

Praying Through Psalms – QT Supplement Devo for 30 days. (6 weeks)

INTRODUCTION:

Mankind has always experienced uncertainties. That is nothing new. But every generation would like to think that the current uncertainty is more pressing and harder to bear than ever before. This includes us, this generation, which probably has been hearing and seeing some most horrific changes around our lives. Changes that are not very healthy and changes born more out of fear than anything else.

The recent pandemic has left us wondering if life will always be like this, never knowing when tragedy strikes in form of an unknown deadly illness. No one seems to be spared. Everyone is under attack. The war(s) around the world has made us fear what will become of us and our world and nations. The unreasonable laws brought in by governments have left us confused and perplexed of who is looking out for our safety when the government themselves seems to target the faithful ones. Pain, trouble, trials are not new to mankind, but the form it has taken in recent times seems almost unbearable and pushes many to the brink of faithlessness. Then the questions begin. Why, what good could possibly come out of this, why no respite, why no answers, why no recovery, why no miracle, and list goes on.

No matter which generation we belong to, trials and misfortunes will always create a sense of uncertainty and we will look for assurance.

It is possible that God allowed people like David and others to experience all that they did and led by the Holy Spirit moved more towards God and in the process have written down some of the most assuring and uplifting texts in history of mankind. These we know as Psalms and they are the backbone of many inspirational, motivational, encouraging and uplifting sermons and worship songs.

Next 30 days/6 weeks, we will use some of these Psalms to inspire, encourage and embolden us all as we wade through the unclear waters of uncertainties in our lives. This might well be the timeline in our lives when we grow and become stronger in the areas where God would like us to grow.

We as a church pray that these next 6 weeks will help us like never before as the Holy Spirit inspires and lead us through the Psalms, as we walk every day in deep conversation with our Father God.

The series for the next 30 days (6 weeks) are laid out as follows:

QT Devos will be from Monday to Friday.

Week 1 - GOD'S PROTECTION

Day 1 - Psalm 91 (In danger)

Day 2 - Psalm 46 (Is an ever present help)

Day 3 - Psalm 3 (Being confident in his protection)

Day 4 - Psalm 4 (Rejoicing in god's protection)

Day 5 - Psalm 5 (God defends us from enemies)

Week 2- GOD - A DEPENDABLE GUIDE

Day 1 - Psalm 23 (A caring shepherd n dependable guide)

Day 2 - Psalm 27 (Help for today & hope for the future)

Day 3 - Psalm 121 (In our pilgrimage God watches over us)

Day 4 - Psalm 34 (Answers when we call him)

Day 5 - Psalm 18 (When we call he delivers)

Week 3 - **BLESSINGS FOR OBEDIENCE TO GOD**

Day 1 - Psalm 1 (Life of an obedient person)

Day 2 - Psalm 119 (Only way for happiness & peace is obedience to God's word)

Day 3 - Psalm 90 (Obedient life is reflected by the way we live)

Day 4 - Psalm 31 (Obedience requires complete commitment)

Day 5 - Psalm 32 (Obeying Gods word makes us to realize our need for forgiveness)

Week 4 - **GREATNESS OF GOD**

Day 1 - Psalm 139 (God is omnipotent)

Day 2 - Psalm 103 (His great love for us)

Day 3 - Psalm 100(His great faithfulness)

Day 4 - Psalm 19 (His great creation and his word)

Day 5 - Psalm 8 (Greatness of God assures the worth of mankind)

Week 5 - **THIRST FOR GOD**

Day 1 - Psalm 51 (Thirst for sanctification)

Day 2 - Psalm 37 (Waiting patiently for him to act)

Day 3 - Psalm 42 (Thirst for him when you feel lonely n depressed)

Day 4 - Psalm 63 (Only God satisfies us fully)

Day 5 - Psalm 131 (Seeking Comfort in God like a child would find in its mother)

Week 6 - **GOD'S SOVEREIGNTY**

Day 1 - Psalm 90 (God exists before all)

Day 2 - Psalm 02 (The Lord scoffs at evil plans of men)

Day 3 - Psalm 135 (The Lord does whatever pleases him)

Day 4 - Psalm 136 (God's love endures forever)

Day 5 - Psalm 33 (God sets the course of human events)

REMEMBER:

The Psalms themselves are very simple writings and mostly do not need lot of explanation. In this series for each day you will find a very short *thought note*, which we hope, will give you a direction in prayer, if you need one. That way you get a lot of time with yourself and God in prayer.

