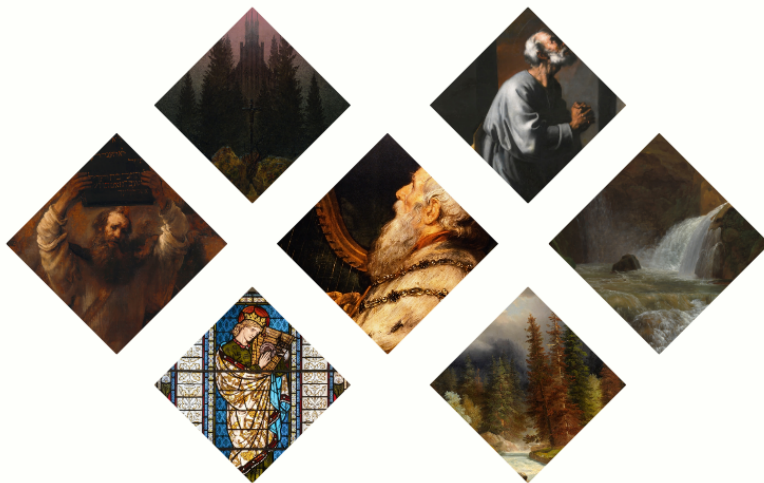


*Not-So-Quiet Time  
Morning Plan*

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# The Book *of* Psalms

**VOLUME 2**



**PHYLICIA MASONHEIMER  
WITH COURTNEY BURG**

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First edition, version 1.0

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Published by Every Woman a Theologian LLC

Cover design by Micaela Staudenmaier

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Printed by Rocky Heights Print and Binding in the United States of America.

## INTRODUCTION

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Welcome to your Not-So-Quiet Time guide to the book of Psalms, Volume Two!

In my years writing Bible studies for women, I've noticed a theme: we're busy! Whether you're balancing being a working woman, chasing littles, shuttling teens to sports, or an empty nester caring for an aging parent, commitments constantly call your name. But even in our busiest seasons (I would argue especially in our busiest seasons), we need the Word of God. We need to immerse ourselves in the truth of Scripture and anchor our souls in His unchanging love.

Our in-depth, verse-by-verse studies can direct a rich Bible experience, but sometimes we need a resource that facilitates time in Scripture without overburdening an already busy schedule. I also wanted a resource for people whose "quiet time" is not so quiet! Whether you do your Bible study on a lunch break in the office or crack open these pages with a toddler crawling on your back, this book is accessible for your season of life.

The book of Psalms contains 150 songs of praise to the Lord. These psalms vary in their content from rejoicing to thanksgiving, to lament and grief. This particular volume contains one-fourth of the psalms (Psalms 39–75). The psalms invite us to worship alongside their author with adoration of God for His salvation, love, provision, and justice. The poetic imagery of the psalms moves us to worship in a multisensory way—which is the intention of our Not-So-Quiet Time guides!

I designed this line of studies to pull in all the senses: a visual element using classical art; an auditory element with the integrated worship playlist; and a read/write element through reading Scripture, memorizing verses, and answering questions. This broadens your experience of the narrative and helps you appreciate the text even more. This study is meant to be flexible. You can take it as deep as you like or simply read, observe, and meditate.

While I designed this resource for personal study, it makes a great addition to your homeschool "morning basket" routine or a devotional shared with kids around the table. In homeschool contexts, you could integrate this into Bible time or your group read-aloud time. Recite the memory verse, read the psalm aloud, discuss the questions, and listen to the song. You can listen to the worship song as a playlist or as an individual song.

However you use this study in this busy season, I pray it gives you a new appreciation for the book of Psalms.

-PAm

Psalms Volume Two  
Playlist



## DAY ONE

Reading: Psalm 39

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**Memory Verse:** “Lord, make me aware of my end and the number of my days so that I will know how short-lived I am”  
(Psalm 39:4).

### Psalm 39 | The Fleeting Nature of Life

For the choir director, for Jeduthun. A psalm of David.

<sup>1</sup> I said, “I will guard my ways  
so that I may not sin with my tongue;  
I will guard my mouth with a muzzle  
as long as the wicked are in my presence.”

