



By: Gabrielle Green

## Introduction and Purpose

*As a middle schooler, I would devour my Bible. Reading as much as I could for as long as I could. It was a story that I was determined to discover the ending. It captivated my attention. I loved reading and filling up on the Word. But then I grew up and I found that I had less and less desire to be in Scripture. My childhood faith turned into a dusty, stale communion cracker that had been out for too long. I know that there are many who feel that staleness and want to fight it. You are not alone, so do not give into the shame that says because you have not read in so long you cannot start now. Do not give into the lie that Scripture is boring or exhausting or strictly part of the religion checklist. Do not fear judgement from those who judge lack of fervor for the Word. The Spirit beckons you to begin anew. He beckons me. There is more for us.*

*This is a guided prayer and reading study through the Psalms. Yes, there are quite a few(150) and some might take a few days(Yes, I'm looking at you Psalm 119); but this is the beginning of saying "Yes" to going deeper into the Word, to relighting that fire. This is the beginning of choosing to fill your heart, your mind, your soul with the living and active word of God.*

## Structure

*Each Psalm will begin with a written note from me. They are a mix of observations, thoughts, challenges and anecdotes to help you connect with the text. The note will be followed by 5-6 steps to deepen your devotional time. You can write your notes in the book or on a separate piece of paper if you'd like, there is no right way to do this study. If you are looking for a strictly academic reading guide, this is not that book. While there are some notes on historical and literary context, this is primarily devotional in nature.*

*I strongly recommend only doing one psalm a day. Some of them are longer and others are shorter, but a take a full day to really soak up that chapter. The bone structure of each devotion will go as so:*

*1.Note/thought*

*2.Prayer*

*3.Read*

*4.Read again: add observations*

*5.Read again: add application*

*6.Concluding prayer*

*It may seem like you are reading the psalm over and over again and that's because you are. I am a firm believer in reading and meditating on a section until you know it; not just with your head, but with your heart. Jesus would have known these psalms. Not only did he know them, but he had them memorized. The psalms were so deeply entrenched within him, that when he was on the cross, what words came to his lips? The psalms. This study assists people in getting connected with the word. This study encourages memorization, so that when you don't know what to do or say, you have the word of God on your lips. The Psalms cover every emotion known to man, and*

*this study, this book, attempts to break down barriers so that the Christian might grow closer to the heart of God. So do a psalm a day, read them over and over again, memorize one if you can, and lean into what the Spirit has for you.*

**There is More**

*I will be doing this study along with you, because I want more of the Word. I am tired of reading out of obligation and viewing the Bible as a textbook. There is more to reap from devotional time. I want to meditate and chew on the Word of God until it permeates everything in my life. This is the best way I know how.*

*I look forward to praying with you, reading with you, and saying “Yes” to the Spirit’s call to God’s Word together.*

### **Types of Psalms**

Messianic- A Psalm that is connected to Jesus. Could be directly or indirectly speaking about the Christ.

Lament-A Psalm of grief, pain, and surprisingly, trust.

Imprecatory- A Psalm that asks God to righteously judge the wicked. These can be graphic.

Praise- A Psalm that praises God for who He is.

Thanksgiving- A Psalm of gratitude for what God has done.

Historical- A Psalm that accounts what God did in the past.

Proverbial- A Psalm of wisdom or advice

**Part One**

**Psalm 1-50**

## Psalm 1

*The collection of Psalms dives in by teaching us how to read scripture. There are other points to glean from Psalm 1, but the one I would like to draw attention to is in 1:2. Notice the wise man meditates on Scripture. What does it mean to meditate? Well, other translations, including the Message and the Hebrew text, lend to the translation of “chewing.” The wise man chews on the Word. Day and night, he ponders and chews on Scripture. I have always compared meditating on Scripture to worry. You know how the same thing just keeps popping in your head, and you mull over it all night? Well meditation requires the same skillset as worry. When we worry, we chew on our worries, when we meditate on scripture, we chew on scripture. So, as this study begins, do your best to “chew” the text. Refrain from just skimming and getting it done, really chew on it until you know it as true.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text (don't skip this part).
2. Open your Bible and read Psalm 1.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *God, thank you for giving us your Word. We long to be closer to you. We long to be like trees planted by streams of water. We long to be filled with your Word til we overflow. Teach us how to read your Word and treasure it in our hearts. We don't want to go through the motions Lord, we want you and your Word. Thank you God. Amen.*

