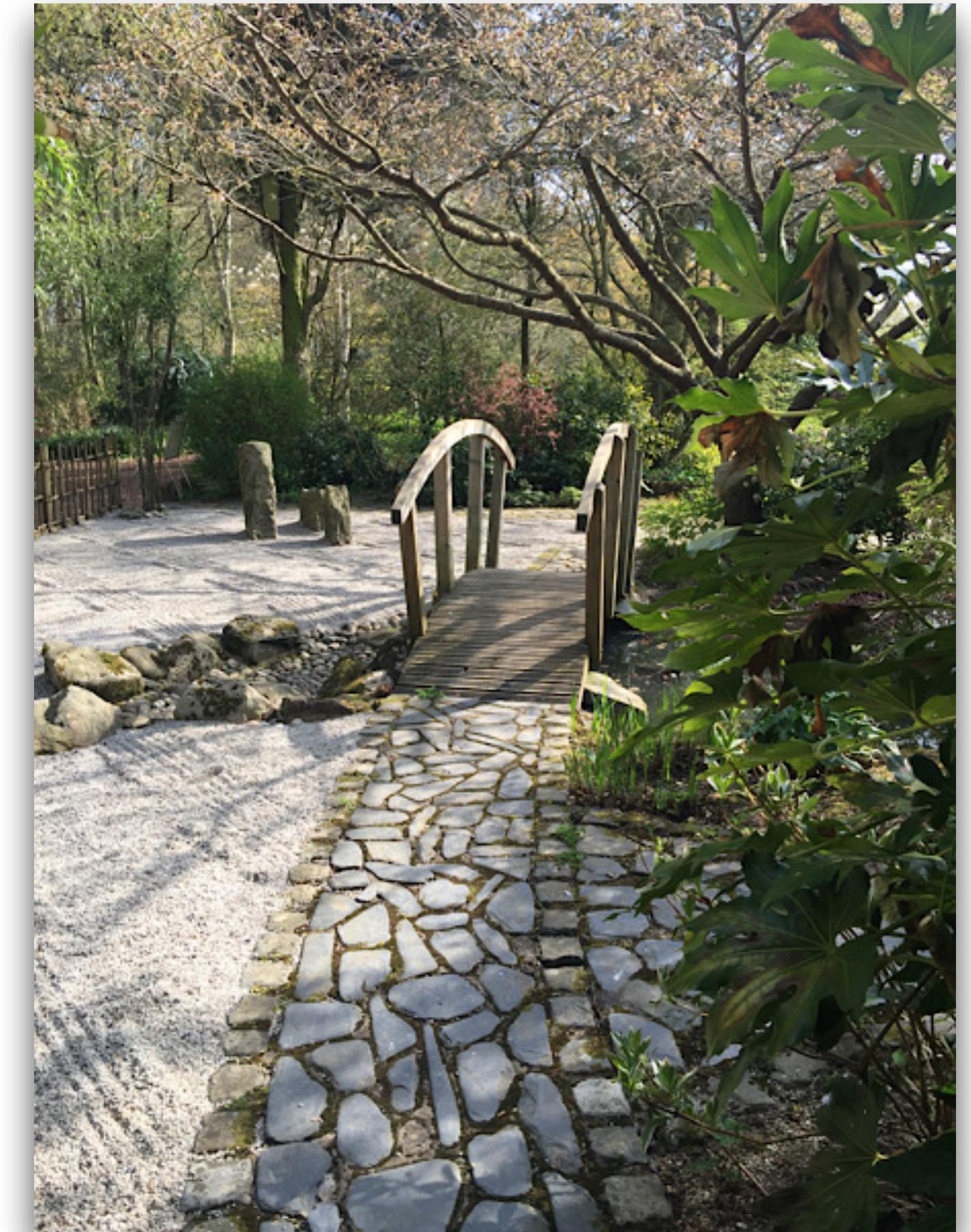


Footsteps in Prayer

Praying the Psalms
Month 2



These Psalms are part of the Footsteps in Prayer journey that can be found in the [Prayer Room](#) or on the [Look up - Look in - Look out](#) Facebook group. Links to David Suchet reading the Psalm and to a sung version of the Psalm can be found on each slide.