We just request that you make this your prayer time. You fill in the content required in your prayer. The Psalm and the *thought note* are just directional.

Week 1 – FOCUS POINT: GOD'S PROTECTION

Day 1 - Psalm 91 - God is the true protector in danger

Let us begin with reading today's Psalm. Read Psalm 91 and come back here to read the below:

Thought note:

You have nothing to worry as long as you take shelter in God. Absolutely nothing! Those who do not trust, all of them around you will fall, you might even see it happening, but nothing will happen to your soul, if you just trust God and stay in his shadow. And there, what you find is, rest. The psalmist is clearly in a very tight spot and yet he feels like he has nothing to fear, since he believes that God's protection is ever present around him.

You can decide what kind of prayer you will pray today. A prayer that shows God you love him and a prayer that shows God you trust his protection? Or will you give into doubt and fear. You don't have to. All you need to do is talk as long as it takes for your soul to find rest in God and his protection.

In prayer today, you can tell the Lord, that you find shelter and strength in His Word. His commandments shine a path for you to follow. What a merciful God He is — walking beside you when you are discouraged, and carrying you when you are defeated!

Go now! Go and have a great prayer time!

Day 2 - Psalm 46 - God is an ever present help

Let us begin with reading today's Psalm. Read Psalm 46 and come back here to read the below:

Thought note:

You and I, we all have a choice today. We can be calm (Still) and let God do what he does best. Lead us and protect us, while we see him at work and admire him. Or, we can get worried and frustrated and try to take matters in our hands and fail to see how powerful our God is. Choice is ours. The Psalmist here sees God as someone who is always present. We might try to question, where are you God? Especially during troubled times. But instead we must be like this Psalmist, who sees God ever-present as a help in trouble. God is our fortress. Doesn't feel like that, but that is why we need God's word for it. Instead of going by our feelings, we can trust in His word. He is amazing and he is ever present. All we need to do is be still and see how powerful he is.

In prayer today, talk to God about the temptation to take matters into your own hands and on how you maybe trying to manage on your own strength. Instead ask God for help and strength to move on.

Go now! Go and have a faithful prayer time!

Day 3 - Psalm 3 - Being confident in His protection

Let us begin with reading today's Psalm. Read Psalm 3 and come back here to read the below:

Thought note:

O what inspiring faith David has on God!

The more you and I walk with God, speaking about everything in our lives, the more faith we will experience. Hope the last couple of days have been encouraging as you go to God and learn to depend on Him alone. It does get harder though. Many foes will arise, we will see many troubles, problems, as we decide to be still and let God protect. When we stop doing and let God do, it almost feels like we lost control and something worse is going to happen. That's true to some extent. We have given over the control to God. He should have it. He is the only one equipped with the power to handle our troubles and protect us. God continues to sustain you, even when you sleep. So when you wake up, know for sure, that He sustains, gives, satisfies and yes, protects. Everyone around you might fall, might question God, but He will make you fearless, because you trust in Him.

In prayer today, you can tell the Lord, that when things aren't going your way or someone you trust lets you down, He delivers you from your troubles. He won't desert His children, He won't disappoint. On days when you feel weighed down by discouragement, He's there to lift your chin back up as long as you keep His Word close to your heart. See if you can sing a song of confidence to him in prayer today.

Holy, holy, holy, is the Lord Almighty!

Go now! Go and have a confident prayer time!

Day 4 - Psalm 4 - Rejoicing in god's protection

Let us begin with reading today's Psalm. Read Psalm 4 and come back here to read the below:

Thought note:

What exceptional words David uses in his prayers! Our prayers should be expressive like his. By reading his prayer psalms, we can recognize the struggle within him. It also allows us to relate and find comfort in the way he sees God. Even as you see many around you either give up hope, give into fear, give up on God, it must be so frustrating to continue keeping the faith. You are in good company. You can relate to David. He just goes one step ahead in his prayer and asks his own soul not to give into frustration and sin. He prays about searching hearts even in all the distress, so that we are righteous before the God who protects. We can imitate David in asking God to help our hearts be filled with joy even in distress, as a relief. Not joy from external things or good news, but from God, because of his protection. This in turn will help us be peaceful. Knowing that God is watching over us.

