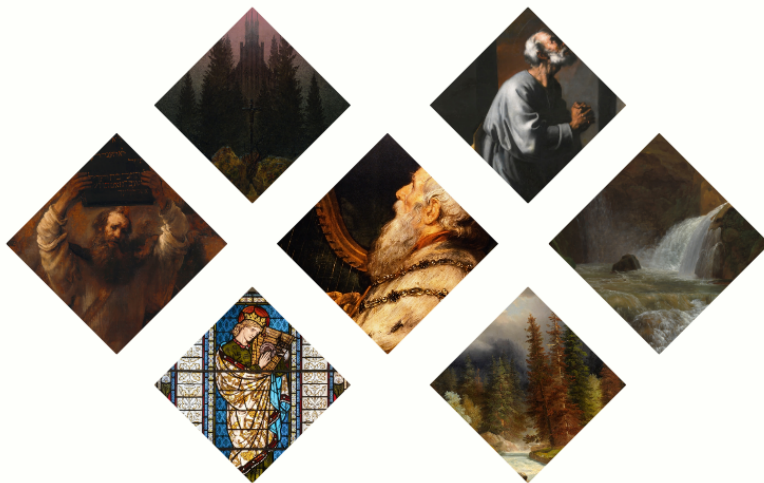


*Not-So-Quiet Time
Morning Plan*

The Book *of* Psalms

VOLUME 2



**PHYLICIA MASONHEIMER
WITH COURTNEY BURG**

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INTRODUCTION

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

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.

¹ 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.”

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

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

I spoke with my tongue:

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

⁵ 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*

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

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

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

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

¹⁰ Remove your torment from me.
Because of the force of your hand I am finished.

¹¹ 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*

¹² “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.

¹³ 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

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.

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

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

³ 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.

⁴ 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!

⁵ 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.

⁶ 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.

⁷ Then I said, “See, I have come;
in the scroll it is written about me.

⁸ I delight to do your will, my God,
and your instruction is deep within me.”

DAY TWO

Reading: Psalm 40

Continued

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

¹⁰ 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.

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

¹² 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.

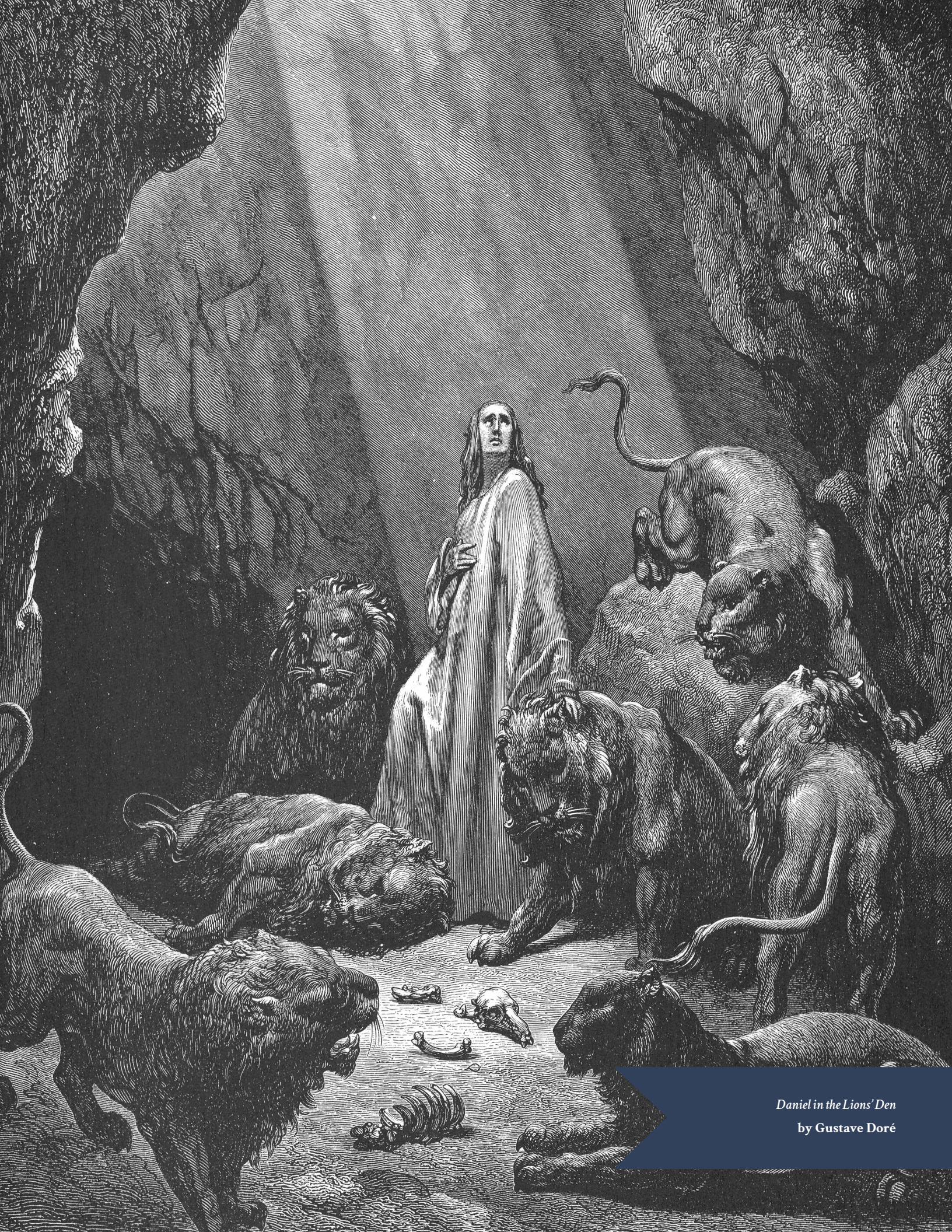
¹³ Lord, be pleased to rescue me;
hurry to help me, Lord.

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

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

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

¹⁷ 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

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

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.

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

¹³ 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



View of the Waterfalls at Tivoli
by Jean Joseph Xavier Bidault

J. J. Bidault

DAY FOUR

Reading: Psalm 42

Memory Verse: “Put your hope in God, for I will still praise him, my Savior and my God” (Psalm 42:5b).

Psalm 42 | Longing for God

For the choir director. A Maskil of the sons of Korah.

¹ As a deer longs for flowing streams,
so I long for you, God.

² I thirst for God, the living God.
When can I come and appear before God?

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

⁴ I remember this as I pour out my heart:
how I walked with many,
leading the festive procession to the house of God,
with joyful and thankful shouts.

⁵ Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.

⁶ I am deeply depressed;
therefore I remember you from the land of Jordan
and the peaks of Hermon, from Mount Mizar.

⁷ Deep calls to deep in the roar of your waterfalls;
all your breakers and your billows have swept over me.

⁸ The Lord will send his faithful love by day;
his song will be with me in the night—
a prayer to the God of my life.

⁹ I will say to God, my rock,
“Why have you forgotten me?
Why must I go about in sorrow
because of the enemy’s oppression?”

¹⁰ My adversaries taunt me,
as if crushing my bones,
while all day long they say to me,
“Where is your God?”
¹¹ Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.

Daily Questions:

- What repeated phrases do you notice in this psalm? And later in Psalm 43?
- What imagery is used to describe the psalmist’s longing to return to God’s presence in the sanctuary?
- What is causing the psalmist’s distress?
- How might “remembering” God’s faithfulness in the past help in times of despair?
- What is sent by day and into the night, according to verse 8?

Memory Verse first-letter technique:

“P Y H I G, F I W S P H, M S A M G.”

Worship Song: “As the Deer” by Martin J. Nystrom

Scan me
to listen



DAY FIVE

Reading: Psalm 43

Memory Verse: “Send your light and your truth; let them lead me” (Psalm 43:3a).

Psalm 43

¹ Vindicate me, God, and champion my cause
against an unfaithful nation;
rescue me from the deceitful and unjust person.

² For you are the God of my refuge.
Why have you rejected me?

Why must I go about in sorrow
because of the enemy’s oppression?

³ Send your light and your truth; let them lead me.
Let them bring me to your holy mountain,
to your dwelling place.

⁴ Then I will come to the altar of God,
to God, my greatest joy.
I will praise you with the lyre,
God, my God.

⁵ Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.

Daily Questions:

- What is the emotional state of the psalmist?
- Who is the psalmist asking for vindication from? (vv. 1–5)
- What is the request made in verse 3?
- How does this psalm go well with the theme offered throughout Psalm 42?
- What is the relationship between hope, praise, and trust in this psalm?

Memory Verse first-letter technique:

“S Y L A Y T; L T L M.”

Worship Song: “Light of the World” by Lauren Daigle

Scan me
to listen





The Light of the World
by William Holman Hunt

DAY SIX

Reading: Psalm 44

Memory Verse: “We boast in God all day long; we will praise your name forever” (Psalm 44:8).

Psalm 44 | Israel’s Complaint

For the choir director. A *Maskil* of the sons of Korah.

¹ God, we have heard with our ears—
our ancestors have told us—
the work you accomplished in their days,
in days long ago:

² In order to plant them,
you displaced the nations by your hand;
in order to settle them,
you brought disaster on the peoples.

³ For they did not take the land by their sword—
their arm did not bring them victory—
but by your right hand, your arm,
and the light of your face,
because you were favorable toward them.

⁴ You are my King, my God,
who ordains victories for Jacob.

⁵ Through you we drive back our foes;
through your name we trample our enemies.

⁶ For I do not trust in my bow,
and my sword does not bring me victory.

⁷ But you give us victory over our foes
and let those who hate us be disgraced.

⁸ We boast in God all day long;
we will praise your name forever. *Selah*

⁹ But you have rejected and humiliated us;
you do not march out with our armies.

¹⁰ You make us retreat from the foe,
and those who hate us
have taken plunder for themselves.

DAY SIX

Reading: Psalm 44

Continued

¹¹ You hand us over to be eaten like sheep
and scatter us among the nations.

¹² You sell your people for nothing;
you make no profit from selling them.

¹³ You make us an object of reproach to our neighbors,
a source of mockery and ridicule to those around us.

¹⁴ You make us a joke among the nations,
a laughingstock among the peoples.

¹⁵ My disgrace is before me all day long,
and shame has covered my face,

¹⁶ because of the taunts of the scorner and reviler,
because of the enemy and avenger.

¹⁷ All this has happened to us,
but we have not forgotten you
or betrayed your covenant.

¹⁸ Our hearts have not turned back;
our steps have not strayed from your path.

¹⁹ But you have crushed us in a haunt of jackals
and have covered us with deepest darkness.

²⁰ If we had forgotten the name of our God
and spread out our hands to a foreign god,

²¹ wouldn't God have found this out,
since he knows the secrets of the heart?