## Psalm 2

*This Messianic Psalm brings the sovereignty of God to the focus. I am unable to read this chapter without getting goose bumps as I consider how powerful He is and how anyone who conspires against Him **Doesn't. Stand. A. Chance.** This psalm has a historical context, but the thing that I always remember about this Psalm is that Jesus is King and no one can stand against Him.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 2.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *Holy God, great is your name. You are mighty, all-powerful, and worthy to be praised. I thank you that I can take refuge in you. I thank you that you will reign for ever and forever. There is none like you and I'm thankful to be your child. Amen.*





## Psalm 4

*It shouldn't be surprising that laments fill the book of Psalms. After Eden, the world became a broken place. Pain, suffering, sorrow are real emotions and the Psalmist is not afraid to open his heart before the Lord. In Bible College, I learned that laments are most often cycles. It begins with an address, complaint, request, and ends with trust (With the exception of Psalm 88, most every lament in the Psalms concludes with trust in the Lord). Perhaps, that is a principle we should take in our own prayer walks. Yes, we are vulnerable. Yes, we lay our grief bare before the Lord. But the laments teach us that although sorrow is strong, the Lord is stronger and He will carry you through whatever it is you are going through.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 4.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
5. Write your own prayer, and be honest with God:

## Psalm 5

*This Psalm is often referred to as a morning prayer because of verse 3. It is clear that the Psalmist doesn't consider God a magic genie who will grant all of his requests. Rather, the Psalmist is filled with expectation, hope, and reverence that God is not quite done with him yet. He has an expectation that, not only will the Lord deliver him from his circumstance, but he will also lead him into righteousness and holiness. Regardless of your age or situation, circumstance or position, allow yourself to be filled with expectation and hope for what the Lord will do in your life, through your life.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 5.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Write down some things you want to ask God for your life:
  
6. Close with this prayer: *Lord, you are righteous, and you care for me. You see me, and still you love me. Thank you, God. I pray that you would lead me in your righteousness. I pray that I would lean into holiness because you are holy. I don't know what is to come in this life, but I trust you and I pray that I would honor you in everything I do. I am hopeful for what you will do next. Amen.*

## Psalm 6

*When I was younger, I thought the Psalmist was being dramatic. “All night I flood my bed with weeping.” (vs.6) But as I grew up, I discovered that he put to words what I could not in my darkest moments. There are times that we can feel helpless. There are times we feel so in over our head, overwhelmed by our mistakes or our circumstances. But the 6<sup>th</sup> Psalm instructs us never to be ashamed of bringing that pain to the Lord. This is the lesson of intimacy that many have never heard. God doesn’t take pleasure in our suffering; but He delights in showing mercy. He wants you to draw near to Him in your sorrow, because He doesn’t just want part of you, He wants all of you. So, in your moments of pain, flee from isolation, and go to the Lord. He is waiting to envelop you in compassion, forgiveness, and hope. He won’t let you dro<sup>o</sup>n.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don’t skip this part).
2. Open your Bible and read Psalm 6.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, please hear my prayer. I can’t make it through this life without you. Please draw near to me in my times of heartache, in my broken moments. Teach me how to accept the comfort that you offer time and time again. You are my strength and my shield, I will put my trust in you. I love you Lord. Amen*

## Psalm 7

*Do you live a life of integrity? Do you seek holiness or are you seeking something else? Convenience, maybe? Or comfort? Perhaps, you seek significance, or greatness? Maybe, it is something else altogether that you seek. But I want to challenge you today to take a hard look at your life. If there is a hidden habit, bring it to light and get rid of it. If there is deceit in your heart, bring it to light and get rid of it. If there is an ounce of gossip, judgement, anger, or malice, bring it to light and get rid of it. The people of God are not perfect, and the Lord is always faithful to forgive, but they are always moving towards holiness; are you?*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 7.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with a prayer and take some extra time to confess to the Lord any unholy habits or thoughts that you need to get rid of. Remember, He already knows all that you've done, do, and will do, and He will always welcome you with open arms. Don't be afraid of Him, for the Father will not turn you away and He loves you very much.