In prayer today, share how God is loving and compassionate, all-knowing and just. He hears the cries of His children and rescues the faithful from their distress. You are God's loyal child. You can pray about repenting of your sins and pray for the repentance of those who reject God. When you are troubled, meditate on God's Holy Word and your soul rests easy. Sing a song of praise today if you can.

Go now! Go and have a joyful prayer time!

Day 5 - Psalm 5 - God defends us from enemies

Let us begin with reading today's Psalm. Read Psalm 5 and come back here to read the below:

Thought note:

Starting a day with prayer and laying requests before Father God seems to be David's practice. And he remembers his requests, as he waits in expectation for God to answer. Such commitment and loyalty to a relationship with God is what we are focusing on as Christians.

The prayer in the morning will act as a shield throughout the day as protection from discouragement. Misfortune can occur anytime, people can hurt any moment, even unintentionally. But the protection stays on so that we don't lose our faith and trust in God. Instead we continue to ask God to lead us in righteousness.

Even as people conspire or plan evil things for the people of God, we don't need to be afraid. He destroys well laid out plans of the wicked, and spreads His protection over all who love God and rejoice in Him.

In prayer today, tell God that you would like to start each day with a prayer of thanksgiving to God, Father. Pray about starting each day with a prayer for God's protection. Request God to shield you from misfortune and from those who look to hurt you. Ask Him to bless you for you are His devoted child who finds purpose in serving Him.

Go now! Go and have a grateful prayer time!

Weekend Assignment:

Over the weekend, try to complete the following:

- Pray with another disciple.
- Pray about God's protection, think of how He protected you in the past.
- Write a song about it and see if you can share with others.
- Plan and get with someone you know is struggling to trust God's protection and pray with them.

Week 2 – FOCUS POINT: **A DEPENDABLE GUIDE**

Day 1 - Psalm 23 - A caring shepherd and dependable guide

Let us begin with reading today's Psalm. Read Psalm 23 and come back here to read the below:

Thought note:

(V, 1-3) Sheep are completely dependent on the shepherd for provision, guidance and protection. David, himself being a good shepherd understands that completely. And he is confident of Lord's providence and protection in his life. Could we depend on God to guide us completely?

(V, 4) Death is quiet intimidating and frightening. We feel helpless in its presence. Also we can struggle with other enemies like Pain, suffering, diseases & injury. If someone who has conquered death is our Lord Jesus himself. With him being on our side we could fear no evil.

(V, 5) God is truly concerned about the honour of his children. He prepares a table of honour right before our enemies. Truly an amazing shepherd we have.

Practical Tip

If we desire to have Jesus as our shepherd, we must be willing to follow him and obey his commands. Do you desire to have Jesus as your shepherd?

Memory Scripture, Psalm 23:4

Day 2 - Psalm 27 - A help for today and a hope for the future

Let us begin with reading today's Psalm. Read Psalm 27 and come back here to read the below:

Thought note:

V.1-3 since Lord is our Stronghold there is nothing that we could be afraid of. When the wicked advance against us, we can be confident that they will stumble and fall.

V.5 During the day of trouble he not only hides me in the shelter of his sacred tent but also set me high upon a rock and that gives so much hope for the future.

V.11 It might be difficult to be oppressed but a time of oppression have great lessons to teach for us. It is the best time to understand the ways of the Lord and to make decisions to go on a straight path.

Scripture to Meditate

Psalm 27:13, 14

Day 3 - Psalm 121 - In our pilgrimage God watches over us

Let us begin with reading today's Psalm. Read Psalm 121 and come back here to read the below:

Thought note:

(V.1) we should never trust a lesser power than God himself as he is the maker of heaven and earth.

(V.3, 4) A father when he trains his son to do cycling he carefully watches over to make sure that he doesn't fall or get into any accidents. As an earthly father he can do it only for a short time. But our Lord who watches over us neither sleep nor slumber and hence he can watch over us 24/7. Hence we can be confident that he will not let our foot slip.

As Christians we are called for Pilgrimage towards eternity. It has many unexpected turns and twists. But one thing that we could be sure of is God's uncompromising protection for us

Practical Tip

Do we lift up our eyes to the hills? Knowing that our help comes from the Lord who is the maker of heaven and earth.