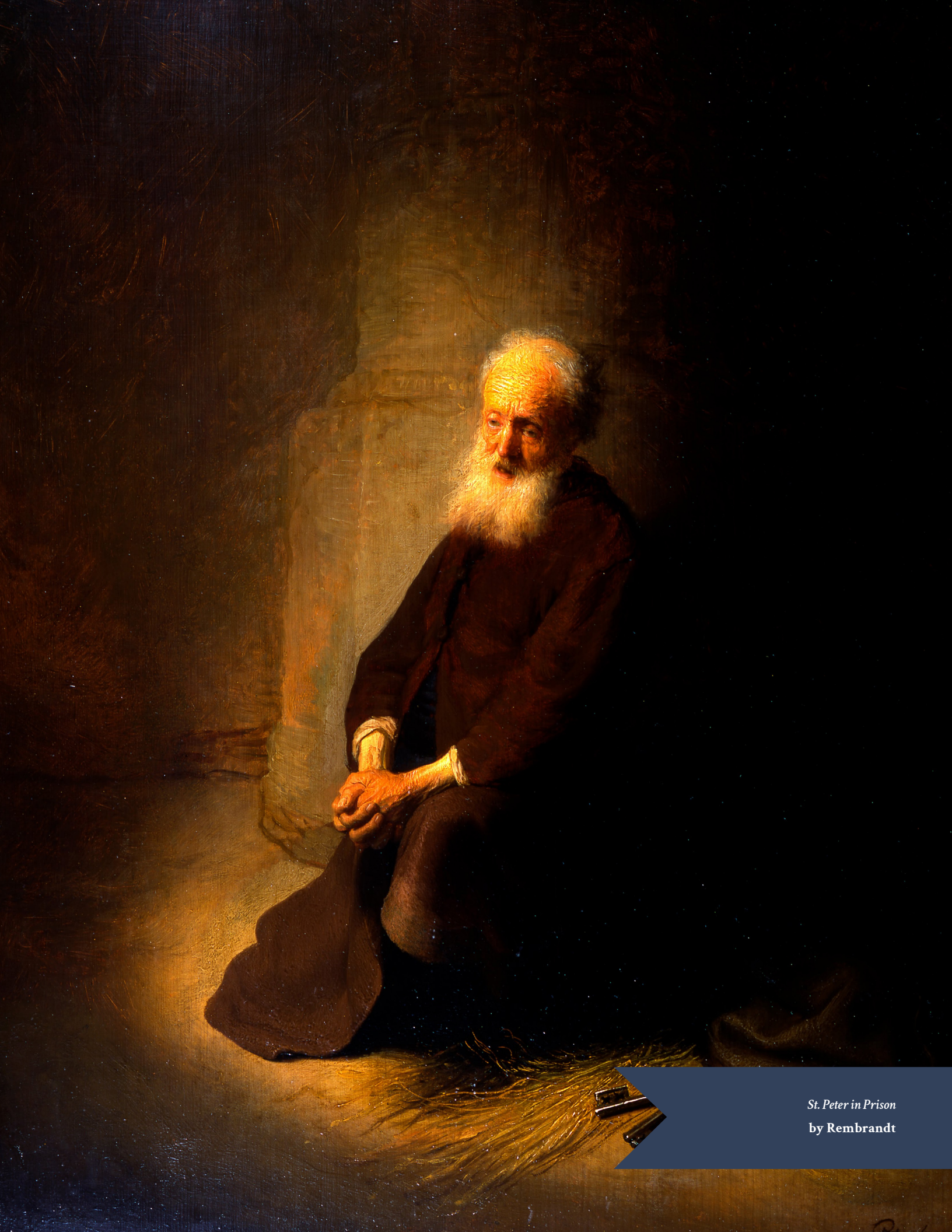
²² Because of you we are being put to death all day long;
we are counted as sheep to be slaughtered.

²³ Wake up, Lord! Why are you sleeping?
Get up! Don't reject us forever!

²⁴ Why do you hide
and forget our affliction and oppression?

²⁵ For we have sunk down to the dust;
our bodies cling to the ground.

²⁶ Rise up! Help us!
Redeem us because of your faithful love.



St. Peter in Prison
by Rembrandt

DAY SIX

Reading: Psalm 44

Continued

Daily Questions:

- What is described in the opening verses? (vv. 1–2)
- Who is credited with Israel’s victory in the past?
- How might this psalm encourage a believer to boast in God and not in human strength?
- How does the psalm shift between verses 1–8 and 9–16?
- How does the psalmist understand God’s role in past deliverance and present hardship?

Memory Verse first-letter technique:

“W B I G A D L; W W P Y N F.”

Worship Song: “Never Let Go” by David Crowder Band

*Scan me
to listen*



DAY SEVEN

Reading: Psalm 45

Memory Verse: “Your throne, God, is forever and ever; the scepter of your kingdom is a scepter of justice” (Psalm 45:6).

Psalm 45 | A Royal Wedding Song

For the choir director: according to “The Lilies.” A Maskil of the sons of Korah. A love song.

¹ My heart is moved by a noble theme
as I recite my verses to the king;
my tongue is the pen of a skillful writer.
² You are the most handsome of men;
grace flows from your lips.
Therefore God has blessed you forever.
³ Mighty warrior, strap your sword at your side.
In your majesty and splendor—
⁴ in your splendor ride triumphantly
in the cause of truth, humility, and justice.
May your right hand show your awe-inspiring acts.
⁵ Your sharpened arrows pierce the hearts of the king’s enemies;
the peoples fall under you.
⁶ Your throne, God, is forever and ever;
the scepter of your kingdom is a scepter of justice.
⁷ You love righteousness and hate wickedness;
therefore God, your God, has anointed you with the oil of joy
more than your companions.
⁸ Myrrh, aloes, and cassia perfume all your garments;
from ivory palaces harps bring you joy.
⁹ Kings’ daughters are among your honored women;
the queen, adorned with gold from Ophir,
stands at your right hand.
¹⁰ Listen, daughter, pay attention and consider:
Forget your people and your father’s house,
¹¹ and the king will desire your beauty.
Bow down to him, for he is your lord.

¹² The daughter of Tyre, the wealthy people,
will seek your favor with gifts.
¹³ In her chamber, the royal daughter is all glorious,
her clothing embroidered with gold.
¹⁴ In colorful garments she is led to the king;
after her, the virgins, her companions, are brought to you.
¹⁵ They are led in with gladness and rejoicing;
they enter the king’s palace.
¹⁶ Your sons will succeed your ancestors;
you will make them princes throughout the land.
¹⁷ I will cause your name to be remembered for all generations;
therefore the peoples will praise you forever and ever.

Daily Questions:

- Who is this song addressed to? (v. 1)
- What specific praises are made about the king?
- How does the psalm describe the divine ideals for a king’s reign?
- How is God’s throne described? (v. 6)
- How is the marriage of a Davidic king crucial for fulfilling God’s promises?

Memory Verse first-letter technique:

“Y T, G, I F A E; T S O Y K I A S O J.”

Worship Song: “Majesty” by Delirious?

Scan me
to listen





Christ Crowning Romanos and Eudokia
by Unknown Byzantine artist



Wanderer an einem Wildbach
by Andreas Achenbach

DAY EIGHT

Reading: Psalm 46

Memory Verse: “God is our refuge and strength, a helper who is always found in times of trouble” (Psalm 46:1).

Psalm 46 | God Our Refuge

**For the choir director. A song of the sons of Korah.
According to Alamo.**

¹ God is our refuge and strength,
a helper who is always found
in times of trouble.
² Therefore we will not be afraid,
though the earth trembles
and the mountains topple
into the depths of the seas,
³ though its water roars and foams
and the mountains quake with its turmoil. *Selah*
⁴ There is a river—
its streams delight the city of God,
the holy dwelling place of the Most High.
⁵ God is within her; she will not be toppled.
God will help her when the morning dawns.
⁶ Nations rage, kingdoms topple;
the earth melts when he lifts his voice.
⁷ The Lord of Armies is with us;
the God of Jacob is our stronghold. *Selah*
⁸ Come, see the works of the Lord,
who brings devastation on the earth.
⁹ He makes wars cease throughout the earth.
He shatters bows and cuts spears to pieces;
he sets wagons ablaze.
¹⁰ “Stop fighting, and know that I am God,
exalted among the nations, exalted on the earth.”
¹¹ The Lord of Armies is with us;
the God of Jacob is our stronghold. *Selah*

Daily Questions:

- How is God described in verse 1?
- If God is our refuge, strength, and helper, what does verse 2 ensure?
- This psalm is a song celebrating Zion. How does God promise to help her so she can bless the world? (vv. 4–5)
- What is commanded in verse 10?
- What might it mean for God to be “with us” right now? (v. 11)

Memory Verse first-letter technique:

“GIORAS, AHWIAFITOT.”

Worship Song: “Psalm 46 (Lord of Hosts)” by Shane & Shane

Scan me
to listen



DAY NINE

Reading: Psalm 47

Memory Verse: “For the Lord, the Most High, is awe-inspiring, a great King over the whole earth” (Psalm 47:2).

Psalm 47 | God Our King

For the choir director. A psalm of the sons of Korah.

¹ Clap your hands, all you peoples;
shout to God with a jubilant cry.
² For the Lord, the Most High, is awe-inspiring,
a great King over the whole earth.
³ He subdues peoples under us
and nations under our feet.
⁴ He chooses for us our inheritance—
the pride of Jacob, whom he loves. *Selah*
⁵ God ascends among shouts of joy,
the Lord, with the sound of a ram’s horn.
⁶ Sing praise to God, sing praise;
sing praise to our King, sing praise!
⁷ Sing a song of wisdom,
for God is King of the whole earth.
⁸ God reigns over the nations;
God is seated on his holy throne.
⁹ The nobles of the peoples have assembled
with the people of the God of Abraham.
For the leaders of the earth belong to God;
he is greatly exalted.

Daily Questions:

- What does this psalm celebrate?
- How is Israel being described in verse 3 and 4?
- What is exhorted in verse 6?
- In what ways does Jesus fulfill the role of “King of the whole earth”? (v. 7)
- What promise was made to Abraham from verse 9? (See Genesis 12:3.)

Memory Verse first-letter technique:

“F T L, T M H, I A-I, A G K O T W E.”

Worship Song: “Shout to the Lord” by Darlene Zschech

Scan me
to listen





*Two Singing Boys with a Lute
and a Music Book*

by Frans Hals



View of Toledo
by El Greco

DAY TEN

Reading: Psalm 48

Memory Verse: “This God, our God forever and ever— he will always lead us” (Psalm 48:14).

Psalm 48 | Zion Exalted

A song. A psalm of the sons of Korah.

¹The Lord is great and highly praised
in the city of our God.

His holy mountain,

² rising splendidly,

is the joy of the whole earth.

Mount Zion—the summit of Zaphon—
is the city of the great King.

³ God is known as a stronghold
in its citadels.

⁴ Look! The kings assembled;
they advanced together.

⁵ They looked and froze with fear;
they fled in terror.

⁶ Trembling seized them there,
agony like that of a woman in labor,

⁷ as you wrecked the ships of Tarshish
with the east wind.

⁸ Just as we heard, so we have seen
in the city of the Lord of Armies,
in the city of our God;

God will establish it forever. *Selah*

⁹ God, within your temple,
we contemplate your faithful love.

¹⁰ Like your name, God, so your praise
reaches to the ends of the earth;
your right hand is filled with justice.

¹¹ Mount Zion is glad.

Judah's villages rejoice

because of your judgments.

¹² Go around Zion, encircle it;
count its towers,

¹³ note its ramparts; tour its citadels

so that you can tell a future generation:

¹⁴ “This God, our God forever and ever—
he will always lead us.”

Daily Questions:

- What city is being referenced in verse 1?
- What is God “known as” in verse 3?
- What have the people “heard” and “seen” in verse 8?
- What acts of worship are described in verses 9–11?
- What is commissioned in verses 12–14?

Memory Verse first-letter technique:

“T G, O G F A E—H W A L U.”

Worship Song: “City on the Hill” by Casting Crowns

Scan me
to listen



DAY ELEVEN

Reading: Psalm 49

Memory Verse: “But God will redeem me from the power of Sheol, for he will take me” (Psalm 49:15).