- * Find a place where you can sit quietly.
- * Take a few slow deep breaths and become still.
- * Ask the Holy Spirit to help you notice where God is at work in the world.
- * Where do you see signs of hope? Give thanks.
- * You might like to pray the Lord's Prayer slowly and quietly.
- * You might like to listen to Phil Wickham sing [Living Hope](#) or Kings College Choir sing [All My Hope on God is Founded](#).
- * You might instead like to listen to Yo Yo Ma play the [Allegro](#) from Bach's Viola de Gamba Sonata No 1 in G Major.



You might like to listen to

- * Mondays: Ola Djeilo's Heaven and Earth are full of your Glory.
- * Tuesdays: An acapella version of In Christ Alone.
- * Wednesdays: Shane and Shane sing Holy, Holy, Holy.
- * Thursdays: Sinach sing Waymaker.
- * Fridays: Samuel Wilson sing And can it be .
- * Saturdays: Ellie Holcomb sing God of all Comfort.
- * Sundays: Praise to the Lord, the Almighty, the King of creation.



Day 1: Psalm 31 (TPT)

I trust you, Lord, to be my hiding place.

Don't let me down.

Don't let my enemies bring me to shame.

Come and rescue me, for you are the only God
who always does what is right.

Rescue me quickly when I cry out to you.

At the sound of my prayer may your ear be turned to me.
Be my strong shelter and hiding place on high.
Pull me into victory and breakthrough.

For you are my high fortress, where I'm kept safe.

You are to me a stronghold of salvation.

When you deliver me out of this peril,
it will bring glory to your name.

As you guide me forth I'll be kept safe
from the hidden snares of the enemy—
the secret traps that lie before me—
for you have become my rock of strength.

Into your hands I now entrust my spirit.

O Lord, the God of faithfulness,
you have rescued and redeemed me.

I despise these deceptive illusions,
all this pretence and nonsense,
for I worship only you.

In mercy you have seen my troubles, and you have cared for me:
even during this crisis in my soul I will be radiant with joy,
filled with praise for your love and mercy.

You have kept me from being conquered by my enemy;
you broke open the way to bring me to freedom,
into a beautiful, broad place.

O Lord, help me again! Keep showing me such mercy.

For I am in anguish, always in tears,
and I'm worn out with weeping.

I'm becoming old because of grief; my health is broken.

I'm exhausted! My life is spent with sorrow,
my years with sighing and sadness.

Because of all these troubles, I have no more strength.

My inner being[d] is so weak and frail.

My enemies say, "You are nothing!"

Even my friends and neighbours hold me in contempt!

They dread seeing me,
and they look the other way when I pass by.

I am totally forgotten, buried away like a dead man,
discarded like a broken dish thrown in the trash.

I overheard their whispered threats, the slander of my enemies.

I'm terrified as they plot and scheme to take my life.

I'm desperate, Lord! I throw myself upon you,
for you alone are my God!

My life, my every moment, my destiny—it's all in your hands.

So I know you can deliver me
from those who persecute me relentlessly.

Smile on me, your servant.

Let your undying love and glorious grace
save me from all this gloom.

As I call upon you, let my shame and disgrace
be replaced by your favour once again.

But let shame and disgrace fall instead upon the wicked—
those going to their own doom,
drifting down in silence to the dust of death.

At last their lying lips will be muted in their graves.

For they are arrogant, filled with contempt and conceit
as they speak against the godly.

Lord, how wonderful you are!

You have stored up so many good things for us,
like a treasure chest heaped up and spilling over with blessings—
all for those who honour and worship you!

Everybody knows what you can do
for those who turn and hide themselves in you.

So hide all your beloved ones
in the sheltered, secret place before your face.

Overshadow them with your glory-presence.

Keep them from these accusations, the brutal insults of evil men.

Tuck them safely away in the tabernacle where you dwell.

The name of the Lord is blessed and lifted high!

For his marvellous miracle of mercy protected me
when I was overwhelmed by my enemies.

I spoke hastily when I said, "The Lord has deserted me."

For in truth, you did hear my prayer and came to rescue me.

Listen to me, all you godly ones: Love the Lord with passion!

The Lord protects and preserves all those who are loyal to him.

But he pays back in full all those who reject him in their pride.

So cheer up! Take courage, all you who love him.

Wait for him to break through for you, all who trust in him

A sung version of Psalm 31 can be found [here](#)

Click [here](#) to go to the next slide.