Memory Scripture, Psalm 121:1, 2

Day 4 - Psalm 34 - God answers when we call him

Let us begin with reading today's Psalm. Read Psalm 34 and come back here to read the below:

Thought note:

God Promises great blessings to his people. V.4, He will deliver us from fear, V.6, He will save us out of our troubles, V.7, He will guard and deliver us, V.8 He will show us goodness, V.9, He will supply our needs, V.15 He will listen when we talk, V.22 He will redeem us.

Yes indeed he offers great blessings but that requires our active Participation. What is our Role?

V.4, 10 we need to seek him

V.6, 17 we need to cry out to him

V.8, we need to trust him

V.7, 9 we need to fear him

V.13, we need to refrain from lying

V.13, 14 we need to turn from evil, do well and seek peace.

V.18 when we are humble

V.22 when we serve him

Practical Tip

What are some things that you must do today to play your role in receiving the blessings from God?

Memory Scripture, Psalm 34:9-10

Day 5 - Psalm 18 - When we call he delivers

Let us begin with reading today's Psalm. Read Psalm 18 and come back here to read the below:

Thought note:

V.2, 3 God's Protection to people is limitless and can take many forms. David characterized God's care with five military symptoms. God is like

- A Rock that can't be moved by any who would harm us
- A fortress or place of safety where the enemy can't follow.
- A shield that comes between us and harm
- A horn of Salvation, a symbol of might and power.
- A Stronghold high above our enemies.

If we need Protection, we must look to God.

V. 16, Do your troubles look like "Deep waters" threaten to drown you? David helpless and weak knew that God alone had rescued him from his enemies when he was defenseless. So when you feel like drowning in troubles, ask God to help you, hold you steady and protect you. In his Care, you are never helpless.

Practical Tip:

Write down the moments in your life where you have been rescued by God and offer a prayer of thanksgiving to God.

Week 3 – FOCUS POINT: BLESSINGS FOR OBEDIENCE

Day 1 - Psalm 1 - Life of an obedient person

Let us begin with reading today's Psalm. Read Psalm 1 and come back here to read the below:

Thought note:

Have you ever felt like living a Godly life is not worth it? You look around and see many who do not think about God and do not do what is right and they seem to be okay or even doing better than you. It's easy to be deceived and disillusioned about God when this happens. The very first Psalm points out that the blessed life, the one that God favors are those that stay away from sinful influences and find delight in the law of the Lord and meditate on his law day and night. What you delight in and what you spend more time on is what will capture your heart. What captures your heart directs your life. This Psalm points out how the outcome of one's life is connected to what has captured their heart. Those who delight in the law of the Lord and meditate on it are like "trees planted by streams of water which yields its fruit in season" and have leaves that do not wither. The wicked, however, are like chaff or the covers of the seed that are blown away by the wind and disappear. They cannot stand on the Day of Judgment. The pleasures of this world and the things of the world are temporary. God has so much more in store for us, but we can only experience it when we hold to his Word even when it does not seem to make sense.

In prayer today: God, help me to value what you value. Help me to resist the world and to have a heart that delights in your Word.

Day 2 - Psalm 119:9-16 - I will not neglect your word

Let us begin with reading today's Psalm. Read Psalm 119:9-16 and come back here to read the below:

Thought note:

As human beings, we tend to take the things that are most valuable for granted. It could be relationships or our health, or our talents or gifts. Unless we are intentional about paying attention to these things, we end up neglecting them until we lose them. The writer of this Psalm vows to "not neglect God's Word". Have you ever made such a vow? Too many of us take the Word of God for granted. Verse 9 says, "How can a young person stay on the path of purity? By living according to your word." When we as young men and young women have God's Word in our hearts it gives us the power to resist sinful temptations. Do you easily fall into sin? We may be reading our Bible but unless we have God's Word in our hearts it will not bring changes to the desire of our hearts. Here the Psalms say "hiding God's Word in our heart" involves saying it with our lips (vs13), rejoicing in following it as though it were riches(14), meditating on it, and considering it(15), and finally delighting in it(16). Let's never allow the things of the world to consume us, it leads to emptiness. Let us be consumed by the Word of God so that we can live pure and fulfilling lives.

In prayer today: Ask God to help you to stay on the path of purity.