Psalm 49 | Misplaced Trust in Wealth

For the choir director. A psalm of the sons of Korah.

¹ Hear this, all you peoples;
listen, all who inhabit the world,
² both low and high,
rich and poor together.
³ My mouth speaks wisdom;
my heart’s meditation brings understanding.
⁴ I turn my ear to a proverb;
I explain my riddle with a lyre.
⁵ Why should I fear in times of trouble?
The iniquity of my foes surrounds me.
⁶ They trust in their wealth
and boast of their abundant riches.
⁷ Yet these cannot redeem a person
or pay his ransom to God—
⁸ since the price of redeeming him is too costly,
one should forever stop trying—
⁹ so that he may live forever
and not see the Pit.
¹⁰ For one can see that the wise die;
the foolish and stupid also pass away.
Then they leave their wealth to others.
¹¹ Their graves are their permanent homes,
their dwellings from generation to generation,
though they have named estates after themselves.
¹² But despite his assets, mankind will not last;
he is like the animals that perish.
¹³ This is the way of those who are arrogant,
and of their followers,
who approve of their words. *Selah*
¹⁴ Like sheep they are headed for Sheol;

Death will shepherd them.

The upright will rule over them in the morning,
and their form will waste away in Sheol,
far from their lofty abode.

¹⁵ But God will redeem me
from the power of Sheol,
for he will take me. *Selah*

¹⁶ Do not be afraid when a person gets rich,
when the wealth of his house increases.

¹⁷ For when he dies, he will take nothing at all;
his wealth will not follow him down.

¹⁸ Though he blesses himself during his lifetime—
and you are acclaimed when you do well for yourself—

¹⁹ he will go to the generation of his ancestors;
they will never see the light.

²⁰ Mankind, with his assets
but without understanding,
is like the animals that perish.

Daily Questions:

- Who is invited in verse 1 to hear this wisdom psalm?
- What is the psalmist’s chosen heart meditation? (v. 3)
- What does the psalm say about the ability to “redeem” a life? (vv. 7–9)
- What hope is established in verse 15?
- How is the faithful versus the wise and the foolish described in this psalm?

Memory Verse first-letter technique:

“B G W R M F T P O S, F H W T M.”

Worship Song: “Blessed Be Your Name” by Matt Redman

Scan me
to listen





Still Life with a Tall Golden Goblet
by Pieter Claesz

DAY TWELVE

Reading: Psalm 50

Memory Verse: “Call on me in a day of trouble; I will rescue you, and you will honor me” (Psalm 50:15).

Psalm 50 | God as Judge

A psalm of Asaph.

¹ The Mighty One, God, the Lord, speaks;
he summons the earth
from the rising of the sun to its setting.
² From Zion, the perfection of beauty,
God appears in radiance.
³ Our God is coming; he will not be silent!
Devouring fire precedes him,
and a storm rages around him.
⁴ On high, he summons heaven and earth
in order to judge his people:
⁵ “Gather my faithful ones to me,
those who made a covenant with me by sacrifice.”
⁶ The heavens proclaim his righteousness,
for God is the Judge. *Selah*
⁷ “Listen, my people, and I will speak;
I will testify against you, Israel.
I am God, your God.
⁸ I do not rebuke you for your sacrifices
or for your burnt offerings,
which are continually before me.
⁹ I will not take a bull from your household
or male goats from your pens,
¹⁰ for every animal of the forest is mine,
the cattle on a thousand hills.
¹¹ I know every bird of the mountains,
and the creatures of the field are mine.
¹² If I were hungry, I would not tell you,
for the world and everything in it is mine.

DAY TWELVE

Reading: Psalm 50

Continued

¹³ Do I eat the flesh of bulls
or drink the blood of goats?
¹⁴ Offer a thanksgiving sacrifice to God,
and pay your vows to the Most High.
¹⁵ Call on me in a day of trouble;
I will rescue you, and you will honor me.”
¹⁶ But God says to the wicked:
“What right do you have to recite my statutes
and to take my covenant on your lips?
¹⁷ You hate instruction
and fling my words behind you.
¹⁸ When you see a thief,
you make friends with him,
and you associate with adulterers.
¹⁹ You unleash your mouth for evil
and harness your tongue for deceit.
²⁰ You sit, maligning your brother,
slandering your mother’s son.
²¹ You have done these things, and I kept silent;
you thought I was just like you.
But I will rebuke you
and lay out the case before you.
²² “Understand this, you who forget God,
or I will tear you apart,
and there will be no one to rescue you.
²³ Whoever offers a thanksgiving sacrifice honors me,
and whoever orders his conduct,
I will show him the salvation of God.”



Moses Smashing the Tablets of the Law
by Rembrandt

DAY TWELVE

Reading: Psalm 50

Continued

Daily Questions:

- How does this psalm describe the standard for living for God's people?
- What is the plan of God? (v. 4)
- Why do burnt offerings not fully satisfy the offering God truly desires?
- What behaviors are condemned in verses 18–20?
- What warning is given to those who forget versus those who remember God? (vv. 22–23)

Memory Verse first-letter technique:

“C O M I A D O T; I W R U, A Y W H M.”

Worship Song: “Holy Is The Lord” by Chris Tomlin

*Scan me
to listen*



DAY THIRTEEN

Reading: Psalm 51

Memory Verse: “God, create a clean heart for me and renew a steadfast spirit within me” (Psalm 51:10).

Psalm 51 | A Prayer for Restoration

For the choir director. A psalm of David, when the prophet Nathan came to him after he had gone to Bathsheba.

¹ Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.
² Completely wash away my guilt
and cleanse me from my sin.
³ For I am conscious of my rebellion,
and my sin is always before me.
⁴ Against you—you alone—I have sinned
and done this evil in your sight.
So you are right when you pass sentence;
you are blameless when you judge.
⁵ Indeed, I was guilty when I was born;
I was sinful when my mother conceived me.
⁶ Surely you desire integrity in the inner self,
and you teach me wisdom deep within.
⁷ Purify me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.
⁹ Turn your face away from my sins
and blot out all my guilt.
¹⁰ God, create a clean heart for me
and renew a steadfast spirit within me.
¹¹ Do not banish me from your presence
or take your Holy Spirit from me.
¹² Restore the joy of your salvation to me,
and sustain me by giving me a willing spirit.

¹³ Then I will teach the rebellious your ways,
and sinners will return to you.
¹⁴ Save me from the guilt of bloodshed, God—
God of my salvation—
and my tongue will sing of your righteousness.
¹⁵ Lord, open my lips,
and my mouth will declare your praise.
¹⁶ You do not want a sacrifice, or I would give it;
you are not pleased with a burnt offering.
¹⁷ The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled heart, God.
¹⁸ In your good pleasure, cause Zion to prosper;
build the walls of Jerusalem.
¹⁹ Then you will delight in righteous sacrifices,
whole burnt offerings;
then bulls will be offered on your altar.

Daily Questions:

- What sins did David commit related to Bathsheba that inspired this psalm? (See 2 Samuel 12:1–14.)
- What request is David making of God throughout this psalm?
- What does God delight in within the “inner self”? (v. 6)
- What is the hope after confession and cleansing, described in verses 8–12?
- What does true repentance look like in your daily life right now?

Memory Verse first-letter technique:

“G, C A C H F M A R A S S W M.”

Worship Song: “Lord Have Mercy (For What We Have Done)”
by Matt Boswell & Matt Papa

Scan me
to listen





The Penitent Saint Peter
by Francisco de Zurbarán



The Pharisee and the Publican
by James Tissot

DAY FOURTEEN

Reading: Psalm 52

Memory Verse: "I will put my hope in your name, for it is good" (Psalm 52:9b).

Psalm 52 | God Judges the Proud

For the choir director. A Maskil of David. When Doeg the Edomite went and reported to Saul, telling him, "David went to Ahimelech's house."

¹ Why boast about evil, you hero!
God's faithful love is constant.

² Like a sharpened razor,
your tongue devises destruction,
working treachery.

³ You love evil instead of good,
lying instead of speaking truthfully. *Selah*

⁴ You love any words that destroy,
you treacherous tongue!

⁵ This is why God will bring you down forever.
He will take you, ripping you out of your tent;
he will uproot you from the land of the living. *Selah*

⁶ The righteous will see and fear,
and they will derisively say about that hero,

⁷ "Here is the man
who would not make God his refuge,
but trusted in the abundance of his riches,
taking refuge in his destructive behavior."

⁸ But I am like a flourishing olive tree
in the house of God;
I trust in God's faithful love forever and ever.

⁹ I will praise you forever for what you have done.
In the presence of your faithful people,
I will put my hope in your name, for it is good.

Daily Questions:

- This psalm is written as David flees from whom? (See 1 Samuel 21:1–7.)
- Who is David describing that boasts in evil? What did he do and why? (See 1 Samuel 22:9–19.)
- What does God's judgment in verse 5 reveal about His character and justice?
- What does the green olive tree image (v. 8) suggest about faith and fruitfulness?
- What practical steps today can you take to trust, thank, and wait on God as David commits to do in verse 9?

Memory Verse first-letter technique:

"I W P M H I Y N, F I I G."

Worship Song: "Yet Not I but Through Christ in Me" by CityAlight

Scan me
to listen



DAY FIFTEEN

Reading: Psalm 53

Memory Verse: “The fool says in his heart, ‘There’s no God’” (Psalm 53:1a).

Psalm 53 | A Portrait of Sinners

For the choir director: on Mahalath. A Maskil of David.

¹ The fool says in his heart, “There’s no God.”

They are corrupt, and they do vile deeds.

There is no one who does good.

² God looks down from heaven on the human race

to see if there is one who is wise,

one who seeks God.

³ All have turned away;

all alike have become corrupt.

There is no one who does good,

not even one.

⁴ Will evildoers never understand?

They consume my people as they consume bread;

they do not call on God.

⁵ Then they will be filled with dread—

dread like no other—

because God will scatter

the bones of those who besiege you.

You will put them to shame,

for God has rejected them.

⁶ Oh, that Israel’s deliverance would come from Zion!

When God restores the fortunes of his people,

let Jacob rejoice, let Israel be glad.

Daily Questions:

- How is the “fool” described in verse 1?
- How does Paul reference this psalm? (See Romans 3:10–12.)
- How is this psalm similar to psalm 14?
- What does this psalm mourn? (v. 3)
- What hope is expressed in verse 6?

Memory Verse first-letter technique:

“T F S I H H, T N G.”

Worship Song: “His Mercy is More” by Matt Boswell & Matt Papa

Scan me
to listen





Christ and the Adulteress
by Rembrandt



King David Playing the Harp
by Peter Paul Rubens

DAY SIXTEEN

Reading: Psalm 54

Memory Verse: “God is my helper; the Lord is the sustainer of my life” (Psalm 54:4).

Psalm 54 | Prayer for Deliverance

**For the choir director: with stringed instruments.
A Maskil of David. When the Ziphites went and said
to Saul, “Is David not hiding among us?”**

¹ God, save me by your name,
and vindicate me by your might!
² God, hear my prayer;
listen to the words from my mouth.
³ For strangers rise up against me,
and violent men intend to kill me.
They do not let God guide them. *Selah*
⁴ God is my helper;
the Lord is the sustainer of my life.
⁵ He will repay my adversaries for their evil.
Because of your faithfulness, annihilate them.
⁶ I will sacrifice a freewill offering to you.
I will praise your name, Lord,
because it is good.
⁷ For he has rescued me from every trouble,
and my eye has looked down on my enemies.