## Psalm 8

*I remember when I was on tour several years ago and was hiking in Utah. The skies were clear, the mountains huge, and the trees were everywhere. The scent of pine and crisp air engulfed me, and I was at the mercy of creation. It was overwhelming in the most beautiful sense. Psalm 8, came to me in that moment and as I hiked the rest of the way, it became the song of my heart. I could not stop praising the Lord in my heart all day and it is one of my happiest memories. Creation has a way of reminding us of the majesty, the greatness, the beauty of the Lord. Can you think of a time that nature led you to worship God? Maybe this week, you need to go for a walk or a hike and allow yourself to remember who God is and all that He has created, for you.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 8.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time draw a picture of your favorite thing in creation(animals, stars, mountains, etc):
  
5. Close with this prayer: *Lord, how majestic is your name across the earth. You are Creator, You are Holy, You are the Artist and we are your masterpieces. Thank you God. Thank you for the beautiful world you have created and given us authority over. You created the mountains, and the oceans, the plains, and the jungles. You created all of this beauty, and all of the animals within it, and yet, you call me your beloved. Thank you God for loving me with an everlasting love. Amen.*

### **Psalm 9**

*The Lord does not forsake His people. He doesn't abandon those who call to Him for help. He is a strong refuge and a mighty fortress. He takes care of the oppressed and those cast off. He is the ultimate Judge and He rights every wrong. The character of the Lord shines bright in Psalm 9. He prioritizes those who are afflicted. He loves mercy. He judges fairly and righteously. The attributes of God are endless, because He is everything that is good, and true, and worthy of praise.*

### **Study and Prayer**

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 9.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close by writing down any attributes or traits of God and spend some time in prayer by praising Him for who He is and what He does:

## Psalm 10

*Have you ever felt like God is far? In all honesty, there have been times in my life when I felt like God was not there. There have been times when I have wondered, where are you God? Sometimes I forget that the Holy Spirit of the Living God lives within me. He is living, He is active, but sometimes, He feels far away. And that is okay, because our feelings do not dictate or affect the existence of the Almighty God. Just because He feels far away, doesn't mean He is. Trust that He will take care of you, because He will.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 9.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close by praying this prayer: *Lord, I don't always feel your presence and that is scary. I don't always know 100% that you are working sometimes. But I will trust you, because you have always been faithful to show up and you will continue to do so because it is in your nature. We echo the words of Mark 9, "I believe Lord, help my unbelief." I surrender it all to you God. You will show up, I believe it. Amen*

### Psalm 11

*I strongly recommend that you read this Psalm in the Message version. I love the opening verse, "I've already run for dear life, straight to the arms of God." It brings to mind the New Testament story of the Prodigal Son. You might know it, but if you don't, read Luke 15:11-32. Heck, even if you do know it read it again. The Lord is our safe place. It doesn't matter what we've done, or who we are running from, He welcomes us home. He welcomes you, He welcomes me. He welcomes any who call Him Father, and all those who call on His name. His fortress is unshakeable and He lives and dies and resurrects for His people who have sought refuge in Him. Hallelujah.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 11.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close by praying this prayer: *God, you are the one that I run to. Everything else is temporary, but you God, are eternal. Lord, you are in charge and I trust you to make all things right. I take refuge in you and I am unshakeable. I love you Lord, thank you for welcoming me back with open arms.*











## Psalm 16

*This chapter is beautiful. The Psalmist expresses such devotion to the Lord. There is not only surrender, but contentment as well. God is all we need. He is our portion, our inheritance, our refuge. He is all we need; and not only that but He is more than we could ever ask for our imagine and therefore, He is worthy of praise. Get rid of any idols in your life, anything that might try and compete with the Lord as the joy of your life. Reprioritize and put God first.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 16.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time identify and write down any possible idols in your life and spend some time brainstorming how to put God first:
  
  
5. Close with this prayer: *Lord, you are my greatest joy and nothing is able to replace you because you are greater than all things. God, I repent of anything I hold dearer than you. I repent of sometimes putting \_\_\_\_\_ before you and I will try to keep you at the forefront of my life. Thank you Lord for your great love for me. Amen.*





## Psalm 19

*The Law of the Lord is perfect. It refreshes the soul. It is sweeter than honey. Keep it close. When you allow the Word of the Lord to fill you up, it can't help but pour out. If something doesn't quite fit with the words of Scripture, maybe it is time to take another look at what actually holds authority in your life. Is it the Word of God or something else? Regardless of your political view or family upbringing or education, what authority does the Bible have in your life?*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 19.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, may I grow in proximity to your Word. The words you have given us are true, good, noble, pure, and righteous in every way. Thank you for blessing me with the Bible. I repent of putting any other authority above your Word. Give me eyes to see, ears to hear, and a heart to learn. I love you Lord, and teach me to love your good and perfect Word. Amen.*