Day 3 - Psalm 90:7-12 - Obedient life is reflected by the way we live

Let us begin with reading today's Psalm. Read Psalm 90:7-12 and come back here to read the below:

Thought note:

Vs. 10 says, "Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away." The verse reminds us that life is brief and that in that brief time we will see trouble and sorrow. Though we do everything possible to avoid it, trouble and sorrow will find their way into our lives. But this does not have to be a bad thing. Vs 12 says, "Teach us to number our days, that we may gain a heart of wisdom." Our short time on this planet has a goal to "gain a heart of wisdom." This life takes on new meaning when we see it as a preview for the eternal life God has planned for us.

In prayer today: Ask God for his wisdom to face the trouble or sorrow you are going through in your life.

Day 4 - Psalm 31:1-5 - Obedience requires courage and assurance of God's protection

Let us begin with reading today's Psalm. Read Psalm 31:1-5 and come back here to read the below:

Thought note:

Verse 5 says, "Into your hands, I commit my spirit; deliver me, Lord, my faithful God." These were the words Jesus said before he breathed his last breath on the cross. Though Jesus lived a perfect life, he was crucified, and he died a humiliating death. Anyone who wants to live a godly life will face opposition and rejection. Many times we struggle to do what God calls us to do because of fear of opposition and rejection. This Psalm teaches us that if we face opposition when we're trying to do what is right, we must cry out to the Lord. He alone is our "rock of refuge, a fortress of defense. (v2) He is our reliable source of strength and protection. When trouble seems to be chasing us, do we seek safety in the world or in the Lord? Let us learn from Jesus to cry out and surrender to God when we go through time of struggle.

In prayer today: Pray for courage to obey God when we face opposition and rejection from people.

Day 5 - Psalm 32:1-7 - Obeying God's word makes us realize our need for forgiveness

Let us begin with reading today's Psalm. Read Psalm 32:1-7 and come back here to read the below:

Thought note:

When we sin, the temptation is to cover it up. King David tried to cover up his sin. After his adultery with Bathsheba, he attempted to use silence, deceit, and fasting to cover his sins. In this Psalm he talks about experiencing the intense convicting hand of God when he remained silent (v3-4) Unable to withstand the conviction any longer, David uncovered his sin by acknowledging, confessing, and repenting of it (v5) He no longer needed to cover it because God forgave him. When we try to cover up our sin, things only get worse, we lose our joy, and our hearts hardened. When we confess our sins, God is faithful and will forgive us, and times of refreshing comes into our lives. Let us not be controlled by the fear of what people think, let us accept the gift of forgiveness God offers us through Jesus Christ.

In prayer today: Spend time confessing your sin to the Lord.

Week 4 – FOCUS POINT: GREATNESS OF GOD

Day 1 - Psalm 139 – He is Omnipotent

Let us begin with reading today's Psalm. Read Psalm 139 and come back here to read the below:

Thought note:

- God sees our heart as it is and he knows us inside out better than anyone else.(V.1)
- God is the creator and ruler of the universe who defeats all darkness with his light and no one can escape his view.(V.11,12)
- God has crafted me in his image, and I am fearfully and wonderfully made (V.14)
- He watches over bloodthirsty men who are out there to destroy his people and we can lean on his promise that God would slay the wicked. (V.19)

Practical Tip:

Are you constantly dealing with wicked men?

(V.23, 24)Dealing with Wicked men, we could be tempted to give ourselves to sinful ways. Reflect on your life for any offensive ways. Ask God for forgiveness and strength to lead you in path that leads to eternity?

Memory Scripture, Psalm 139:4

Day 2 – Psalm 103 – His great love for us

Let us begin with reading today's Psalm. Read Psalm 103 and come back here to read the below:

Thought note:

- He redeems our life from the Pit and crowns us with love and compassion. Irrespective of where we are at spiritually right now, his love is great enough to redeem us. (V.4)
- Do you feel oppressed? The Lord works righteousness and Justice for all the Oppressed. When we are being oppressed we can lean on this promise.(V.6)
- The Lord is compassionate and gracious, slow to anger and abounding in Love. Abounding in love, His love has no limits(V.8)
- He knows we are fragile and hence he is considerate in the way he deals with us(V.13,14)
- From Everlasting to Everlasting Lord's love is with those who fear him(V.17)

Practical Tip

Are you doubtful of God's love for you? No matter how far you have gone away from God, if you turn to him today, he is waiting to redeem you. Would you turn to him today?

