

# Psalms Devotionals - Day 1

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.’ (Matthew 6:9-13)

For us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 1 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. What are the three actions avoided by the one who is blessed?
2. There is a bit of a narrowing spiral depicted in the Hebrew language in Psalm 1:1. Wicked is a general state of being unrighteous and not pursuing God and walking in step is something that can be done at a distance and is not intimate. “Sinners” is a more specific reference to those that intentionally oppose God’s will and standing in their way implies a deeper and more intentional identification with sinful ways. The “mockers” or “scoffers” is very specific and is one who willfully defies God with their mouth and heart and sitting in their company is an intimate act of identification. What does this spiral teach us about the appeal and pull that sin can have in our lives?

3. Are there any ways in which I have allowed worldly thinking or acting into my life and have walked, stood, or sat in the council of the ungodly?
4. What positive actions does the blessed one take?
5. Do I delight in God's word truly? If not, what stops me?
6. Does verse 3 mean that if we follow God nothing bad will ever happen? What does it mean practically?
7. Describe the difference between the person that is like a tree and the wicked in verse 4?
8. Verses 4 and 5 are a call to faith. The wicked will not sit in the assembly and make decisions (standing in the judgment) about what happens in the community. In other words, their lives will not bring them standing in the community that matters. But it doesn't always seem that way, does it? Given that call to faith, what does verse 6 mean to you?
9. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 1, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray for those that walk with the wicked, stand with sinners, and sit with mockers.
- Pray to delight in God's word.
- Pray for yourself and others to be planted by streams of water. Be specific how you want God to do that.
- Pray that you will have a heart for those that will perish if they do not change their path.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.

# Psalms Devotionals - Day 2

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
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And lead us not into temptation,  
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For us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 2 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. In Psalm 1 it was individuals who have a choice to walk in God's way or the way of the world. In Psalm 2, it is the nations who face that same choice. Why do so many people and nations rebel against God's rule?
2. Are you ever tempted to trust in your leaders, or your nation and its power rather than God and the power of his kingdom? What areas tempt you the most?
3. What are the areas in which the world rebels against God's rule that tempts me to think similarly?
4. Israel was often under the rule of a superpower, looking to break their chains. But here it is the superpowers that fail to recognize they are under God's rule and wish to

break their chains. Don't answer this next question too quickly. Have you completely submitted to God's rule in every area of your life?

5. What is God's response to those that refuse to recognize his reign?
6. What are the full implications of believing and accepting that God has installed the Messiah as his king over the world?
7. What does it look like in your life to serve the Lord with fear?
8. Do you take refuge in God? What does that look like in your life?
9. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 2, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray for wisdom and humility for our national and political leaders.
- Pray to those that reject God's rule and trust in the nations to bring them security.
- Pray that God will reveal to you if there are any ways that you have gone after the ways and rule of the nations and not fully accepted God and his Messiah as king.
- Pray for those that most feel like your enemy.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.

# Psalms Devotionals - Day 3

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
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And lead us not into temptation,  
but deliver us from the evil one.’ (Matthew 6:9-13)

for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 3 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. David had two fears that were coming to reality here. He was literally on the run from thousands of troops that were chasing him, and his own son had risen up against him. Everything that brought him identity and value in his life were gone. Have you ever had times where, like David, you felt that everything was going wrong? How do you respond in those times?
2. Many people were taunting David and claiming that God had given up on him. For many of us, that chorus most often rings out from within our own head. Can you think of a time when you began to doubt God’s love or concern for you?
3. What two things does David remind himself about God in verses 3 and 4?

4. One thing that David remembers is that God is his shield. Shields though, are used in the midst of battle rather than something that keeps him from the fray. What does this tell us about how God might most often operate in our own lives?
5. David prays for God to take action on his behalf rather than David himself acting to get out of his situation. What is going on in your life right now that you need to turn over to God in prayers and ask for him to take action?
6. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 3, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray for the difficult situations in your life that can make you feel like you are being chased or surrounded. Pray for others in that same condition.
- Pray that God will be a shield to protect you even while the arrows are flying all about.
- Pray that others will be reminded that it is God who sustains them and that would come to accept that fully.
- Pray that you will trust God to deliver you.
- Be honest with God about the frustrations you have in your life right now. Ask him to pour his blessing out, keeping in mind that his blessing may entail continuing to protect you through the battle and not keep you from it.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.

# Psalms Devotionals - Day 4

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
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And lead us not into temptation,  
but deliver us from the evil one.’ (Matthew 6:9-13)

for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 4 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. Have you ever felt like God was not as close as you would like or was not answering your prayers? What can you learn from the directness of the psalmist in verse 1?
2. This was written for agricultural people who had to work hard to provide their own food, but who also relied on timely weather conditions and relief from locusts and similar things to have a crop and be able to eat. When things weren't prosperous and going well, the assumption was that God had abandoned them and turned to the gods of their neighbors for blessing. What type of situations can make you turn to other things for comfort other than God?
3. In verse 3, it says that the people should “know” that God has set apart his faithful servant. That is true despite the circumstances. How do we prepare ourselves

mentally to serve God even when circumstances are challenging and not what we would hope them to be?