## Psalm 20

*It almost sounds like a prayer or encouragement for someone else. When is the last time you prayed for someone? Or more specifically, when was the last time that you prayed for the success of others over your own? When is the last time that you asked to pray over someone for the Lord's blessing? Prayer and encouragement are powerful currencies in the kingdom of God so lean into that and bless someone today.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 20.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
5. Close by praying Psalm 20 and put someone's name in there(i.e. May the Lord answer \_\_\_\_\_ when they are in distress...). Be sure to text, call, or tell the person you prayed for that you prayed for them that can brighten their whole week.

## Psalm 21

*The verse that sticks out to me in Psalm 21 is verse 11. "Though they plot evil against you and devise wicked schemes, they cannot succeed." It reveals that the Lord cares not only about action, but intent. Jesus backs this notion up in the sermon on the mount. Matthew 5-7 focuses not simply on the action, but on the heart that has intent before the action is acted upon. This isn't just a bad thought that pops in your head and you shut down. It is meditating on that thought that makes it dangerous. Jesus says, that thinking about doing something wrong is just as bad as doing something wrong, because the issue isn't the action, the issue is the heart behind the action. Your heart matters to God.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 21.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *God, take my heart and make it clean. I don't always have pure intentions and I repent of that Lord, but I ask that your Holy Spirit would transform my heart and mind so that I can better serve you. Thank you for seeing my heart and loving me anyways. Make me more like you God. Amen.*

## Psalm 22

*The Psalms class I took in my undergraduate program will always stick out as most memorable. Our professor did an incredible job of teaching us not only the words of the Psalms but the heart behind it. In one specific assignment, we were asked to creatively interpret a Psalm through a song, video, or piece of art. I chose Psalm 22. I painted an abstract image of battered Jesus with a crown of thorns on His head. Psalm 22 is not just a psalm of anguish, it is messianic in nature. Notice how on the cross, mocked and scorned Jesus echoes the psalm saying, “My God, my God, why have you forsaken me?”(vs.1) It is a psalm drenched in deep pain and yet it ends with victory for the Lord.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 22.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time think of Jesus on the cross. Think of how he was abused, tortured, and crucified. Consider how the soldiers cast lots for his clothing and he was naked and bleeding on the cross. Remember, the betrayal he may have felt from His friends abandoning Him. Think about and feel the great sorrow, the excruciating pain, and the glimmer of hope. Know that the Lord has in fact done it. He conquered sin, death, and guilt all so that you might be reconciled to the Father and live in eternity with Him.
  
5. Close by meditating on all that Christ has done for you in both is death and resurrection. Spend some time in prayer thanking Him.

## Psalm 23

*When I was a child, my mom echoed this psalm almost daily. She spoke it into our hearts, our lives. The Lord is my shepherd, I lack nothing. From childhood to adulthood, it became the anthem of my soul. For the Lord is my shepherd, and I am His beloved sheep; content to follow Him wherever He may lead for I know that there is nothing to fear when He is near. He provides, and He protects, He leads, and He guides. Fame, fortune, love, and accomplishment are nothing in comparison to being a sheep of His flock. Where you go Lord, I will go. Where you stay, I will stay. Take time to memorize a few verses from this psalm, I promise you will never regret it.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
  2. Play Shane and Shane's "Psalm 23" in the background.
  3. Open your Bible and read Psalm 23.
  4. Read it again, but this time write down any observations or questions:
- 
5. Read it a third time, but this time write down any applications that you find in the passage:
- 
6. Close with this prayer: *Thank you Lord for being my shepherd. Thank you for leading me, and loving me. Thank you for taking care of me. I know that even if nothing else is good in my life, you will be there for me always. You will never abandon me. Goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever, because He is a good shepherd and I am His sheep.*

## Psalm 24

*The King of Glory reigns forever. The might of God is such that He reigns over every battle, every kingdom, everything. The King of glory does not bow to death nor to anyone or anything. The earth and everything in it was created by God, and therefore all things must bow before the King of glory for He is the giver of life and Creator. Have you given the Lord credit today? Have you acknowledged His glory or His might? His majesty knows no end. Hallelujah Amen.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 24.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Lord you are awesome in might and strength. I am humbled that you care for me even though I am weak and you are strong. Majestic is your name across the earth Holy God. There is none like you, nor has there ever been anyone like you. There will never be anyone like you Lord. Amen.*