Memory Scripture, Psalm 103:8 to 10

Day 3 - Psalm 100 - His great Faithfulness

Let us begin with reading today's Psalm. Read Psalm 100 and come back here to read the below:

Thought note:

- For those of us who are parents, we care for our children. We would be willing to go any extra mile to make sure that our children feel protected and taken care of. It is God the Lord who has made us, we are his Children – Sheep of his Pasture. Hence, we can be confident of God's guidance and protection.(V.3)
- God's faithfulness flows through all generations. He is not man who would turn his back on us – Whatever challenges that we go through, we can truly rely on God's faithfulness(V.5)

Practical Tip.

How can we respond to God's faithfulness?

Let us enter his court with a heart of gratitude and our lips full of Praise.

Memory Scripture, Psalm 100:5

Day 4 – Psalm 19 - His great creation and His word

Let us begin with reading today's Psalm. Read Psalm 19 and come back here to read the below:

Thought note:

- We can see God's glory all around us.(V.1)
- In every sunrise in every storm bearing down and in every rainbow thereafter, we can see his awesome dominion. (V.1-3)
- God's word tells us everything we need to know to join with him in heaven. Now it's up to us to follow His instructions.(V.7-11)
- Let us seek his strength in Prayer to be a Good and a faithful Servant!

Practical Tip:

Take some time to visit a Solitary Place and reflect on the nature around you today. His creation reflects his greatness and that should inspire us to humble ourselves before him.

Memory Scripture, Psalm 19:13, 14

Day 5 - Psalm 8- Greatness of God assures the worth of mankind

Let us begin with reading today's Psalm. Read Psalm 8 and come back here to read the below:

Thought note:

- God is the Divine Creator!
- God is Adonai, the Master of the universe.
- God is Abba, the loving Father.
- God is Yahweh, the Lord ever-present, and the great I AM! Yet he crafted us in his image and entrusted us with the world, the work of his divine hands (V.4,5)

Practical Tip:

Is there anything that we have done makes us worthy to be bestowed with such an honour?

I am sure the answer is no. And that portrays the greatness of God.

Memory Scripture, Psalm 8:4 to 6

Week 5 – FOCUS POINT: THIRST FOR GOD

Day 1 - Psalms 51 - Thirst for sanctification

Let us begin with reading today's Psalm. Read Psalm 51 and come back here to read the below:

Thought note:

(V1) David pleads for mercy, forgiveness and cleansing from sin after committing adultery. He wants to be right with God

(V4) No sin is big or small before the eyes of God. All sin needs forgiveness. And it's all against God. Sin hurts us and others. It offends God because sin in any form is rebellion against God's way of living.

(V5) We are born as sinners and our natural inclination is to please ourselves than God. Like David we need to ask God to cleanse us from within.

(V12) Do you feel stagnant in your faith? David In his prayer cried "restore to me the joy of your salvation". God wants us to be close to him and experience his fullness. Sin makes our intimacy difficult. But when we confess he will give back the joy of our relationship with him

Scripture to pray: Psalms 51:10

Day 2 - Psalm 37 - Waiting patiently for him to act

Let us begin with reading today's Psalm. Read Psalm 37 and come back here to read the below:

Thought note:

(V1) Do you envy evil people around us for their wealth, popularity and success? No matter how much they have it will wither like grass and dies. Those who follow God live differently and in the end get greater treasure from heaven. It will last forever.

(V4) How can we delight in the Lord? By experiencing great pleasure and joy in his presence. This happens when we know God. Knowledge of God's great love for us will indeed give us delight.

(V5) Let us commit ourselves to God by entrusting everything - our lives, families, jobs, possessions to his control and guidance. Do we believe that he cares for us better than ourselves? We should wait patiently for him to work best for us.

(V8, 9) Anger and fret are two destructive emotions. It reveals our lack of trust. When we dwell on our problems it makes us to become anxious and angry. But we could hope in the Lord and be at peace.

Scripture to pray: Psalms 37:23-24

Day 3 – Psalm 42 - Thirst for Him when you feel lonely and depressed

Let us begin with reading today's Psalm. Read Psalm 42 and come back here to read the below:

Thought note:

(V1) As the life of a deer depends upon water so our lives depend upon God. Our soul thirsts for God. Do we long to go to God and fill ourselves?

(V5) Downcast is one of the common emotional ailments.

