart from you."

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

4 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.

5 The Lord is my chosen portion and my cup;
you hold my lot.

6 The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.

7 I bless the Lord who gives me counsel;
in the night also my heart instructs me.

8 I have set the Lord always before me;
because he is at my right hand, I shall not be shaken.

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

10 For you will not abandon my soul to Sheol,
or let your holy one see corruption.

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

Every moment of happiness is fleeting without You, God. If I find success or take great pleasure in anything, my joy is built on sand if serving You isn't at the center of it. When I choose to obey You, my heart leaps with gladness because it knows that with You I'm safe and through Your Holy Son, I'm saved. Blessed be God forever. Amen!

DAY 23

PSALM 24

1 The earth is the Lord's and the fullness thereof,
the world and those who dwell therein,

2 for he has founded it upon the seas
and established it upon the rivers.

3 Who shall ascend the hill of the Lord?
And who shall stand in his holy place?

4 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.

5 He will receive blessing from the Lord
and righteousness from the God of his salvation.

6 Such is the generation of those who seek him,
who seek the face of the God of Jacob. Selah

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

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

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

10 Who is this King of glory?
The Lord of hosts,
he is the King of glory! Selah

Lord, help me to be a good steward of Your Earth, for the world and everything in it belongs to You. Open the eyes of those who take Your Creation for granted or deny You as the Creator Himself. Soften the hearts of those who reject You and enter their lives with the fullness of Your grace. Glory to You, O Lord! Amen.

DAY 24

PSALM 25

1 To you, O Lord, I lift up my soul.

2 O my God, in you I trust;
 let me not be put to shame;
 let not my enemies exult over me.

3 Indeed, none who wait for you shall be put to shame;
 they shall be ashamed who are wantonly treacherous.

4 Make me to know your ways, O Lord;
 teach me your paths.

5 Lead me in your truth and teach me,
 for you are the God of my salvation;
 for you I wait all the day long.

6 Remember your mercy, O Lord, and your steadfast love,
 for they have been from of old.

7 Remember not the sins of my youth or my transgressions;
 according to your steadfast love remember me,
 for the sake of your goodness, O Lord!

8 Good and upright is the Lord;
 therefore he instructs sinners in the way.

9 He leads the humble in what is right,
 and teaches the humble his way.

10 All the paths of the Lord are steadfast love and faithfulness,
 for those who keep his covenant and his testimonies.

11 For your name's sake, O Lord,
 pardon my guilt, for it is great.

12 Who is the man who fears the Lord?
 Him will he instruct in the way that he should choose.

13 His soul shall abide in well-being,
 and his offspring shall inherit the land.

14 The friendship of the Lord is for those who fear him,
 and he makes known to them his covenant.

15 My eyes are ever toward the Lord,
 for he will pluck my feet out of the net.

16 Turn to me and be gracious to me,
 for I am lonely and afflicted.

17 The troubles of my heart are enlarged;
 bring me out of my distresses.

18 Consider my affliction and my trouble,
 and forgive all my sins.

19 Consider how many are my foes,
 and with what violent hatred they hate me.

20 Oh, guard my soul, and deliver me!
 Let me not be put to shame, for I take refuge in you.

21 May integrity and uprightness preserve me,
 for I wait for you.

22 Redeem Israel, O God,
 out of all his troubles.

I raise my eyes up to you, Heavenly Father, in search of Your wise counsel. I raise my soul up in gratitude that You are my Redeemer, my King! Remember my devotion to You when my human nature makes me falter. Keep me close to You in times of hardship, for I am Your devoted servant. Amen.

DAY 25

PSALM 4

1 Answer me when I call, O God of my righteousness!

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

2 O men, how long shall my honor be turned into shame?

How long will you love vain words and seek after lies? Selah

3 But know that the Lord has set apart the godly for himself;

the Lord hears when I call to him.

4 Be angry, and do not sin;

ponder in your own hearts on your beds, and be silent. Selah

5 Offer right sacrifices,

and put your trust in the Lord.

6 There are many who say, "Who will show us some good?

Lift up the light of your face upon us, O Lord!"

7 You have put more joy in my heart

than they have when their grain and wine abound.

8 In peace I will both lie down and sleep;

for you alone, O Lord, make me dwell in safety.

God is loving and compassionate, all-knowing and just. He hears the cries of His children and rescues the faithful from their distress. I am Your loyal child, Father. I repent of my sins and pray for the repentance of those who reject You. When I'm troubled, I meditate on Your Holy Word and my soul rests easy. Thanks be to God! Amen.

DAY 26

PSALM 8

1 O Lord, our Lord,
 how majestic is your name in all the earth!

You have set your glory above the heavens.

2 Out of the mouth of babies and infants,
you have established strength because of your foes,
 to still the enemy and the avenger.

3 When I look at your heavens, the work of your fingers,
 the moon and the stars, which you have set in place,

4 what is man that you are mindful of him,
 and the son of man that you care for him?

5 Yet you have made him a little lower than the heavenly beings
 and crowned him with glory and honor.

6 You have given him dominion over the works of your hands;
 you have put all things under his feet,

7 all sheep and oxen,
 and also the beasts of the field,

8 the birds of the heavens, and the fish of the sea,
 whatever passes along the paths of the seas.

9 O Lord, our Lord,
 how majestic is your name in all the earth!

All praise be to God, the Divine Creator! You are Adonai, the Master of the universe. You are Abba, my loving Father. You are Yahweh, the Lord ever-present, the great I AM! You crafted me in Your image and entrusted me with the world, the work of Your divine hands. How great thou art! The whole Earth is full of Your glory! Amen.