## Psalm 25

*Do you ever long to be more like Jesus? Does your spirit ever hunger for holiness? Mine does often, and Psalm 25 is always a place I revisit. Sometimes the weight of guilt or the shame of our shortcomings interfere with our pursuit for holiness. However, the psalmist does several things in this chapter worth noting. He surrenders himself to the Lord; He confesses his guilt to the Lord; he entreats the Lord to teach him the path to holiness; and he proclaims the righteousness of the Lord. The pursuit of holiness is never easy, but this example of the Psalmist asking the Lord to teach Him His paths gives encouragement to all believers who want to be more like Jesus.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 25.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close by constructing a prayer based on Psalm 25. First surrender yourself to the Lord; then confess your burdens to Him; ask the Lord to teach you how to be more like Him; and finally praise God for His righteousness.

## Psalm 26

*“Clear my name, God; I’ve kept an honest shop. I’ve thrown in my lot with you, God, and I’m not budging. Examine me, God, from head to foot, order your battery of tests. Make sure I’m fit inside and out. So I never lose sight of your love, But keep in step with you, never missing a beat.” (Ps. 26.1-3 MSG)*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don’t skip this part).
2. Open your Bible and read Psalm 26.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Lord, you know me better than I know myself. Don’t count me with people who hate you, because, I love you Lord and I love your word. I have walked according to your ways, do not turn a blind eye to me for you are gracious and merciful. You bless those who love you God, do not forget about me. Amen.*

## Psalm 27

*This psalm often brings long moments of awe and longing. What will it be like to gaze upon the beauty of the Lord? There are days when I want my time on earth to be long and then there are times when I read this Psalm that a pit of yearning erupts in my belly. What will it be like to not have burdens? What will it feel like when injustice is dead, and there is only goodness, holiness, joy, and glory? I can't imagine, but my heart longs for the day that I might gaze upon the beauty of my Lord. Until then, I will seek Him.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 27.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Spend some time in meditation. Allow yourself to yearn for the Kingdom of God. Give yourself space to crave His presence. Write down anything you want to say to the Lord here:



## Psalm 28

*Mercy. The psalmist asks for mercy and the Lord gives it to Him in abundance. What a truth! When we ask God for mercy, He gives it to us. It may not always look like what we desire or want, but the Merciful God gives mercy in abundance to those who are His own. You have been shown mercy, do you show mercy to others? When someone asks for forgiveness, do you give it to them or hold it over them? Do you give mercy as the Lord has bestowed mercy on you?*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 28.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, hear my prayer for mercy. I need your mercy in my life right now. You have proven to be merciful, faithful, and kind to those who love you and praise your name. Lord, do not forget your servant. I trust that you will take care of me God. You are my shield and my fortress. Never let me forget to show mercy to others, because you have showered me with your great mercy. Thank you for being trustworthy God. Amen.*

## Psalm 29

*I love how the Message version of this psalm begins, “Bravo, God, bravo!” (vs.1) The entirety of the psalm is to praise God for His glory. His visible power brings us to our knees in awe. The winds, the waves, the thunder, the lightning bow in response to the glorious majesty of the Lord. The great power of God brings this question to the forefront: if God is for us, then who can stand against us? Every fear, every anxiety melts away in the face of the power of God. There is nothing to fear, because our God is glorious and all-powerful.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text (don't skip this part).
2. Open your Bible and read Psalm 29.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, the elements bow to your command. All of creation shouts, “To God alone be the Glory!” in reverence. I don't fully understand how an all-powerful being could care so deeply for me, but I thank you Lord. I praise you for your strength, your wisdom, your loving kindness. I love you Lord my God. May you reign for ever and ever amen.*

### Psalm 30

*“His anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.” (vs.5) Being a Christian does not change the circumstances of life, but being a Christian drastically changes our perspective. When bad things happen, we should never expect relief immediately, but do you know what we can expect? The joy of the Lord. Even in bad circumstances He never abandons us. Even when we mess up, He forgives us and draws near to us. There may be pain in the night but Christian, there will be joy in the morning. This shift in perspective changes everything.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 30.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, you turn my mourning into dancing, my weeping into singing. As long as I am wrapped in your embrace, there is no situation too great, there is no circumstance too far gone. As long as I'm with you, joy will be there. I don't know what life will throw at me, but I know what it has thrown at me thus far and you have proven yourself as faithful over and over again, so I will trust you and sing of your faithfulness til I can no longer draw breath and beyond. Amen.*