<sup>2</sup> I was speechless and quiet;  
I kept silent, even from speaking good,  
and my pain intensified.

<sup>3</sup> My heart grew hot within me;  
as I mused, a fire burned.

I spoke with my tongue:

<sup>4</sup> “Lord, make me aware of my end  
and the number of my days  
so that I will know how short-lived I am.

<sup>5</sup> In fact, you have made my days just inches long,  
and my life span is as nothing to you.  
Yes, every human being stands as only a vapor. *Selah*

<sup>6</sup> Yes, a person goes about like a mere shadow.  
Indeed, they rush around in vain,  
gathering possessions  
without knowing who will get them.

<sup>7</sup> “Now, Lord, what do I wait for?  
My hope is in you.

<sup>8</sup> Rescue me from all my transgressions;  
do not make me the taunt of fools.

<sup>9</sup> I am speechless; I do not open my mouth  
because of what you have done.

<sup>10</sup> Remove your torment from me.  
Because of the force of your hand I am finished.

<sup>11</sup> You discipline a person with punishment for iniquity,  
consuming like a moth what is precious to him;  
yes, every human being is only a vapor. *Selah*

<sup>12</sup> “Hear my prayer, Lord,  
and listen to my cry for help;  
do not be silent at my tears.  
For I am here with you as an alien,  
a temporary resident like all my ancestors.

<sup>13</sup> Turn your angry gaze from me  
so that I may be cheered up  
before I die and am gone.”

### Daily Questions:

- What does David guard himself against in the opening verses? (vv. 1–3)
- What happens to him internally when he stays silent? (v. 3)
- How does David describe human life in verses 4–6?
- Why is hope in God (v. 7) presented as the only meaningful response to life’s brevity?
- What prayer does David close with, and what might he mean when he describes living as a “temporary resident”? (vv. 12–13)

### Memory Verse first-letter technique:

“L, M M A O M E A T N O M D S T I W K H S - L I A.”

Worship Song: “Days of Elijah” by Robin Mark

Scan me  
to listen





*The Hermit*  
by Gerrit Dou

## DAY TWO

Reading: Psalm 40

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**Memory Verse:** *"I delight to do your will, my God, and your instruction is deep within me"* (Psalm 40:8).

### Psalm 40 | Thanksgiving and a Cry for Help

**For the choir director. A psalm of David.**

<sup>1</sup> I waited patiently for the Lord,  
and he turned to me and heard my cry for help.

<sup>2</sup> He brought me up from a desolate pit,  
out of the muddy clay,  
and set my feet on a rock,  
making my steps secure.

<sup>3</sup> He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear,  
and they will trust in the Lord.

<sup>4</sup> How happy is anyone  
who has put his trust in the Lord  
and has not turned to the proud  
or to those who run after lies!

<sup>5</sup> Lord my God, you have done many things—  
your wondrous works and your plans for us;  
none can compare with you.

If I were to report and speak of them,  
they are more than can be told.

<sup>6</sup> You do not delight in sacrifice and offering;  
you open my ears to listen.  
You do not ask for a whole burnt offering or a sin offering.

<sup>7</sup> Then I said, "See, I have come;  
in the scroll it is written about me.

<sup>8</sup> I delight to do your will, my God,  
and your instruction is deep within me."

**DAY TWO**

*Reading: Psalm 40*

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*Continued*

<sup>9</sup> I proclaim righteousness in the great assembly;  
see, I do not keep my mouth closed—  
as you know, Lord.

<sup>10</sup> I did not hide your righteousness in my heart;  
I spoke about your faithfulness and salvation;  
I did not conceal your constant love and truth  
from the great assembly.

<sup>11</sup> Lord, you do not withhold your compassion from me.  
Your constant love and truth will always guard me.

<sup>12</sup> For troubles without number have surrounded me;  
my iniquities have overtaken me; I am unable to see.  
They are more than the hairs of my head,  
and my courage leaves me.