We can face it by meditating on the record of God's goodness in our lives. It helps us to focus on God's ability than our inability to help ourselves. Where do you put your hope when you face problems?

Scripture to pray: Psalms 42:11

Day 4 – Psalm 63 - Only God satisfies us fully

Let us begin with reading today's Psalm. Read Psalm 63 and come back here to read the below:

Thought note:

(V1) David earnestly seeks for God's Presence in his life. He knows only God can satisfy him.

(V3) God's love is amazing. It's even better than our lives. Are we glorifying his love?

(V5) God's Presence can satisfy us more than the riches of foods.

(V7) The best place to take refuge is under the shadow of God's wings. Only God is capable of rescuing us from all dangers.

Scripture to pray: Psalm 63:9-11

Day 5 - Psalm 131 - Seeking Comfort in God like a child would find in its mother

Let us begin with reading today's Psalm. Read Psalm 131 and come back here to read the below:

Thought note:

V.1, Pride results from overvaluing ourselves and undervaluing others. It leads to restlessness because it makes us dissatisfied with what we have and concerned about what everyone else is doing. It keeps us always hungering for more attention and adoration.

V.2 But in contrast humility puts others first and allows us to be content with God's leading in our lives. Such contentment gives us security so that we no longer have to prove ourselves to others. Only a heart that is humble can find rest in God.

Scripture to pray: Psalm 131:2

Week 6 – FOCUS POINT: GOD'S SOVEREIGNTY

Day 1 - Psalm 90 - God exists before all

Let us begin with reading today's Psalm. Read Psalm 90 and come back here to read the below:

Background: This psalm was written by Moses. Probably was written when Israelites were delivered out of Egypt. Moses might have written this prayer to be daily used, either by the people in their tents, or, at least, by the priests in the tabernacle-service, during their tedious fatigue in the wilderness

Thought note:

Learning:

- God's Timeline →
 - His dwelling place is throughout all generations (vs. 1)
 - Before the creation God was existing (vs. 2)
 - Everlasting to Everlasting (vs. 2) (try to imagine what it means 'everlasting to everlasting you are God')
- God's Power →
 - A thousand years are like a day (vs. 4)
 - People are like grass for God (vs. 5,6)
 - turn people back to dust (vs. 3)
 - He knows our iniquities including our secret sin (vs. 8)
 - We can never really estimate the power of His anger (vs. 11)
- Our prayer →
 - Teach us to number our days to gain the heart of wisdom (vs. 12)
 - Relent & have compassion on us, as the best of our days are but trouble & sorrow (vs. 13, 10)
 - Satisfy us with your unfailing love (vs. 14)
 - Make us glad for as many days as you have afflicted us (vs. 15)
 - May your favor rest on us (vs. 17)

Practical Tip: as per vs. 16, today make sure you share at least with one person about the good deeds that God has done in your entire life.

Memorize vs. 14: "Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."

Day 2 - Psalm 2 - The Lord scoffs at evil plans of men

Let us begin with reading today's Psalm. Read Psalm 2 and come back here to read the below:

Background: Psalm 2 is written by David (Acts 4:25). The verses are a celebration of the unquestionable supremacy of God and his Messiah over all the rebellious forces of humanity. There is no question as to who would win in a confrontation between God and his Messiah on the one hand and rebellious humanity on the other: God wins.

Thought note:

Learning:

- People rebellious (vs. 1-3)
 - Rebellious thoughts and actions of humanity against Yahweh and his king.
- God's response to this rebellion
 - God laughs at the insolence and presumption of rebellious humanity. Rebellion is futile, because God has already decided the issue. (vs. 4-6)
 - The Messiah has been ordained by God and the whole earth has been given to him as his own property or inheritance. He has authority to lay the smack down on rebellious humanity. (vs. 7-9)
- God's advice to us (vs. 10-12)
 - Settle down and serve God by serving the Messiah.
 - Otherwise, destruction is coming.

Practical Tip: God has promised to make nations our inheritance. All we have to do is ASK, therefore make your specific prayer list for yourself, family & church. Remember to ASK God daily.

Memorize vs. 8: "Ask me, and I will make the nations your inheritance, the ends of the earth your possession."