## Psalm 31

*Sometimes we can feel so painfully isolated. Sometimes it feels like everyone is against us. Sometimes it feels like life just keeps stacking up against us. You are not alone. But hear this, the Evil One desires for you to feel isolated, lonely, outnumbered, pessimistic. He wants for you to retreat into yourself so that he might steal, kill, and destroy your spirit. Place your hope in the Lord and flee from the desire to cut yourself off. Instead, find a community, a friend, a safe place with safe people and encourage one another because remember, you aren't the only one who is in a fight against the Evil One. Help one another place trust in the One who fights battles for you and has already won the war.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 31.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with asking the Lord to bring you into deep community and fellowship with those who love Him. Maybe write down some names that come to mind and set a date to reach out.

## Psalm 32

*When we confess our sins, our burdens to the Lord, things change. Sin has the nasty ability to weigh us down, to make us feel guilty, shameful, maybe even nasty. However, God does not want us to live that way. He came to earth, was tortured and crucified for the forgiveness of our sins. He took our place and all of our transgressions, all of the sin that marked us as dirty, was washed away with the blood of Jesus Christ. Through the sacrifice of Jesus and the transformative power of the Holy Spirit, you are made whole, you are clean, you are a new creation. Your sins are forgiven and forgotten, maybe it is time that you forgive yourself.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 32.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Holy Father, I confess that I don't always accept your gift of grace. I repent and ask your forgiveness. Lord, you have forgiven me, you have made me a new creation and I now step into who you have created me to be. I forgive me. Holy Spirit you have full rein of my life. I surrender my life to you God. Thank you for your grace, Amen.*

### Psalm 33

*So much of life is uncertain. What is next for my family? What's the best career move? Should we buy or rent? Do I go back to school or what should I even major in? There are endless questions to what is next that won't be answered until they come to pass. However, instead of stressing out and being anxious what if we focused on the one thing that would be consistent through every moment? "The plans of the Lord stand firm forever, the purposes of His heart through all generations." He will not change His mind and leave us to fend for ourselves. He is with us always, and His plans are stable, constant, and prevailing.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 33.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Lord I trust that your plans are better than my own. Lord I praise you that while life is full of choices, and decisions, I trust that you will always be constant. You are my anchor and my rock O God. I will sing of your faithfulness for all of my days. Glory be to the Lord. Amen.*

### Psalm 34

*It may seem silly, but in high school, every single time my heart got broken, I came to this chapter. I would read this chapter over and over with a tear stained face until I really believed that Lord drew near to the broken hearted and crushed in spirit. By the end, I was always comforted and I always remembered that the Lord was good because even though my young heart ached, I knew that there was much to be thankful for including a Father who took all the time in the world to comfort a heartbroken teenager. If He cared about something as small as that, know that He cares deeply for you and will always draw near when your heart is broken. I sought and He answered. If you seek, you will find.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 34.
3. Read it again, but this time write down any observations or questions:
  
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
5. Close by writing your own prayer:

## Psalm 35

*While the psalmist waits for the Lord to show up in his distress, he praises God. When he is in trouble, he trusts that the Lord will come to his aid. When you are overwhelmed, what is your response? Do you praise and hope? Or do you worry? Does your worry shift your circumstances? Take a look at Matthew 6:25-34.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 35.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *Father, even when I'm not sure what is happening or when you'll show up, I will praise you. Even when the odds seem against me, I will remind everyone of your faithfulness and goodness. When I don't see you, I will trust you. Thank you Lord, Amen.*



### Psalm 36

*The love of the Lord is incomprehensible, for God is love. His faithfulness is unfathomable. His righteousness is immeasurable. His justice is unimaginable. Great and mighty is the Lord who is worthy of all praise. Those who establish their hiding place in the shadow of His wings have nothing to fear, but those who harm one of His own and blaspheme His name, well, nothing can stand against the Lord and His people.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 35.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *God, may I continue to live in the light that gives way to life. You are my shield, my fortress. May those who walk in the darkness, leave their ways and walk in the light. Father, lead more and more people into your light. You are so great, God. I praise your holy name, Amen.*