Daily Questions:

- How does this psalm focus on God’s protection? (See also 1 Samuel 23:19.)
- Who are David’s enemies, described in this psalm?
- What confidence does David express about God in verse 4?
- What does David promise to do in verse 6?
- What does David do in verse 7 that strengthens his faith?

Memory Verse first-letter technique:

“GIMH; TLITSO ML.”

Worship Song: “My Defender” by Jeremy Camp

Scan me
to listen



DAY SEVENTEEN

Reading: Psalm 55

Memory Verse: “Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken”
(Psalm 55:22).

Psalm 55 | Betrayal by a Friend

For the choir director: with stringed instruments.

A *Maskil* of David.

¹ God, listen to my prayer
and do not hide from my plea for help.
² Pay attention to me and answer me.
I am restless and in turmoil with my complaint,
³ because of the enemy’s words,
because of the pressure of the wicked.
For they bring down disaster on me
and harass me in anger.
⁴ My heart shudders within me;
terrors of death sweep over me.
⁵ Fear and trembling grip me;
horror has overwhelmed me.
⁶ I said, “If only I had wings like a dove!
I would fly away and find rest.
⁷ How far away I would flee;
I would stay in the wilderness. *Selah*
⁸ I would hurry to my shelter
from the raging wind and the storm.”
⁹ Lord, confuse and confound their speech,
for I see violence and strife in the city;
¹⁰ day and night they make the rounds on its walls.
Crime and trouble are within it;
¹¹ destruction is inside it;
oppression and deceit never leave its marketplace.
¹² Now it is not an enemy who insults me—
otherwise I could bear it;
it is not a foe who rises up against me—
otherwise I could hide from him.

DAY SEVENTEEN

Reading: Psalm 55

Continued

¹³ But it is you, a man who is my peer,
my companion and good friend!
¹⁴ We used to have close fellowship;
we walked with the crowd into the house of God.
¹⁵ Let death take them by surprise;
let them go down to Sheol alive,
because evil is in their homes and within them.
¹⁶ But I call to God,
and the Lord will save me.
¹⁷ I complain and groan morning, noon, and night,
and he hears my voice.
¹⁸ Though many are against me,
he will redeem me from my battle unharmed.
¹⁹ God, the one enthroned from long ago,
will hear and will humiliate them *Selah*
because they do not change
and do not fear God.
²⁰ My friend acts violently
against those at peace with him;
he violates his covenant.
²¹ His buttery words are smooth,
but war is in his heart.
His words are softer than oil,
but they are drawn swords.
²² Cast your burden on the Lord,
and he will sustain you;
he will never allow the righteous to be shaken.
²³ God, you will bring them down
to the Pit of destruction;
men of bloodshed and treachery
will not live out half their days.
But I will trust in you.

DAY SEVENTEEN

Reading: Psalm 55

Continued

Daily Questions:

- Who is the enemy described in this psalm? (vv. 12–15)
- What emotions are expressed throughout?
- What does David commit to doing, and what assurances about God are given? (vv. 16–19)
- Does David hold confidence in their repentance? (v. 19)
- How might verse 22 encourage you personally today?

Memory Verse first-letter technique:

“CYBOTL, AHWSY; HWNATR TBS.”





Betrayal of Christ
attributed to the School of
Nottingham



Pastoral Landscape
by Alvan Fisher

DAY EIGHTEEN

Reading: Psalm 56

Memory Verse: “When I am afraid, I will trust in you” (Psalm 56:3).

Psalm 56 | A Call for God’s Protection

For the choir director: according to “A Silent Dove Far Away.” A *Miktam* of David. When the Philistines seized him in Gath.

¹ Be gracious to me, God, for a man is trampling me;
he fights and oppresses me all day long.

² My adversaries trample me all day,
for many arrogantly fight against me.

³ When I am afraid,
I will trust in you.

⁴ In God, whose word I praise,
in God I trust; I will not be afraid.
What can mere mortals do to me?

⁵ They twist my words all day long;
all their thoughts against me are evil.

⁶ They stir up strife, they lurk,
they watch my steps
while they wait to take my life.

⁷ Will they escape in spite of such sin?
God, bring down the nations in wrath.

⁸ You yourself have recorded my wanderings.
Put my tears in your bottle.
Are they not in your book?

⁹ Then my enemies will retreat on the day when I call.
This I know: God is for me.

¹⁰ In God, whose word I praise,
in the Lord, whose word I praise,

¹¹ in God I trust; I will not be afraid.
What can mere humans do to me?

¹² I am obligated by vows to you, God;
I will make my thanksgiving sacrifices to you.

¹³ For you rescued me from death,
even my feet from stumbling,
to walk before God in the light of life.

Daily Questions:

- What events are reflected in this song? (See 1 Samuel 21:10–15.)
- What does David do when he is afraid? (v. 3)
- What questions are asked in verses 4 and 11 about human fear?
- What in verse 8 does God keep every account of?
- The themes of praise and trust are throughout this psalm. How might this be significant amidst certain troubles or worries you face?

Memory Verse first-letter technique:

“W I A A, I W T I Y.”

Worship Song: “You Make Me Brave” by Amanda Cook

Scan me
to listen



DAY NINETEEN

Reading: Psalm 57

Memory Verse: “For your faithful love is as high as the heavens; your faithfulness reaches the clouds” (Psalm 57:10).

Psalm 57 | Praise for God’s Protection

For the choir director: “Do Not Destroy.” A *Miktam* of David. When he fled before Saul into the cave.

¹ Be gracious to me, God, be gracious to me,
for I take refuge in you.
I will seek refuge in the shadow of your wings
until danger passes.

² I call to God Most High,
to God who fulfills his purpose for me.

³ He reaches down from heaven and saves me,
challenging the one who tramples me. *Selah*
God sends his faithful love and truth.

⁴ I am surrounded by lions;
I lie down among devouring lions—
people whose teeth are spears and arrows,
whose tongues are sharp swords.

⁵ God, be exalted above the heavens;
let your glory be over the whole earth.

⁶ They prepared a net for my steps;
I was despondent.

They dug a pit ahead of me,
but they fell into it! *Selah*

⁷ My heart is confident, God, my heart is confident.

I will sing; I will sing praises.

⁸ Wake up, my soul!
Wake up, harp and lyre!

I will wake up the dawn.

⁹ I will praise you, Lord, among the peoples;
I will sing praises to you among the nations.

¹⁰ For your faithful love is as high as the heavens;
your faithfulness reaches the clouds.

¹¹ God, be exalted above the heavens;
let your glory be over the whole earth.

Daily Questions:

- Who is David fleeing from in this psalm, and where did he go to hide? (See 1 Samuel 22–24.)
- What does David declare about his heart posture in verse 7?
- What is David choosing to do when overwhelmed and threatened?
- How does verse 6 describe a trap intended for the righteous, and how does it end up for the wicked instead?
- How might it look for you to glorify God in the midst of difficulty rather than waiting for relief?

Memory Verse first-letter technique:

“F Y F L I A H A T H; Y F R T C.”

Worship Song: “Ever Be” by Aaron Shust

Scan me
to listen





David Shows Saul How He Spared His Life
by Gustave Doré



The Wrath of Achilles
by Peter Paul Rubens

DAY TWENTY

Reading: Psalm 58

Memory Verse: “Then people will say, ‘Yes, there is a reward for the righteous! There is a God who judges on earth!’”
(Psalm 58:11).

Psalm 58 | A Cry against Injustice

For the choir director: “Do Not Destroy.” A *Miktam* of David.

¹ Do you really speak righteously, you mighty ones?

Do you judge people fairly?

² No, you practice injustice in your hearts;
with your hands you weigh out violence in the land.

³ The wicked go astray from the womb;
liars wander about from birth.

⁴ They have venom like the venom of a snake,
like the deaf cobra that stops up its ears,

⁵ that does not listen to the sound of the charmers
who skillfully weave spells.

⁶ God, knock the teeth out of their mouths;
Lord, tear out the young lions’ fangs.

⁷ May they vanish like water that flows by;
may they aim their blunted arrows.

⁸ Like a slug that moves along in slime,
like a woman’s miscarried child,
may they not see the sun.

⁹ Before your pots can feel the heat of the thorns—
whether green or burning—
he will sweep them away.

¹⁰ The righteous one will rejoice
when he sees the retribution;
he will wash his feet in the blood of the wicked.

¹¹ Then people will say,
“Yes, there is a reward for the righteous!
There is a God who judges on earth!”

Daily Questions:

- Who is David confronting in this psalm?
- How might singing this psalm allow the faithful to pray for honest moral leadership?
- What imagery is used to describe a wicked leader’s speech and behavior in verses 4–5?
- How is David praying for the judgment of the unjust rulers in verses 6–9?
- What happens when the righteous see God’s judgment?
(v. 10)

Memory Verse first-letter technique:

“T P W S, ‘Y, T I A R F T R! T I A G W J O E!”

Worship Song: “Though You Slay Me” by Shane & Shane

Scan me
to listen



DAY TWENTY-ONE

Reading: Psalm 59

Memory Verse: “But I will sing of your strength and will joyfully proclaim your faithful love in the morning”
(Psalm 59:16).

Psalm 59 | God Our Stronghold

**For the choir director: “Do Not Destroy.” A *Miktam* of David.
When Saul sent agents to watch the house and kill him.**

¹ Rescue me from my enemies, my God;
protect me from those who rise up against me.
² Rescue me from evildoers,
and save me from men of bloodshed.
³ Because look, Lord, they set an ambush for me.
Powerful men attack me,
but not because of any sin or rebellion of mine.
⁴ For no fault of mine,
they run and take up a position.
Awake to help me, and take notice.
⁵ Lord God of Armies, you are the God of Israel.
Rise up to punish all the nations;
do not show favor to any wicked traitors. *Selah*
⁶ They return at evening, snarling like dogs
and prowling around the city.
⁷ Look, they spew from their mouths—
sharp words from their lips.
“For who,” they say, “will hear?”
⁸ But you laugh at them, Lord;
you ridicule all the nations.
⁹ I will keep watch for you, my strength,
because God is my stronghold.
¹⁰ My faithful God will come to meet me;
God will let me look down on my adversaries.

DAY TWENTY-ONE

Reading: Psalm 59

Continued

¹¹ Do not kill them; otherwise, my people will forget.

By your power, make them homeless wanderers
and bring them down,
Lord, our shield.

¹² For the sin of their mouths and the words of their lips,
let them be caught in their pride.

They utter curses and lies.

¹³ Consume them in fury;
consume them until they are gone.

Then people will know throughout the earth
that God rules over Jacob. *Selah*

¹⁴ And they return at evening, snarling like dogs
and prowling around the city.

¹⁵ They scavenge for food;
they growl if they are not satisfied.

¹⁶ But I will sing of your strength
and will joyfully proclaim
your faithful love in the morning.
For you have been a stronghold for me,
a refuge in my day of trouble.

¹⁷ To you, my strength, I sing praises,
because God is my stronghold—
my faithful God.

DAY TWENTY-ONE

Reading: Psalm 59

Continued

Daily Questions:

- How is this psalm connected to the events portrayed in 1 Samuel 19:11?
- How does David describe the enemies who are trying to kill him? (v. 6)
- Where is David's security and strength found? (v. 9)
- How does David's movement from lament to praise in this psalm demonstrate faith in God's character?
- How can this psalm help you pray when facing injustice or hostility?