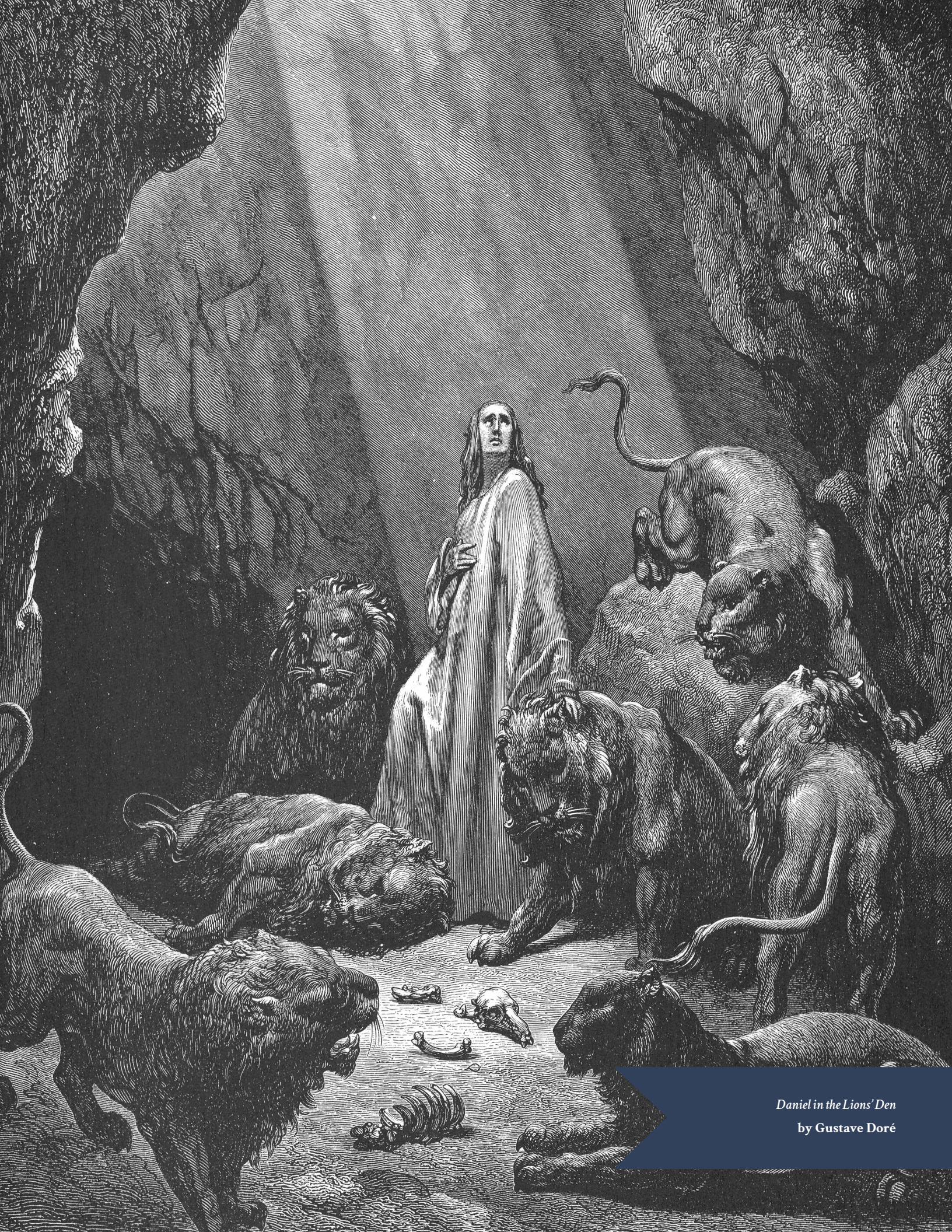
<sup>13</sup> Lord, be pleased to rescue me;  
hurry to help me, Lord.

<sup>14</sup> Let those who intend to take my life  
be disgraced and confounded.  
Let those who wish me harm  
be turned back and humiliated.

<sup>15</sup> Let those who say to me, "Aha, aha!"  
be appalled because of their shame.

<sup>16</sup> Let all who seek you rejoice and be glad in you;  
let those who love your salvation continually say,  
"The Lord is great!"

<sup>17</sup> I am oppressed and needy;  
may the Lord think of me.  
You are my helper and my deliverer;  
my God, do not delay.