### Psalm 38

*Sin can eat at us like a festering wound. Especially unconfessed or habitual sin. Do you have anything to confess today? Anything that eats at you? If you let the Lord know what is going on, He will not love you any less. You are precious in His sight and He longs for you to come to Him so that He may set you free from your sin. Confessing to Him might not stop your habitual sin cold turkey, but it is a step in the right direction. Christ came so that we may live life to the fullest, don't allow your sin to eat away at you. Confess and be reminded that you are deeply loved.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 38.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. If you have unconfessed sin in your life, confess to God first. Pray that God would bring you someone who might encourage, strengthen, and keep you accountable, write anything that comes to mind here:

### Psalm 39

*We want to resist sin, but we cannot do it in our own power. If we try to flee from temptation on our own, we might escape once, but we won't be able to do it twice. The Spirit of the Lord lives within you and is for you, so when you are tempted, lean into the Spirit, refuse to fall into shame, and sprint from sin. If you mess up, the Spirit comforts and encourages. Try it again, you have the God of Heaven and earth on your side.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 39.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *Father, I'm not perfect and I know temptation will be hard to resist when I come face to face with it. However, I will not live in fear of sin, for the Holy Spirit lives within me. When I mess up, I will not hide in shame, but will run back into your loving embrace, God. Thank you for loving me so well, even when I mess up. I am your child and you are my good Father. I love you Lord, Amen.*

## Psalm 40

*Psalm 40 verse 6 says, “Sacrifice and offering you did not desire—but my ears you have opened; burnt offerings and sin offerings you did not require.” The Lord requires nothing of us, but our hearts. There is no religious act, or horrible crime that would change His mind. In fact, there is nothing we could ever do to make God love us any more or any less. The response to this should be worship. We have nothing to give and yet the Lord gives us all of Him for free.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 40.
3. Read it again, but this time write down any observations or questions:
  
  
  
  
  
  
  
  
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *Lord, it's hard for me to comprehend that your love, your grace is free. I could do all of the Christian things in the world and unless my heart is in it, it is empty. God, here is my whole self. Everything I am, everything I want to be, everything I don't like about myself, I surrender to you. You can have it all God, I'm a mess, but I'm entirely yours God. Do with me what you will.*

## Psalm 41

*Do you take care of the weak? Do you spend time with the crushed in spirit, the sick, the hurting? The Lord remembers those who take care of those who are weak. Are you active in encouraging those who are broken? Spend some time today thinking about those friends who are down on their luck that you can help or serve. Taking care of the weak can be inconvenient, frustrating, and time consuming, but ultimately, you will never regret leaning into the heart of God.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 41.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time be thinking of a friend who might need some encouragement and shoot them a text or ask them to lunch. Brainstorm ways to bless them and actually follow through. Write the name of a friend you can pray for here:
  
5. Close with this prayer: *God would you open my eyes to all of those who desperately need something good in their life right now? Don't let discomfort, laziness, or greed stop me from helping out a friend. God, may I be your vessel in this world. May I always do good, serve others, and bring glory and honor to your name. Your kingdom come, your will be done. Amen.*

## Psalm 42

*It can be frustrating that the times we desire God the most, are most often the times we feel the most broken. When life hits us in the face, we feel like we have no one in our corner but God, and we become desperate for Him. It is then, in our shattered pride and vulnerable state, that we surrender once again to the will of the Spirit instead of our own. Here is a question: why do we wait until we have nothing to go to the one who gives everything? Why do we not drink until we are parched?*

## Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 42.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down some ways to connect with God before the storm, before the desert. How can you strategically seek God in the good and mundane seasons?
  
5. Close with this prayer: *As the deer pants for water, so my soul thirsts for you, God. Lord, I repent of only seeking you when I am parched. I repent of only going to you when my life is a mess. Lord, I want to do a better job of seeking you in my everyday life. In good seasons and bad seasons, I want you to be present. Teach me how to be more sensitive to your Spirit and remind me to spend time with you everyday. I love you Lord, Amen.*

### Psalm 43

*Just because it feels like God is absent, does not mean that He is not working. I have had several conversations with people who have said things such as, "I don't believe anymore because God let this happen." or "I tried praying and He never answered me." The Bible suggests and outright expresses that the Lord brings all things together for the good of those who love Him. He is on your side! He wants good things for you, but trust is necessary. He might not answer yet, He might not give you the answer you are looking for, He might do something you don't expect, but have faith that He is always at work and He has your best interest at heart.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 43.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *God, I trust you. Even when I don't understand or it feels like you are far away, I trust that you are working. Give me understanding, peace, and patience. Allow me to glorify you when I am in a stressful season of waiting. Change my heart God, I want to want for me what you want for me. You are so good. In Jesus' name, amen.*