4. What can we learn from the phrase, “Tremble and do not sin”?
5. In verse 5, he recommends doing what God’s people are supposed to do and to continue to trust in God rather than the circumstances. How can a church family help one another be able to do that?
6. Who will provide for us? That is the heart of the question in verse 6. How does Matthew 6:18-34 answer that question for us today?
7. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 4, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray for God to answer you and be honest with him about your concerns and current anxieties.
- Pray for things that are causing the world to panic and fear right now.
- Pray that God will act and show himself to the world as our only source of security and comfort.
- Pray for those that tremble, that they may allow themselves to be afraid, but learn to seek God and not sin in their fear and anxious moments.
- Pray that the Lord will deliver us and shine his face on us once again.
- Pray for the peace of the world.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.



# Psalms Devotionals - Day 5

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
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And lead us not into temptation,  
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for us there is but one God, the Father, from whom all things came and for whom we live;  
and there is but one Lord, Jesus Christ, through whom all things came and through whom  
we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called;  
one Lord, one faith, one baptism; one God and Father of all, who is over all and through all  
and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 5 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. A lament is a complaint to a figure of authority. We can often think that we shouldn't complain to God, but the Psalms demonstrate otherwise. What do you need to complain to God about? Not others, but just to God?
2. Why do you think David inserts “my King and my God” into his plea for God to hear him?
3. You may not be in a context where you have to literally deal with bloodthirsty people who are threatening your life, but take some time to think about and pray for brothers and sisters around the world who do have that as their reality.

4. David praised God that he could come into God's house and be in his presence. How much do you value your ability to be in God's presence?
5. Why does it ask for God to lead the psalmist in righteousness, because of his enemies?
6. The Psalms will often appeal to God to take action against our enemies or to crush them in some way. Why is it significant that the psalmists always turn these requests to God and never ask that they be allowed to take revenge or retaliate?
7. What does it look like for you to take refuge in God today?
8. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 5, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray for God to listen to your complaints and take action.
- Pray that God will help you desire his will in your life and not the forces of culture and society around you.
- Pray that God will show us how to take refuge in him.
- Pray that God will surround us with his favor.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.

# Psalms Devotionals - Day 6

## King and Kingdom

Recite aloud:

“Our Father in heaven,  
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And lead us not into temptation,  
but deliver us from the evil one.’ (Matthew 6:9-13)

for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 6 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. Have you ever felt like God was rebuking or disciplining you through certain circumstances in your life?
2. What do you think of the psalmist asking God to not rebuke or discipline him?
3. Psalmists will often react with God as though they have a parent and child relationship with God. How do you see that dynamic playing out in this psalm?
4. David has been crying out to God for a long time and still waiting for his deliverance. But his faith seems unwavering. What happens to your faith when God does not immediately bring relief?

5. What emotions do you see David bringing to God in this Psalm?
6. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 6, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray that God would not rebuke you in anger or discipline you in his wrath.
- Share the anguish of your soul with God and ask him to deliver you.
- If you are feeling worn out or fatigued from pleading with him and feel impatient, share that with God.
- Ask him to keep you and others away from evil.
- Pray that God will overwhelm the wicked with shame and anguish and turn their hearts to him.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.

# Psalms Devotionals - Day 7

## King and Kingdom

Recite aloud:

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And lead us not into temptation,  
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for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Cor. 8:6)

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. (Eph. 4:4-6)

## Scripture Reading

- Read Psalm 7 slowly at least 2 or 3 times

## Meditate on His Word

Answer the following questions carefully:

1. This psalm almost makes it seem as though the author has not completely heeded the advice to not associate with the way of sinners and the wicked. He has made an ally who has now turned on him and accused him of terrible things. Have you ever been mistreated or betrayed by someone close to you? How did you respond?
2. What does the request of verses 3-5 tell us about the guilt or innocence of the author?
3. What emotions from the author can we detect by the words of verse 6?
4. Why do you think David appeals to God to vindicate him rather than taking the case to the people or directly to his enemies? What does that tell us about where David's faith rested?

5. Do you go to God for justice and vindication and leave the decision in his hands, or do you feel that you need to appeal to other people and be seen as innocent in their eyes?
6. Do you truly believe that God is a righteous judge, or do you often question his decisions?
  
7. What, practically speaking, does the psalmist mean by saying that the evildoer “gives birth to disillusionment,” “falls into a pit they have made,” and “violence comes down on their own heads”? What warning for us does that imply if go follow down that path?
  
8. What have you learned about God from this Psalm?

**Prayer Today:**

- Begin this prayer by reciting the King and Kingdom passages from above and praying through them.
- Pray through Psalm 7, applying its language and meaning to yourself and the lives of those around you.
- Immerse yourself in the language of this prayer.
- Pray that you may take refuge in God even during challenging times and trials.
- Pray that God will help you to walk with integrity in all situations.
- Pray for anyone that feels like an enemy to you.
- Pray that your actions will demonstrate to others around you that God is truly king.
- Ask that God will help and reveal himself to those that have gotten themselves into terrible situations through their own actions.
- At least two other times today, recite the three King and Kingdom passages and let them lead you into a short time of prayer rooted in the language and ideas of those passages.