*Daniel in the Lions' Den*  
by Gustave Doré

## DAY TWO

*Reading: Psalm 40*

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*Continued*

### **Daily Questions:**

- What did David do in verse 1?
- How did the Lord respond? (vv. 1–3)
- How does David describe someone who trusts in the Lord? (v. 4)
- What does verse 5 say about the wondrous works and plans for God’s people?
- How does David reflect on the value of sacrifices versus a heart and ears willing to listen and obey God’s words?

### **Memory Verse first-letter technique:**

“I D T D Y W, M G, A Y I I D W M.”

**Worship Song:** “This is Amazing Grace” by Phil Wickham

Scan me  
to listen



## DAY THREE

Reading: Psalm 41

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**Memory Verse:** “Happy is one who is considerate of the poor; the Lord will save him in a day of adversity” (Psalm 41:1).

### Psalm 41 | Victory in spite of Betrayal

**For the choir director. A psalm of David.**

<sup>1</sup> Happy is one who is considerate of the poor;  
the Lord will save him in a day of adversity.  
<sup>2</sup> The Lord will keep him and preserve him;  
he will be blessed in the land.  
You will not give him over to the desire of his enemies.  
<sup>3</sup> The Lord will sustain him on his sickbed;  
you will heal him on the bed where he lies.  
<sup>4</sup> I said, “Lord, be gracious to me;  
heal me, for I have sinned against you.”  
<sup>5</sup> My enemies speak maliciously about me:  
“When will he die and be forgotten?”  
<sup>6</sup> When one of them comes to visit, he speaks deceitfully;  
he stores up evil in his heart;  
he goes out and talks.  
<sup>7</sup> All who hate me whisper together about me;  
they plan to harm me.  
<sup>8</sup> “Something awful has overwhelmed him,  
and he won’t rise again from where he lies!”  
<sup>9</sup> Even my friend in whom I trusted,  
one who ate my bread,  
has raised his heel against me.  
<sup>10</sup> But you, Lord, be gracious to me and raise me up;  
then I will repay them.  
<sup>11</sup> By this I know that you delight in me:  
my enemy does not shout in triumph over me.  
<sup>12</sup> You supported me because of my integrity  
and set me in your presence forever.

<sup>13</sup> Blessed be the Lord God of Israel,  
from everlasting to everlasting.  
Amen and amen.

### Daily Questions:

- What does God do for the person who shows the poor person kindness? (vv. 1–3)
- What does verse 12 suggest about integrity and God’s presence?
- What attributes of God are emphasized in this psalm?
- What does the mention of betrayal by a close companion (v. 9) suggest about covenant relationships in that cultural context?
- How does this psalm portray the relationship between God’s care for the vulnerable and His character?

### Memory Verse first-letter technique:

“H I O W I C O T P ; T L W S H I A D O A .”

Worship Song: “Healer” by Kari Jobe

Scan me  
to listen





*Hagar and the Angel*  
by Carel Fabritius



Even busy, chaotic mornings can be meaningful! The *Not-So-Quiet Time Morning Plan* is a practical guide for starting your day with a little spiritual focus, even when life gets hectic. Over 37 days, you'll journey through Psalms 39–75 in this second volume, with a mix of Scripture, art, and music to help you connect with God.

### *Each day includes:*

- **Scripture Reading:** A chapter from Psalms to set the tone of your day.
- **Guiding Questions:** Simple prompts to help you think deeply about what you have read.
- **Art and Music:** Select pieces to inspire you and uplift you.
- **Memory Verses:** Short verses you can carry with you all day long.

This plan is designed for real life, helping you engage with Scripture even if your quiet moments are few. Whether you are grabbing a quick coffee or finding a few minutes of peace before the day begins, the *Not-So-Quiet Time Morning Plan* makes it easier to start your mornings with intention and faith.

Phylicia Masonheimer is a bestselling author, Bible teacher, and host of *Verity Podcast*. She is the founder of Every Woman a Theologian, whose mission is to equip Christians to know what they believe and live it out with boldness. Phylcia lives in Northern Michigan on a small farm with her husband and their children.



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