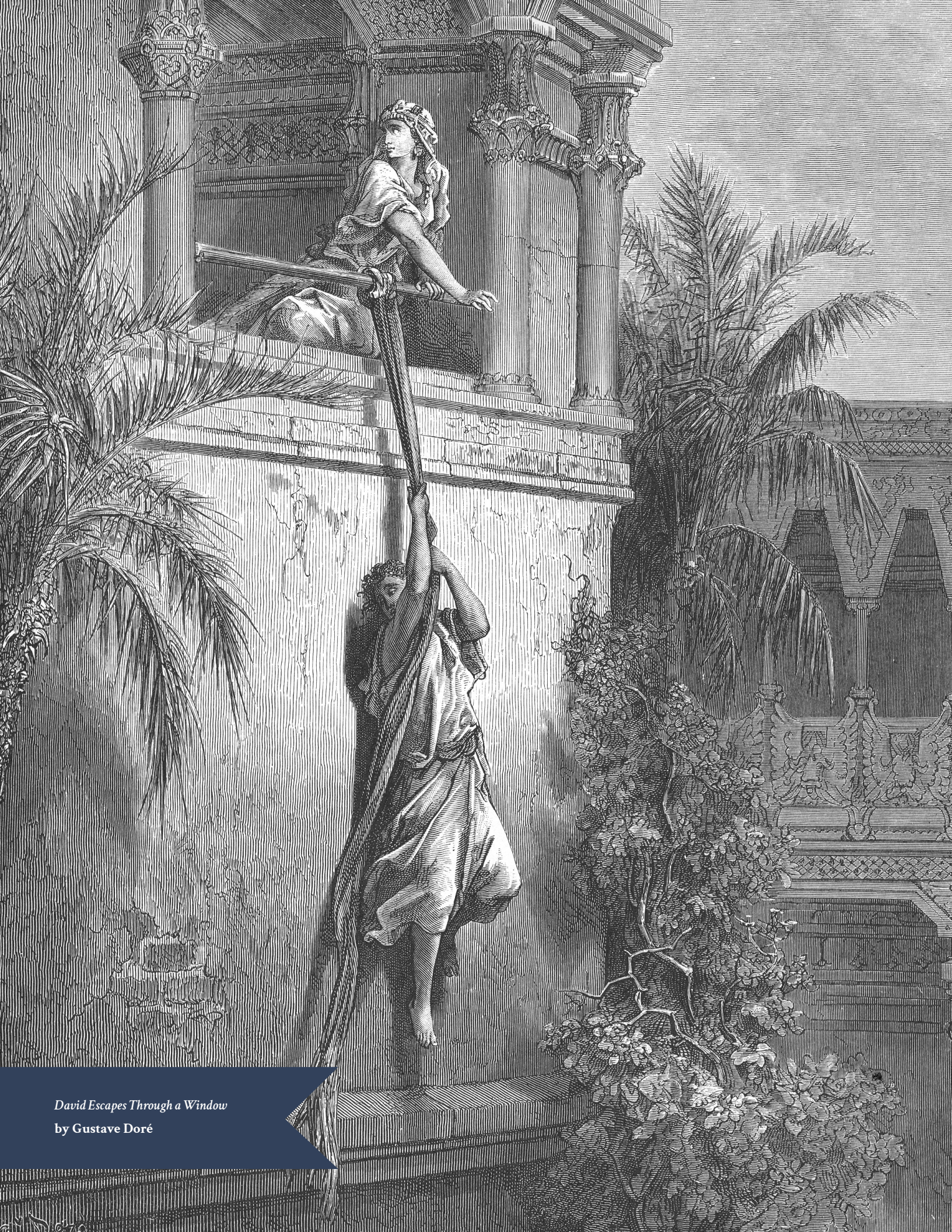
Memory Verse first-letter technique:

"BIW SOYSAWJPYFLITM."

Worship Song: "Strong God" by Meredith Andrews

*Scan me
to listen*





David Escapes Through a Window
by Gustave Doré



Plate with the Arming of David
by Unknown Byzantine artist

DAY TWENTY-TWO

Reading: Psalm 60

Memory Verse: “With God we will perform valiantly; he will trample our foes” (Psalm 60:12).

Psalm 60 | Prayer in Difficult Times

For the choir director: according to “The Lily of Testimony.” A *Miktam* of David for teaching. When he fought with Aram-naharaim and Aram-zobah, and Joab returned and struck Edom in Salt Valley, killing twelve thousand.

¹ God, you have rejected us;
you have broken us down;

you have been angry. Restore us!

² You have shaken the land and split it open.
Heal its fissures, for it shudders.

³ You have made your people suffer hardship;
you have given us wine to drink
that made us stagger.

⁴ You have given a signal flag to those who fear you,
so that they can flee before the archers. *Selah*

⁵ Save with your right hand, and answer me,
so that those you love may be rescued.

⁶ God has spoken in his sanctuary:

“I will celebrate!

I will divide up Shechem.

I will apportion the Valley of Succoth.

⁷ Gilead is mine, Manasseh is mine,
and Ephraim is my helmet;

Judah is my scepter.

⁸ Moab is my washbasin.

I throw my sandal on Edom;

I shout in triumph over Philistia.”

⁹ Who will bring me to the fortified city?

Who will lead me to Edom?

¹⁰ God, haven’t you rejected us?

God, you do not march out with our armies.

¹¹ Give us aid against the foe,
for human help is worthless.

¹² With God we will perform valiantly;
he will trample our foes.

Daily Questions:

- How does the psalm open describing Israel’s feelings of rejection?
- The deliverance and salvation from verse 5 pleads for military success against who? (See 1 Samuel 8:1–14.)
- How are specific places like Shechem, Succoth, Gilead, Manasseh, Ephraim, Judah, Moab, Edom, and Philistia described?
- Why is dependence on God emphasized over military strength?
- What assurance of victory is expressed in verse 12?

Memory Verse first-letter technique:

“W G W W P V; H W T O F.”

Worship Song: “See A Victory” by Elevation Worship

Scan me
to listen



DAY TWENTY-THREE

Reading: Psalm 61

Memory Verse: “I will dwell in your tent forever and take refuge under the shelter of your wings” (Psalm 61:4).

Psalm 61 | Security in God

For the choir director: on stringed instruments. Of David.

¹ God, hear my cry;
pay attention to my prayer.
² I call to you from the ends of the earth
when my heart is without strength.
Lead me to a rock that is high above me,
³ for you have been a refuge for me,
a strong tower in the face of the enemy.
⁴ I will dwell in your tent forever
and take refuge under the shelter of your wings. *Selah*
⁵ God, you have heard my vows;
you have given a heritage
to those who fear your name.
⁶ Add days to the king’s life;
may his years span many generations.
⁷ May he sit enthroned before God forever.
Appoint faithful love and truth to guard him.
⁸ Then I will continually sing of your name,
fulfilling my vows day by day.

Daily Questions:

- What request is David making in the opening verses?
- What imagery is used to describe safety and protection? (v. 4)
- How does verse 5 reflect God’s faithfulness?
- How does this psalm connect personal need with corporate or national well-being? (vv. 6–7)
- How can you cultivate a lifestyle of ongoing praise and commitment to God? (v. 8)

Memory Verse first-letter technique:
“I W D I Y T F A T R U T S O Y W.”





Cross in the Mountains

by Caspar David Friedrich



St. Francis in Meditation
by Francisco de Zurbarán

DAY TWENTY-FOUR

Reading: Psalm 62

Memory Verse: “I am at rest in God alone; my salvation comes from him” (Psalm 62:1).

Psalm 62 | Trust in God Alone

**For the choir director: according to Jeduthun.
A psalm of David.**

¹ I am at rest in God alone;
my salvation comes from him.

² He alone is my rock and my salvation,
my stronghold; I will never be shaken.

³ How long will you threaten a man?

Will all of you attack
as if he were a leaning wall
or a tottering fence?

⁴ They only plan to bring him down
from his high position.

They take pleasure in lying;
they bless with their mouths,
but they curse inwardly. *Selah*

⁵ Rest in God alone, my soul,
for my hope comes from him.

⁶ He alone is my rock and my salvation,
my stronghold; I will not be shaken.

⁷ My salvation and glory depend on God, my strong rock.
My refuge is in God.

⁸ Trust in him at all times, you people;
pour out your hearts before him.

God is our refuge. *Selah*

⁹ Common people are only a vapor;
important people, an illusion.

Together on a scale,
they weigh less than a vapor.

¹⁰ Place no trust in oppression
or false hope in robbery.

If wealth increases,
don't set your heart on it.

¹¹ God has spoken once;

I have heard this twice:
strength belongs to God,

¹² and faithful love belongs to you, Lord.

For you repay each according to his works.

Daily Questions:

- How does this psalm focus on quiet trust in the Lord?
- How is God described in verses 2 and 6?
- What contrast is made between public speech and private intention? (v. 4)
- What invitation is extended in verse 8?
- How can you develop a habit of pouring out your heart to God honestly?

Memory Verse first-letter technique:

“I A A R I G A; M S C F H.”

Worship Song: “In Christ Alone” by Keith & Kristyn Getty

Scan me
to listen



DAY TWENTY-FIVE

Reading: Psalm 63

Memory Verse: “My lips will glorify you because your faithful love is better than life” (Psalm 63:3).

Psalm 63 | Praise God Who Satisfies

A psalm of David. When he was in the Wilderness of Judah.

¹ God, you are my God; I eagerly seek you.
I thirst for you;
my body faints for you
in a land that is dry, desolate, and without water.
² So I gaze on you in the sanctuary
to see your strength and your glory.
³ My lips will glorify you
because your faithful love is better than life.
⁴ So I will bless you as long as I live;
at your name, I will lift up my hands.
⁵ You satisfy me as with rich food;
my mouth will praise you with joyful lips.
⁶ When I think of you as I lie on my bed,
I meditate on you during the night watches
⁷ because you are my helper;
I will rejoice in the shadow of your wings.
⁸ I follow close to you;
your right hand holds on to me.
⁹ But those who intend to destroy my life
will go into the depths of the earth.
¹⁰ They will be given over to the power of the sword;
they will become a meal for jackals.
¹¹ But the king will rejoice in God;
all who swear by him will boast,
for the mouths of liars will be shut.

Daily Questions:

- Where is David, and who is he fleeing from? (See 1 Samuel 23:14–15.)
- What imagery is used throughout to describe his condition apart from God?
- What does David do “during the night watches”? (v. 6)
- What does it mean to “follow close” to God? (v. 8)
- How does the psalm balance deep personal devotion with confidence in God’s justice?

Memory Verse first-letter technique:

“MLWGYBYFLIBTL.”

Worship Song: “Better Than Life” by Phil Wickham

Scan me
to listen





Praying Hands
by Albrecht Dürer



Saint Michael Slaying the Demon
by Unknown German sculptor

DAY TWENTY-SIX

Reading: Psalm 64

Memory Verse: “The righteous one rejoices in the Lord and takes refuge in him” (Psalm 64:10a).

Psalm 64 | Protection from Evildoers

For the choir director. A psalm of David.

¹ God, hear my voice when I am in anguish.
Protect my life from the terror of the enemy.
² Hide me from the scheming of wicked people,
from the mob of evildoers,
³ who sharpen their tongues like swords
and aim bitter words like arrows,
⁴ shooting from concealed places at the blameless.
They shoot at him suddenly and are not afraid.
⁵ They adopt an evil plan;
they talk about hiding traps and say,
“Who will see them?”
⁶ They devise crimes and say,
“We have perfected a secret plan.”
The inner man and the heart are mysterious.
⁷ But God will shoot them with arrows;
suddenly, they will be wounded.
⁸ They will be made to stumble;
their own tongues work against them.
All who see them will shake their heads.
⁹ Then everyone will fear
and will tell about God’s work,
for they will understand what he has done.
¹⁰ The righteous one rejoices in the Lord
and takes refuge in him;
all those who are upright in heart
will offer praise.