## Psalm 44

*A hard truth is found in this psalm. Even if we did everything right, even if our parents and grandparents and children were all faithful believers. Even if we did all the “Christian” things, nothing guarantees a life without hardship. If our Lord was persecuted, beaten, and crucified at age 33, what would give us the impression that life on this earth would be any gentler for us? This world is broken and we are imperfect, but thankfully, we can endure all things through the power of the Holy Spirit. Stay strong, Christian, and stay faithful.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 44.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
5. Close with this prayer: *God, whatever this life has in store for me, I am ready to face it with you by my side. Life is messy, and hard, and full of difficulties, and yet I will choose to faithfully follow you. Even when I cannot feel you, I will follow you. Even when I am in dire circumstances, I will follow you. God, I will follow you into the unknown. In Jesus' name, Amen.*





## Psalm 47

*Sing your best songs to God. Don't give Him second best, don't give Him leftovers. Give God the first and the best of all you have, because He deserves it and more. Think about your life. Where do you spend most of your energy? How do you spend most of your resources? What consumes your time? Take a look and see if you are truly giving God the best, or just the scraps.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 47.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *Lord, I'm sorry that I don't always give you my first and best. Sometimes I get caught up in life and forget that you are the One who has blessed me. You are the One who deserves everything I have to give. Forgive me God, and help me to do better. I want to give you the best of my time, resources, and efforts. I want to give the best to you. I love you, Lord. Amen.*

### Psalm 48

*Isn't He worthy? Isn't He worthy of all praise? Shane and Shane do a version of a song called, "Is He Worthy?" Pull up the song, listen to the lyrics, and allow yourself to worship in wonder of the worthiness of God.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 48.
3. Read it again, but this time write down any observations or questions:

4. Read it a third time, but this time write down any applications that you find in the passage:

5. Close with this prayer: *Holy God, there is no one like you! You are all powerful and amazing. You will be our God to the end of time and longer. You are righteous in all of your ways and you are worthy of praise. I love you God. Amen.*

### Psalm 49

*This is a psalm that levels the playing field. Wealth is temporary, you will not take it with you into the next life. I have known Christians who sometimes confuse the “American dream” with a successful life. They passively hint and remind of how they built an empire from nothing. It breaks my heart, because there is nothing eternal about money, there is nothing lasting about wealth. Money cannot redeem you nor will it prevent you from having problems in life. Remember where your salvation comes from and adjust your perspective, and lifestyle accordingly.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don’t skip this part).
2. Open your Bible and read Psalm 49.
3. Read it again, but this time write down any observations or questions:
  
4. Read it a third time, but this time write how you can be a good steward of the resources given to you by God. Regardless of how much you have, it is the heart that matters, and your life reflects your heart.
  
5. Close with this prayer: *Father, sometimes I idolize wealth. Sometimes, I envy what others have and am discontent with what I have. I confess my sin and repent. I want to lean into your joy, into your transformative redeeming power. You have given me more than I could ever imagine and I am so thankful. I love you, God. Amen.*

## Psalm 50

*How often do you thank God? Is it just before a meal time? Or perhaps it's just before bed? In all honesty, there is no perfect formula on how much to thank God, it's all about your heart. If we were perfect, we would thank Him every moment of every day, but we aren't there yet. So maybe think of a trigger word, or something like a salt shaker that reminds you to thank God every time you see it. Thanking God isn't about meeting a requirement, rather it is about bursting with eagerness to thank God for every breath, every moment, every gift He has given us. You'll be surprised by how much more you have to be grateful for whenever you look to give thanks.*

### Study and Prayer

1. Spend some time in prayer ahead of time and ask the Spirit to open your heart to the text(don't skip this part).
2. Open your Bible and read Psalm 50.
3. Read it again, but this time write down any observations or questions:
  
  
  
  
  
  
  
  
  
  
4. Read it a third time, but this time write down any applications that you find in the passage:
  
  
  
  
  
  
  
  
  
  
5. Close with this prayer: *Thank you Father. You are so good to me and sometimes I forget to thank you. Thank you for my friends, for my family. Thank you for the life you have breathed into me. Thank you for the little things. Thank you for the big things. And most importantly, thank you for being so good. There is no one like you, God. In Jesus' name, Amen.*

**Part Two**  
**51-100**

**Coming soon!**