Day 2: Psalm 32 (ESVUK)

Blessed is the one whose transgression is forgiven,
whose sin is covered.

Blessed is the man against whom the Lord counts no iniquity,
and in whose spirit there is no deceit.

For when I kept silent, my bones wasted away
through my groaning all day long.

For day and night your hand was heavy upon me;
my strength was dried up[b] as by the heat of summer.

I acknowledged my sin to you,
and I did not cover my iniquity;

I said, "I will confess my transgressions to the Lord",
and you forgave the iniquity of my sin.

Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.

You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance.

I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.

Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.

Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the Lord.

Be glad in the Lord, and rejoice, O righteous,
and shout for joy, all you upright in heart!

A sung version of Psalm 32 can be found [here](#)

Click [here](#) to go to the next slide.



Day 3: Psalm 33 (NIV)

Sing joyfully to the Lord, you righteous;
it is fitting for the upright to praise him.
Praise the Lord with the harp;
make music to him on the ten-stringed lyre.
Sing to him a new song;
play skillfully, and shout for joy.
For the word of the Lord is right and true;
he is faithful in all he does.
The Lord loves righteousness and justice;
the earth is full of his unfailing love.
By the word of the Lord the heavens were made,
their starry host by the breath of his mouth.
He gathers the waters of the sea into jars;
he puts the deep into storehouses.
Let all the earth fear the Lord;
let all the people of the world revere him.
For he spoke, and it came to be;
he commanded, and it stood firm.
The Lord foils the plans of the nations;
he thwarts the purposes of the peoples.
But the plans of the Lord stand firm forever,
the purposes of his heart through all generations.
Blessed is the nation whose God is the Lord,
the people he chose for his inheritance.



From heaven the Lord looks down
and sees all mankind;
from his dwelling place he watches
all who live on earth—
he who forms the hearts of all,
who considers everything they do.
No king is saved by the size of his army;
no warrior escapes by his great strength.
A horse is a vain hope for deliverance;
despite all its great strength it cannot save.
But the eyes of the Lord are on those who fear him,
on those whose hope is in his unfailing love,
to deliver them from death
and keep them alive in famine.
We wait in hope for the Lord;
he is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
May your unfailing love be with us, Lord,
even as we put our hope in you.

A sung version of Psalm 33 can be found [here](#)

Click [here](#) to go to the next slide.

Day 4: Psalm 34 (NIV)

I will extol the Lord at all times;
his praise will always be on my lips.

I will glory in the Lord;
let the afflicted hear and rejoice.

Glorify the Lord with me;
let us exalt his name together.

I sought the Lord, and he answered me;
he delivered me from all my fears.

Those who look to him are radiant;
their faces are never covered with shame.

This poor man called, and the Lord heard him;
he saved him out of all his troubles.

The angel of the Lord encamps around those who fear him,
and he delivers them.

Taste and see that the Lord is good;
blessed is the one who takes refuge in him.

Fear the Lord, you his holy people,
for those who fear him lack nothing.

The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.

Come, my children, listen to me;
I will teach you the fear of the Lord.



Whoever of you loves life
and desires to see many good days,
keep your tongue from evil
and your lips from telling lies.
Turn from evil and do good;
seek peace and pursue it.

The eyes of the Lord are on the righteous,
and his ears are attentive to their cry;
but the face of the Lord is against those who do evil,
to blot out their name from the earth.

The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.

The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

The righteous person may have many troubles,
but the Lord delivers him from them all;

he protects all his bones,
not one of them will be broken.

Evil will slay the wicked;
the foes of the righteous will be condemned

The Lord will rescue his servants;
no one who takes refuge in him will be condemned.

A sung version of Psalm 34 can be found [here](#)
Click [here](#) to go to the next slide.

Day 5: Psalm 35 (NIV)

Contend, Lord, with those who contend with me;
 fight against those who fight against me.
Take up shield and armour;
 arise and come to my aid.
Brandish spear and javelin
 against those who pursue me.
Say to me,
 “*I am your salvation.*”
May those who seek my life
 be disgraced and put to shame;
may those who plot my ruin
 be turned back in dismay.
May they be like chaff before the wind,
 with the angel of the Lord driving them away;
may their path be dark and slippery,
 with the angel of the Lord pursuing them.
Since they hid their net for me without cause
 and without cause dug a pit for me,
may ruin overtake them by surprise—
 may the net they hid entangle them,
 may they fall into the pit, to their ruin.
Then my soul will rejoice in the Lord
 and delight in his salvation.
My whole being will exclaim,
 “Who is like you, Lord?”