Daily Questions:

- How does this psalm express both a request for protection and also a confident expectation that God will intervene?
- How are the enemies’ words described in verses 3–4?
- How is the depth of human thought and planning described in verse 6?
- What happens to the wicked according to verses 7–8?
- How can you trust God to handle situations where you feel powerless?

Memory Verse first-letter technique:

“TRORITL ATRIH.”

Worship Song: “Arrows of Dawn (Psalm 64)”
by Selah Sound Collective

Scan me
to listen



DAY TWENTY-SEVEN

Reading: Psalm 65

Memory Verse: “You establish the mountains by your power; you are robed with strength” (Psalm 65:6).

Psalm 65 | God's Care for the Earth

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

¹ Praise is rightfully yours,
God, in Zion;

vows to you will be fulfilled.

² All humanity will come to you,
the one who hears prayer.

³ Iniquities overwhelm me;
only you can atone for our rebellions.

⁴ How happy is the one you choose
and bring near to live in your courts!
We will be satisfied with the goodness of your house,
the holiness of your temple.

⁵ You answer us in righteousness,
with awe-inspiring works,
God of our salvation,
the hope of all the ends of the earth
and of the distant seas.

⁶ You establish the mountains by your power;
you are robed with strength.

⁷ You silence the roar of the seas,
the roar of their waves,
and the tumult of the nations.

⁸ Those who live far away are awed by your signs;
you make east and west shout for joy.

⁹ You visit the earth and water it abundantly,
enriching it greatly.
God's stream is filled with water,
for you prepare the earth in this way,
providing people with grain.

¹⁰ You soften it with showers and bless its growth,
soaking its furrows and leveling its ridges.

¹¹ You crown the year with your goodness;
your carts overflow with plenty.

¹² The wilderness pastures overflow,
and the hills are robed with joy.

¹³ The pastures are clothed with flocks
and the valleys covered with grain.

They shout in triumph; indeed, they sing.

Daily Questions:

- What is “rightfully” God’s in verse 1?
- How does verse 3 describe God’s justice nature?
- How do verses 5–8 recall the “awe-inspiring works” God has done for his people?
- How does the closing imagery of a fruitful harvest reveal a God who blesses abundantly and his joy in creation?
- What connection is there between spiritual blessing (forgiveness) and physical provision (harvest)?

Memory Verse first-letter technique:

“Y E T M B Y P; Y A R W S.”

Worship Song: “Great Are You Lord” by Casting Crowns

Scan me
to listen





The Beeches

by Asher Brown Durand



Ezekiel's Vision
by Raphael

DAY TWENTY-EIGHT

Reading: Psalm 66

Memory Verse: “Blessed be God! He has not turned away my prayer or turned his faithful love from me”
(Psalm 66:20).

Psalm 66 | Praise for God’s Mighty Acts

For the choir director. A song. A psalm.

¹ Let the whole earth shout joyfully to God!

² Sing about the glory of his name;
make his praise glorious.

³ Say to God, “How awe-inspiring are your works!
Your enemies will cringe before you
because of your great strength.

⁴ The whole earth will worship you
and sing praise to you.

They will sing praise to your name.” *Selah*

⁵ Come and see the wonders of God;
his acts for humanity are awe-inspiring.

⁶ He turned the sea into dry land,
and they crossed the river on foot.
There we rejoiced in him.

⁷ He rules forever by his might;
he keeps his eye on the nations.

The rebellious should not exalt themselves. *Selah*

⁸ Bless our God, you peoples;
let the sound of his praise be heard.

⁹ He keeps us alive
and does not allow our feet to slip.

¹⁰ For you, God, tested us;
you refined us as silver is refined.

¹¹ You lured us into a trap;
you placed burdens on our backs.

¹² You let men ride over our heads;
we went through fire and water,
but you brought us out to abundance.

¹³ I will enter your house with burnt offerings;
I will pay you my vows

¹⁴ that my lips promised
and my mouth spoke during my distress.

¹⁵ I will offer you fattened sheep as burnt offerings,
with the fragrant smoke of rams;
I will sacrifice bulls with goats. *Selah*

¹⁶ Come and listen, all who fear God,
and I will tell what he has done for me.

¹⁷ I cried out to him with my mouth,
and praise was on my tongue.

¹⁸ If I had been aware of malice in my heart,
the Lord would not have listened.

¹⁹ However, God has listened;
he has paid attention to the sound of my prayer.

²⁰ Blessed be God!

He has not turned away my prayer
or turned his faithful love from me.

Daily Questions:

- What universal call is made in the opening verses?
- Who is to worship and praise God? (v. 4)
- What event is being referenced in verse 6? (See Exodus 14:21–22.)
- What does the psalmist commit to doing in verses 13–15?
- Why does sharing of one’s personal testimony (v. 16) matter?

Memory Verse first-letter technique:

“B B G! H H N T A M P O T H F L F M.”

Worship Song: “Shout Out For Joy (Psalm 66)”
by Church Works Media

Scan me
to listen



DAY TWENTY-NINE

Reading: Psalm 67

Memory Verse: “May God be gracious to us and bless us; may he make his face shine upon us” (Psalm 67:1).

Psalm 67 | All Will Praise God

**For the choir director: with stringed instruments.
A psalm. A song.**

¹ May God be gracious to us and bless us;
may he make his face shine upon us *Selah*
² so that your way may be known on earth,
your salvation among all nations.
³ Let the peoples praise you, God;
let all the peoples praise you.
⁴ Let the nations rejoice and shout for joy,
for you judge the peoples with fairness
and lead the nations on earth. *Selah*
⁵ Let the peoples praise you, God,
let all the peoples praise you.
⁶ The earth has produced its harvest;
God, our God, blesses us.
⁷ God will bless us,
and all the ends of the earth will fear him.

Daily Questions:

- Why does God want to bless Israel? (v. 2)
- How might singing this psalm help Israel remember their role in blessing all nations? (See also Genesis 12:2–3.)
- What does God do according to verse 4?
- What does it mean to truly “fear” God? (v. 7)
- Why is the repetition of “let the peoples praise you” important?

Memory Verse first-letter technique:

“M G B G T U A B U; M H M H F S U U.”

Worship Song: “Let the Nations Be Glad” by Matt Boswell

Scan me
to listen





King David
by William De Morgan

DAY THIRTY

Reading: Psalm 68

Memory Verse: “Blessed be the Lord! Day after day he bears our burdens; God is our salvation” (Psalm 68:19).

Psalm 68 | God's Majestic Power

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

¹ God arises. His enemies scatter,
and those who hate him flee from his presence.

² As smoke is blown away,
so you blow them away.

As wax melts before the fire,
so the wicked are destroyed before God.

³ But the righteous are glad;
they rejoice before God and celebrate with joy.

⁴ Sing to God! Sing praises to his name.
Exalt him who rides on the clouds—
his name is the Lord—and celebrate before him.

⁵ God in his holy dwelling is
a father of the fatherless
and a champion of widows.

⁶ God provides homes for those who are deserted.
He leads out the prisoners to prosperity,
but the rebellious live in a scorched land.

⁷ God, when you went out before your people,
when you marched through the desert, *Selah*

⁸ the earth trembled and the skies poured rain
before God, the God of Sinai,
before God, the God of Israel.

⁹ You, God, showered abundant rain;
you revived your inheritance when it languished.

¹⁰ Your people settled in it;
God, you provided for the poor by your goodness.

¹¹ The Lord gave the command;
a great company of women brought the good news:

¹² “The kings of the armies flee—they flee!”

She who stays at home divides the spoil.

¹³ While you lie among the sheep pens,
the wings of a dove are covered with silver,
and its feathers with glistening gold.

¹⁴ When the Almighty scattered kings in the land,
it snowed on Zalmon.

¹⁵ Mount Bashan is God's towering mountain;
Mount Bashan is a mountain of many peaks.

¹⁶ Why gaze with envy, you mountain peaks,
at the mountain God desired for his abode?
The Lord will dwell there forever!

¹⁷ God's chariots are tens of thousands,
thousands and thousands;
the Lord is among them in the sanctuary
as he was at Sinai.

¹⁸ You ascended to the heights, taking away captives;
you received gifts from people,
even from the rebellious,
so that the Lord God might dwell there.

¹⁹ Blessed be the Lord!
Day after day he bears our burdens;
God is our salvation. *Selah*

²⁰ Our God is a God of salvation,
and escape from death belongs to the Lord my Lord.

²¹ Surely God crushes the heads of his enemies,
the hairy brow of one who goes on in his guilty acts.

²² The Lord said, “I will bring them back from Bashan;
I will bring them back from the depths of the sea

DAY THIRTY

Reading: Psalm 68

Continued

²³ so that your foot may wade in blood
and your dogs' tongues may have their share
from the enemies."

²⁴ People have seen your procession, God,
the procession of my God,
my King, in the sanctuary.

²⁵ Singers lead the way,
with musicians following;
among them are young women
playing tambourines.

²⁶ Bless God in the assemblies;
bless the Lord from the fountain of Israel.

²⁷ There is Benjamin, the youngest, leading them,
the rulers of Judah in their assembly,
the rulers of Zebulun, the rulers of Naphtali.

²⁸ Your God has decreed your strength.
Show your strength, God,
you who have acted on our behalf.

²⁹ Because of your temple at Jerusalem,
kings will bring tribute to you.

³⁰ Rebuke the beast in the reeds,
the herd of bulls with the calves of the peoples.
Trample underfoot those with bars of silver.
Scatter the peoples who take pleasure in war.

³¹ Ambassadors will come from Egypt;
Cush will stretch out its hands to God.