DAY 27

PSALM 90

1 Lord, you have been our dwelling place
in all generations.

2 Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.

3 You return man to dust
and say, "Return, O children of man!"

4 For a thousand years in your sight
are but as yesterday when it is past,
or as a watch in the night.

5 You sweep them away as with a flood; they are like a dream,
like grass that is renewed in the morning:

6 in the morning it flourishes and is renewed;
in the evening it fades and withers.

7 For we are brought to an end by your anger;
by your wrath we are dismayed.

8 You have set our iniquities before you,
our secret sins in the light of your presence.

9 For all our days pass away under your wrath;
we bring our years to an end like a sigh.

10 The years of our life are seventy,
or even by reason of strength eighty;
yet their span is but toil and trouble;
they are soon gone, and we fly away.

11 Who considers the power of your anger,
and your wrath according to the fear of you?

12 So teach us to number our days
that we may get a heart of wisdom.

13 Return, O Lord! How long?
Have pity on your servants!

14 Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.

15 Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.

16 Let your work be shown to your servants,
and your glorious power to their children.

17 Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!

Have mercy on me, Father, for I am weak when I want to be strong, doubtful when I want to have faith. You are the Lord of all Creation, all-seeing and all-knowing. Despite all of the chances you've already given me, I continue to implore You that You look not on my sins but on my faith in You. Grant me wisdom, God, strengthen my will so that I may live in Your way. I can do all things through Christ who strengthens me. In Jesus' name. Amen!

DAY 28

PSALM 31

1 In you, O Lord, do I take refuge;
 let me never be put to shame;
 in your righteousness deliver me!

2 Incline your ear to me;
 rescue me speedily!
Be a rock of refuge for me,
 a strong fortress to save me!

3 For you are my rock and my fortress;
 and for your name's sake you lead me and guide me;
4 you take me out of the net they have hidden for me,
 for you are my refuge.

5 Into your hand I commit my spirit;
 you have redeemed me, O Lord, faithful God.

6 I hate those who pay regard to worthless idols,
 but I trust in the Lord.

7 I will rejoice and be glad in your steadfast love,
 because you have seen my affliction;
 you have known the distress of my soul,

8 and you have not delivered me into the hand of the enemy;
 you have set my feet in a broad place.

9 Be gracious to me, O Lord, for I am in distress;
 my eye is wasted from grief;
 my soul and my body also.

10 For my life is spent with sorrow,
 and my years with sighing;

my strength fails because of my iniquity,
and my bones waste away.

11 Because of all my adversaries I have become a reproach,
especially to my neighbors,
and an object of dread to my acquaintances;
those who see me in the street flee from me.

12 I have been forgotten like one who is dead;
I have become like a broken vessel.

13 For I hear the whispering of many—
terror on every side!—
as they scheme together against me,
as they plot to take my life.

14 But I trust in you, O Lord;
I say, "You are my God."

15 My times are in your hand;
rescue me from the hand of my enemies and from my
persecutors!

16 Make your face shine on your servant;
save me in your steadfast love!

17 O Lord, let me not be put to shame,
for I call upon you;
let the wicked be put to shame;
let them go silently to Sheol.

18 Let the lying lips be mute,
which speak insolently against the righteous
in pride and contempt.

19 Oh, how abundant is your goodness,
which you have stored up for those who fear you
and worked for those who take refuge in you,
in the sight of the children of mankind!

20 In the cover of your presence you hide them
 from the plots of men;
you store them in your shelter
 from the strife of tongues.

21 Blessed be the Lord,
 for he has wondrously shown his steadfast love to me
 when I was in a besieged city.

22 I had said in my alarm,
 "I am cut off from your sight."
But you heard the voice of my pleas for mercy
 when I cried to you for help.

23 Love the Lord, all you his saints!
 The Lord preserves the faithful
 but abundantly repays the one who acts in pride.

24 Be strong, and let your heart take courage,
 all you who wait for the Lord!

When life knocks me down, I seek shelter in Your promise of salvation, God. When everyone seems against me, I seek comfort in Your peace. I put my life in Your hands and You give me a clean slate with the power of the Cross. If You are for me, who can be against me? Hosanna in the highest! Blessed be the Lord! Amen.

DAY 29

PSALM 5

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

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

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

4 For you are not a God who delights in wickedness;
evil may not dwell with you.

5 The boastful shall not stand before your eyes;
you hate all evildoers.

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

7 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.

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

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

10 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.

11 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.
12 For you bless the righteous, O Lord;
 you cover him with favor as with a shield.

Let me start each day with a prayer of thanksgiving to You, Father. Let me start each day with a prayer for Your protection. Shield me from misfortune and from those who look to hurt me. Bless me for I am Your devoted child who finds purpose in serving You. Here I am, Lord! Ready to be made an instrument of Your peace if it is Your will to clear the way. Amen.

DAY 30

PSALM 32

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

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

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

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

5 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

6 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.

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

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

9 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.

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

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

All the world celebrate—our Redeemer lives! Thank you, Jesus, for taking on my sins. Thank You for freeing me from death. Throughout my life, I'll keep Your Word and confess my sins when I fall short of Your glory. Through Your most selfless sacrifice, Jesus, I am forgiven! A seat at the Heavenly Banquet is reserved for me. Hallelujah! I rejoice in the Lord! Amen.



Congratulations on spending the last 30 days praying through the most popular Psalms! May you continue to take a few minutes each day to be still in God's Word and find inspiration and comfort on your walk in faith.

About the Author

Dolores Smyth writes on faith and families. Her work has appeared in numerous print and online publications. You can read more of her work on Twitter [@LolaWordSmyth](https://twitter.com/LolaWordSmyth).