Day 3 - Psalm 135 - The Lord does whatever pleases him

Let us begin with reading today's Psalm. Read Psalm 135 and come back here to read the below:

Background: This psalm is called a mosaic because of so many allusions, quotations, and references to other portions of the Old Testament. Psalms 135:5 is like Exodus 18:11; Psalms 135:7 is like Jeremiah 10:13; Psalms 135:15-18 are almost identical with Psalms 115:4-8, etc.

Thought note:

Learning:

- A call to praise God (vs. 1-2)
- The reasons to praise God
 - Because He is the God of Jacob (vs. 4).
 - Because He is the God of gods (vs. 5).
 - Because He is the God of the whole world (vs. 6, 7).
 - Because He is a terrible God to the enemies of Israel (vs. 8-11).
 - Because He is a gracious God to Israel, both in what He had done for them and what He would do (vs. 12-14).
 - Because He is the only living God (unlike lifeless idols) (vs. 15-18).
- Who all are to praise God
 - All Israelites
 - House of Aaron
 - House of Levi
 - Those who fear Him (basically everyone should praise God and in all situations and for all reasons)

Practical Tip: as we understood from this chapter which explained so many reasons for us to praise God, make a list of specific personal reasons why you should be praising God.

Memorize vs. 6: "The Lord does whatever pleases him, in the heavens and on the earth, in the seas and all their depths."

Day 4 - Psalm 136 - God's love endures forever

Let us begin with reading today's Psalm. Read Psalm 136 and come back here to read the below:

Background: It is a unique psalm in that the same refrain is repeated 26 times. Probably, Psalm 136 was designed for public worship. The Jews called it the Great Hallel (= Praise), and it was especially sung at the Passover. Perhaps the worship leader would recite the first line of each verse, followed by the congregation repeating together the response, "His love endures forever."

Thought note:

Learning:

- Give thanks for who He is
 - He is Good (vs. 1)
 - He is the God of gods (vs. 2)
 - He is the Lord of lords (vs. 3)
- Give thanks for His creations (vs. 4-9)
 - His great wonders (vs. 4)
 - Made the heavens (vs. 5)
 - Created earth (vs. 6)
 - Created Sun, Moon & Stars (vs. 7-9)
- Give thanks for what He has done to Israelites (vs. 10-22)
 - Struck down firstborn of Egypt which made them to let Israel free (vs. 10-12)
 - Saved Israel from Pharaoh's army dividing the red sea (vs. 13-15)
 - Provided inheritance taking land from foreign Kings (vs. 16-22)
- Give thanks for His help in our daily life
 - Remembers us in our low state (vs. 23)
 - Frees us from enemies (vs. 24)
 - Provide Food to all of us (vs. 25)

Practical Tip: make an exhaustive list of blessings that you received from your birth till now and thank God specifically.

Memorize vs. 23 – 26: 23 He remembered us in our low estate, His love endures forever. 24 and freed us from our enemies. His love endures forever. 25 He gives food to every creature. His love endures forever. 26 Give thanks to the God of heaven. His love endures forever.

Day 5 - Psalm 33 - God sets the course of human events

Let us begin with reading today's Psalm. Read Psalm 33 and come back here to read the below:

Background: The psalmist, likely David, appeals for joyful praise of God. The opening verses refer to "a new song," which is an expression of each generation's personal experience of God's goodness. Creating original songs to honor God is a way of praising and worshipping Him.

Thought note:

Learning:

- Joyfully worship God (vs. 1-3)
 - Sing joyfully (not dutifully) → meaning sing because you want to and not because you have to
 - Worship skillfully (e.g. use musical instruments, etc.)
 - Participate Actively (and not passively) → Shout
- Exalt God (vs. 4-9)
 - For God's justice
 - For His creative power
 - For His omnipotent sovereignty
 - For His omniscient love for His people
- Man's plans fail, God's prevails (vs. 10-19)
 - No earthly power can thwart God's will. As much as any country or culture tries to overthrow God, He cannot be defeated. Those who rely on worldly power are doomed to failure, while reliance on God is the path to eternal salvation
- Wait on the Lord (vs. 20-22)
 - To "wait" on the Lord implies a patient, attentive interest in His will. That requires trust, which is the essence of biblical faith. The people led by the psalmist sing their intent to rely on God and to eagerly expect His powerful work in their lives.

Practical Tip: Write down all the ways that you feel threatened in your life. Pray specifically for strength to endure and for deliverance.

Memorize vs. 20: "We wait in hope for the Lord; he is our help and our shield."