³² Sing to God, you kingdoms of the earth;
sing praise to the Lord, *Selah*

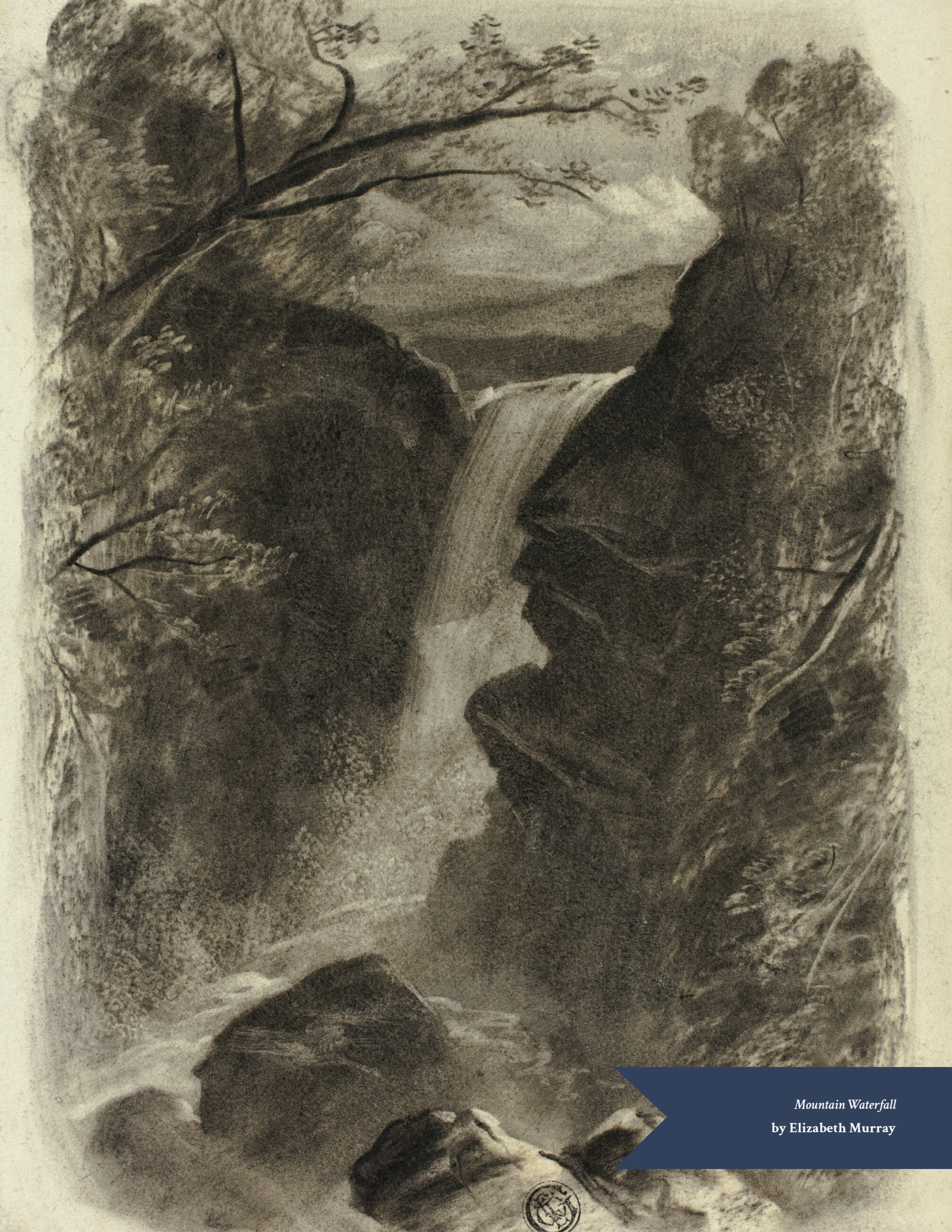
³³ to him who rides in the ancient, highest heavens.
Look, he thunders with his powerful voice!

³⁴ Ascribe power to God.

His majesty is over Israel;
his power is among the clouds.

³⁵ God, you are awe-inspiring in your sanctuaries.

The God of Israel gives power and strength to his people.
Blessed be God!



Mountain Waterfall
by Elizabeth Murray



DAY THIRTY

Reading: Psalm 68

Continued

Daily Questions:

- What is the significance of the opening verse word choices?
(See Numbers 10:35.)
- How does the outcome toward the wicked versus the righteous differ? (vv. 1-3)
- What commands are given in verse 4 regarding praise?
- How is God described in relation to the vulnerable in verse 5?
- What does it say about God's power over death in verse 20?

Memory Verse first-letter technique:

"B B T L! D A D H B O B; G I O S."



DAY THIRTY-ONE

Reading: Psalm 69

Memory Verse: “I will praise God’s name with song and exalt him with thanksgiving” (Psalm 69:30).

Psalm 69 | A Plea for Rescue

**For the choir director: according to “The Lilies.”
Of David.**

¹ Save me, God,
for the water has risen to my neck.
² I have sunk in deep mud, and there is no footing;
I have come into deep water,
and a flood sweeps over me.
³ I am weary from my crying;
my throat is parched.
My eyes fail, looking for my God.
⁴ Those who hate me without cause
are more numerous than the hairs of my head;
my deceitful enemies, who would destroy me,
are powerful.
Though I did not steal, I must repay.
⁵ God, you know my foolishness,
and my guilty acts are not hidden from you.
⁶ Do not let those who put their hope in you
be disgraced because of me,
Lord God of Armies;
do not let those who seek you
be humiliated because of me,
God of Israel.
⁷ For I have endured insults because of you,
and shame has covered my face.
⁸ I have become a stranger to my brothers
and a foreigner to my mother’s sons
⁹ because zeal for your house has consumed me,
and the insults of those who insult you
have fallen on me.

¹⁰ I mourned and fasted,
but it brought me insults.
¹¹ I wore sackcloth as my clothing,
and I was a joke to them.
¹² Those who sit at the city gate talk about me,
and drunkards make up songs about me.
¹³ But as for me, Lord,
my prayer to you is for a time of favor.
In your abundant, faithful love, God,
answer me with your sure salvation.
¹⁴ Rescue me from the miry mud; don’t let me sink.
Let me be rescued from those who hate me
and from the deep water.
¹⁵ Don’t let the floodwaters sweep over me
or the deep swallow me up;
don’t let the Pit close its mouth over me.
¹⁶ Answer me, Lord,
for your faithful love is good.
In keeping with your abundant compassion,
turn to me.
¹⁷ Don’t hide your face from your servant,
for I am in distress.
Answer me quickly!
¹⁸ Come near to me and redeem me;
ransom me because of my enemies.
¹⁹ You know the insults I endure—
my shame and disgrace.
You are aware of all my adversaries.
²⁰ Insults have broken my heart,
and I am in despair.
I waited for sympathy,

DAY THIRTY-ONE

Reading: Psalm 69

Continued

but there was none;
for comforters, but found no one.
²¹ Instead, they gave me gall for my food,
and for my thirst
they gave me vinegar to drink.
²² Let their table set before them be a snare,
and let it be a trap for their allies.
²³ Let their eyes grow too dim to see,
and let their hips continually quake.
²⁴ Pour out your rage on them,
and let your burning anger overtake them.
²⁵ Make their fortification desolate;
may no one live in their tents.
²⁶ For they persecute the one you struck
and talk about the pain of those you wounded.
²⁷ Charge them with crime on top of crime;
do not let them share in your righteousness.
²⁸ Let them be erased from the book of life
and not be recorded with the righteous.
²⁹ But as for me—poor and in pain—
let your salvation protect me, God.
³⁰ I will praise God's name with song
and exalt him with thanksgiving.
³¹ That will please the Lord more than an ox,
more than a bull with horns and hooves.
³² The humble will see it and rejoice.
You who seek God, take heart!
³³ For the Lord listens to the needy
and does not despise
his own who are prisoners.
³⁴ Let heaven and earth praise him,
the seas and everything that moves in them,

³⁵ for God will save Zion
and build up the cities of Judah.
They will live there and possess it.
³⁶ The descendants of his servants will inherit it,
and those who love his name will live in it.

DAY THIRTY-ONE

Reading: Psalm 69

Continued

Daily Questions:

- How does David describe his distress in verses 1–3?
- Consider how Jesus remembered verse 9. (See John 2:17.)
- Consider also verse 21 and Jesus’s last statement on the cross. (See John 19:28–29.)
- What does this psalm teach about enduring unjust suffering while trusting God?
- What promise is declared in verses 35–36?

Memory Verse first-letter technique:

“I W P G N W S A E H W T.”

Worship Song: “Psalm 69” by Matt and Josie Minikus

Scan me
to listen





Christ Carrying the Cross
by El Greco



The Good Samaritan
by Vincent van Gogh (after
Eugène Delacroix)

DAY THIRTY-TWO

Reading: Psalm 70

Memory Verse: “Let all who seek you rejoice and be glad in you; let those who love your salvation continually say, ‘God is great!’” (Psalm 70:4).

Psalm 70 | A Call for Deliverance

For the choir director. Of David. To bring remembrance.

¹ God, hurry to rescue me.

Lord, hurry to help me!

² Let those who seek to kill me
be disgraced and confounded;
let those who wish me harm
be turned back and humiliated.

³ Let those who say, “Aha, aha!”
retreat because of their shame.

⁴ Let all who seek you rejoice and be glad in you;
let those who love your salvation
continually say, “God is great!”

⁵ I am oppressed and needy;
hurry to me, God.

You are my help and my deliverer;
Lord, do not delay.

Daily Questions:

- While David prays to be delivered, how does he want God to deal with his enemies?
- What might the words “hurry” and “do not delay” reveal about David’s urgency?
- Who will say “God is great!” in verse 4?
- What does it mean for you personally to come before God as “oppressed and needy”? (v. 5)
- How might pride or self-reliance keep you from praying like David in this verse?

Memory Verse first-letter technique:

“L A W S Y R A B G I Y ; L T W L Y S C S , ‘G I G !’”



DAY THIRTY-THREE

Reading: Psalm 71

Memory Verse: *“But I will hope continually and will praise you more and more”* (Psalm 71:14).

Psalm 71 | God's Help in Old Age

¹ Lord, I seek refuge in you;
let me never be disgraced.

² In your justice, rescue and deliver me;
listen closely to me and save me.

³ Be a rock of refuge for me,
where I can always go.

Give the command to save me,
for you are my rock and fortress.

⁴ Deliver me, my God, from the power of the wicked,
from the grasp of the unjust and oppressive.

⁵ For you are my hope, Lord God,
my confidence from my youth.

⁶ I have leaned on you from birth;
you took me from my mother's womb.
My praise is always about you.

⁷ I am like a miraculous sign to many,
and you are my strong refuge.

⁸ My mouth is full of praise
and honor to you all day long.

⁹ Don't discard me in my old age.
As my strength fails, do not abandon me.

¹⁰ For my enemies talk about me,
and those who spy on me plot together,

¹¹ saying, “God has abandoned him;
chase him and catch him,
for there is no one to rescue him.”

¹² God, do not be far from me;
my God, hurry to help me.

¹³ May my adversaries be disgraced and destroyed;
may those who intend to harm me
be covered with disgrace and humiliation.

¹⁴ But I will hope continually
and will praise you more and more.

¹⁵ My mouth will tell about your righteousness
and your salvation all day long,
though I cannot sum them up.

¹⁶ I come because of the mighty acts of the Lord God;
I will proclaim your righteousness, yours alone.

¹⁷ God, you have taught me from my youth,
and I still proclaim your wondrous works.

¹⁸ Even while I am old and gray,
God, do not abandon me,
while I proclaim your power
to another generation,
your strength to all who are to come.

¹⁹ Your righteousness reaches the heights, God,
you who have done great things;
God, who is like you?

²⁰ You caused me to experience
many troubles and misfortunes,
but you will revive me again.
You will bring me up again,
even from the depths of the earth.

DAY THIRTY-THREE

Reading: Psalm 71

Continued

²¹ You will increase my honor
and comfort me once again.

²² Therefore, I will praise you with a harp
for your faithfulness, my God;
I will sing to you with a lyre,
Holy One of Israel.

²³ My lips will shout for joy
when I sing praise to you
because you have redeemed me.

²⁴ Therefore, my tongue will proclaim
your righteousness all day long,
for those who intend to harm me
will be disgraced and confounded.

DAY THIRTY-THREE

Reading: Psalm 71

Continued

Daily Questions:

- How does the psalmist describe his relationship with God in verses 1–3?
- What specific requests does the psalmist make in verse 4?
- What role has God played in the psalmist’s life from birth? (v. 6)
- What would it look like for you to “hope continually” and praise God daily? (v. 14)
- What promise is described by the psalmist regarding God’s faithfulness in verses 20–21?

Memory Verse first-letter technique:

“B I W H C A W P Y M A M.”





Old Woman Praying
by Matthias Stom

DAY THIRTY-FOUR

Reading: Psalm 72

Memory Verse: *“Blessed be his glorious name forever; the whole earth is filled with his glory. Amen and amen”*
(Psalm 72:19).

Psalm 72 | A Prayer for the King

Of Solomon.

¹ God, give your justice to the king
and your righteousness to the king’s son.
² He will judge your people with righteousness
and your afflicted ones with justice.
³ May the mountains bring well-being to the people
and the hills, righteousness.
⁴ May he vindicate the afflicted among the people,
help the poor,
and crush the oppressor.
⁵ May they fear you while the sun endures
and as long as the moon, throughout all generations.
⁶ May the king be like rain that falls on the cut grass,
like spring showers that water the earth.
⁷ May the righteous flourish in his days
and well-being abound
until the moon is no more.
⁸ May he rule from sea to sea
and from the Euphrates
to the ends of the earth.
⁹ May desert tribes kneel before him
and his enemies lick the dust.
¹⁰ May the kings of Tarshish

and the coasts and islands bring tribute,
the kings of Sheba and Seba offer gifts.
¹¹ Let all kings bow in homage to him,
all nations serve him.
¹² For he will rescue the poor who cry out
and the afflicted who have no helper.
¹³ He will have pity on the poor and helpless
and save the lives of the poor.
¹⁴ He will redeem them from oppression and violence,
for their lives are precious in his sight.
¹⁵ May he live long!
May gold from Sheba be given to him.
May prayer be offered for him continually,
and may he be blessed all day long.
¹⁶ May there be plenty of grain in the land;
may it wave on the tops of the mountains.
May its crops be like Lebanon.
May people flourish in the cities
like the grass of the field.
¹⁷ May his name endure forever;
as long as the sun shines,
may his fame increase.
May all nations be blessed by him
and call him blessed.

DAY THIRTY-FOUR

Reading: Psalm 72

Continued

¹⁸ Blessed be the Lord God, the God of Israel,
who alone does wonders.

¹⁹ Blessed be his glorious name forever;
the whole earth is filled with his glory.
Amen and amen.

²⁰ The prayers of David son of Jesse are concluded.



DAVID.

Haudum Princeps ingentia colla Gigantis

Dissecit, et cecini facta stupenda Dei.

David
by Theodor Galle
(after Jan van der Straet)

DAY THIRTY-FOUR

Reading: Psalm 72

Continued

Daily Questions:

- David's son Solomon is praying for what in the opening verses?
- How far does the king's dominion extend according to verses 8–11?
- How should the Davidic king treat the needy and oppressed? (vv. 12–14)
- What blessings and prosperity are described during the king's reign? (vv. 15–17)
- What does this psalm reveal about God's intentions and ideals for leadership and authority?

Memory Verse first-letter technique:

"B B H G N F; T W E I F W H G. A A A."

Worship Song: "Crown Him (Majesty)" by Chris Tomlin

*Scan me
to listen*



DAY THIRTY-FIVE

Reading: Psalm 73

Memory Verse: *“My flesh and my heart may fail, but God is the strength of my heart, my portion forever”*
(Psalm 73:26).

Psalm 73 | God's Ways Vindicated

A psalm of Asaph.

¹ God is indeed good to Israel,
to the pure in heart.
² But as for me, my feet almost slipped;
my steps nearly went astray.
³ For I envied the arrogant;
I saw the prosperity of the wicked.
⁴ They have an easy time until they die,
and their bodies are well fed.
⁵ They are not in trouble like others;
they are not afflicted like most people.
⁶ Therefore, pride is their necklace,
and violence covers them like a garment.
⁷ Their eyes bulge out from fatness;
the imaginations of their hearts run wild.
⁸ They mock, and they speak maliciously;
they arrogantly threaten oppression.
⁹ They set their mouths against heaven,
and their tongues strut across the earth.

¹⁰ Therefore his people turn to them
and drink in their overflowing words.
¹¹ The wicked say, “How can God know?
Does the Most High know everything?”
¹² Look at them—the wicked!
They are always at ease,
and they increase their wealth.
¹³ Did I purify my heart
and wash my hands in innocence for nothing?
¹⁴ For I am afflicted all day long
and punished every morning.
¹⁵ If I had decided to say these things aloud,
I would have betrayed your people.
¹⁶ When I tried to understand all this,
it seemed hopeless
¹⁷ until I entered God's sanctuary.
Then I understood their destiny.
¹⁸ Indeed, you put them in slippery places;
you make them fall into ruin.
¹⁹ How suddenly they become a desolation!
They come to an end, swept away by terrors.

DAY THIRTY-FIVE

Reading: Psalm 73

Continued

²⁰ Like one waking from a dream,
Lord, when arising, you will despise their image.

²¹ When I became embittered
and my innermost being was wounded,

²² I was stupid and didn't understand;
I was an unthinking animal toward you.

²³ Yet I am always with you;
you hold my right hand.

²⁴ You guide me with your counsel,
and afterward you will take me up in glory.

²⁵ Who do I have in heaven but you?
And I desire nothing on earth but you.

²⁶ My flesh and my heart may fail,
but God is the strength of my heart,
my portion forever.

²⁷ Those far from you will certainly perish;
you destroy all who are unfaithful to you.

²⁸ But as for me, God's presence is my good.
I have made the Lord God my refuge,
so I can tell about all you do.

DAY THIRTY-FIVE

Reading: Psalm 73

Continued

Daily Questions:

- What foundational truth does Asaph proclaim in verse 1?
- What almost caused Asaph to “slip” in verses 2–3?
- Why does the psalmist hesitate to speak openly about his struggle? (v. 15)
- What shifts his understanding according to verse 17?
- How can you guard your heart against envy and bitterness when life feels unjust?

Memory Verse first-letter technique:

“M F A M H M F, B G I T S O M H, M P F.”

Worship Song: “He Will Hold Me Fast” by Selah

*Scan me
to listen*





Magdalene with the Smoking Flame
by Georges de La Tour

DAY THIRTY-SIX

Reading: Psalm 74

Memory Verse: “God my King is from ancient times, performing saving acts on the earth” (Psalm 74:12).

Psalm 74 | Prayer for Israel

A *Maskil* of Asaph.

¹ Why have you rejected us forever, God?

Why does your anger burn
against the sheep of your pasture?

² Remember your congregation,
which you purchased long ago
and redeemed as the tribe for your own possession.
Remember Mount Zion where you dwell.

³ Make your way to the perpetual ruins,
to all that the enemy has destroyed in the sanctuary.

⁴ Your adversaries roared in the meeting place
where you met with us.

They set up their emblems as signs.

⁵ It was like men in a thicket of trees,
wielding axes,

⁶ then smashing all the carvings
with hatchets and picks.

⁷ They set your sanctuary on fire;
they utterly desecrated
the dwelling place of your name.

⁸ They said in their hearts,
“Let’s oppress them relentlessly.”
They burned every place throughout the land
where God met with us.

⁹ There are no signs for us to see.
There is no longer a prophet.
And none of us knows how long this will last.

¹⁰ God, how long will the enemy mock?
Will the foe insult your name forever?

DAY THIRTY-SIX

Reading: Psalm 74

Continued

¹¹ Why do you hold back your hand?
Stretch out your right hand and destroy them!

¹² God my King is from ancient times,
performing saving acts on the earth.

¹³ You divided the sea with your strength;
you smashed the heads of the sea monsters in the water;

¹⁴ you crushed the heads of Leviathan;
you fed him to the creatures of the desert.

¹⁵ You opened up springs and streams;
you dried up ever-flowing rivers.

¹⁶ The day is yours, also the night;
you established the moon and the sun.

¹⁷ You set all the boundaries of the earth;
you made summer and winter.

¹⁸ Remember this: the enemy has mocked the Lord,
and a foolish people has insulted your name.

¹⁹ Do not give to beasts the life of your dove;
do not forget the lives of your poor people forever.

²⁰ Consider the covenant,
for the dark places of the land are full of violence.

²¹ Do not let the oppressed turn away in shame;
let the poor and needy praise your name.

²² Rise up, God, champion your cause!
Remember the insults
that fools bring against you all day long.

²³ Do not forget the clamor of your adversaries,
the tumult of your opponents that goes up constantly.



The Destruction of Leviathan
by Gustave Doré

G^{ve} Doré

H. PISAN.

DAY THIRTY-SIX

Reading: Psalm 74

Continued

Daily Questions:

- How does Asaph describe God's people in verse 1?
- How do the words "purchased" and "redeemed" in verse 2 recall the Exodus story? (See Exodus 15:13, 16.)
- What has happened to the sanctuary according to verses 3–8?
- What does the psalmist begin to recall in the midst of his anguish in verses 12–17?
- How might this psalm point forward to ultimate restoration through Jesus Christ?

Memory Verse first-letter technique:

"G M K I F A T, P S A O T E."



DAY THIRTY-SEVEN

Reading: Psalm 75

Memory Verse: “As for me, I will tell about him forever; I will sing praise to the God of Jacob”
(Psalm 75:9).

Psalm 75 | God Judges the Wicked

For the choir director: “Do Not Destroy.”
A psalm of Asaph. A song.

¹ We give thanks to you, God;
we give thanks to you, for your name is near.
People tell about your wondrous works.
² “When I choose a time,
I will judge fairly.
³ When the earth and all its inhabitants shake,
I am the one who steadies its pillars. *Selah*
⁴ I say to the boastful, ‘Do not boast,’
and to the wicked, ‘Do not lift up your horn.
⁵ Do not lift up your horn against heaven
or speak arrogantly.”
⁶ Exaltation does not come
from the east, the west, or the desert,
⁷ for God is the Judge:
He brings down one and exalts another.
⁸ For there is a cup in the Lord’s hand,
full of wine blended with spices, and he pours from it.
All the wicked of the earth will drink,
draining it to the dregs.
⁹ As for me, I will tell about him forever;
I will sing praise to the God of Jacob.
¹⁰ “I will cut off all the horns of the wicked,
but the horns of the righteous will be lifted up.”

Daily Questions:

- What does Asaph describe doing in the opening verse?
- What does God declare about His timing of judgement in verse 2?
- What does the “horn” in verse 4 represent as a symbol of military strength, and why would God command the wicked not lift theirs?
- What does verse 7 say about who exalts and humbles?
- Who does God promise to eventually “lift up” in verse 10, and how can you rest in this today?

Memory Verse first-letter technique:

“A F M, I W T A H F, I W S P T T G O J.”

Worship Song: “Is He Worthy?” by Andrew Peterson

Scan me
to listen





Sculpture of an Enthroned King
by Unknown North Italian
sculptor

STUDY RECAP

Congratulations! You made it through volume two of the study of the book of Psalms.

The psalms give our hearts words and direction for prayer and worship to the Lord through moments of deep anguish and seasons of great hope. They are a model for us on how to approach God in our joy and our grief. I pray you leave this study with a new love and appreciation for the psalms and that you are moved to worship over and over as you revisit this beautiful collection again.

As you conclude this whirlwind tour of Psalms 39–75, here are a few questions to reflect on:

What have these psalms taught you about God’s faithfulness?

Which of these psalms has the deepest impact on you and why?

What is your favorite verse from these psalms?

What topic(s) or passages do you want to revisit for a deeper dive?

In what ways do you feel that you relate most with the psalmist? What does that reveal about how God relates to us?

What aspect of God's nature and character stood out to you the most?

How have these psalms made you reflect on your emotions and your faith?

What have you learned about the wicked and the righteous?

What do you plan to do with the truths you've internalized?

How does this change how you live?



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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