You rescue the poor from those too strong for them,
 the poor and needy from those who rob them.”
Ruthless witnesses come forward;
 they question me on things I know nothing about.
They repay me evil for good
 and leave me like one bereaved.
Yet when they were ill, I put on sackcloth
 and humbled myself with fasting.
When my prayers returned to me unanswered,
 I went about mourning
 as though for my friend or brother.
I bowed my head in grief
 as though weeping for my mother.
But when I stumbled, they gathered in glee;
 assailants gathered against me without my knowledge.
They slandered me without ceasing.
Like the ungodly they maliciously mocked;^[b]
 they gnashed their teeth at me.
How long, Lord, will you look on?
Rescue me from their ravages,
 my precious life from these lions.

A sung version of Psalm 35 can be found [here](#)
Click [here](#) to go to the next slide.

I will give you thanks in the great assembly;
 among the throngs I will praise you.
Do not let those gloat over me
 who are my enemies without cause;
do not let those who hate me without reason
 maliciously wink the eye.
They do not speak peaceably,
 but devise false accusations
against those who live quietly in the land.
They sneer at me and say, “Aha! Aha!
 With our own eyes we have seen it.
Lord, you have seen this; do not be silent.
 Do not be far from me, Lord.
Awake, and rise to my defence!
 Contend for me, my God and Lord.
Vindicate me in your righteousness, Lord my God;
 do not let them gloat over me.
Do not let them think, “Aha, just what we wanted!”
 or say, “We have swallowed him up.”
May all who gloat over my distress
 be put to shame and confusion;
may all who exalt themselves over me
 be clothed with shame and disgrace.
May those who delight in my vindication
 shout for joy and gladness;
may they always say, “The Lord be exalted,
 who delights in the well-being of his servant.”
My tongue will proclaim your righteousness,
 your praises all day long.

Day 6: Psalm 36 (NIV)

I have a message from God in my heart
concerning the sinfulness of the wicked:
There is no fear of God
before their eyes.
In their own eyes they flatter themselves
too much to detect or hate their sin.
The words of their mouths are wicked and deceitful;
they fail to act wisely or do good.
Even on their beds they plot evil;
they commit themselves to a sinful course
and do not reject what is wrong.
Your love, Lord, reaches to the heavens,
your faithfulness to the skies.
Your righteousness is like the highest mountains,
your justice like the great deep.
You, Lord, preserve both people and animals.
How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house;
you give them drink from your river of delights.
For with you is the fountain of life;
in your light we see light.
Continue your love to those who know you,
your righteousness to the upright in heart.
May the foot of the proud not come against me,
nor the hand of the wicked drive me away.
See how the evildoers lie fallen—
thrown down, not able to rise!

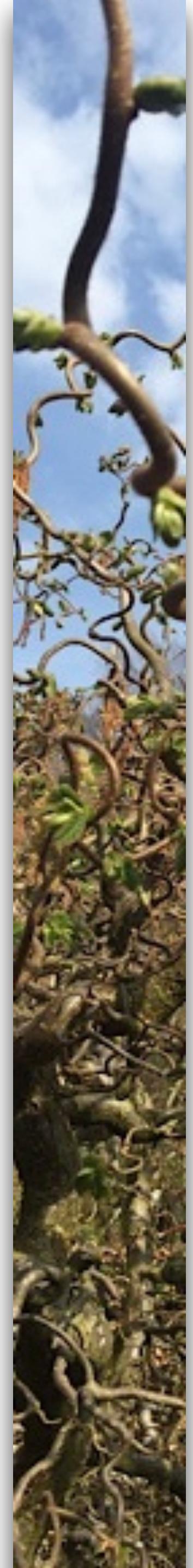
A sung version of Psalm 36 can be found [here](#)

Click [here](#) to go to the next slide.



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Do not fret because of those who are evil
or be envious of those who do wrong;
for like the grass they will soon wither,
like green plants they will soon die away.
Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.
Take delight in the Lord,
and he will give you the desires of your heart.
Commit your way to the Lord;
trust in him and he will do this:
He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.
Be still before the Lord
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.
Refrain from anger and turn from wrath;
do not fret—it leads only to evil.
For those who are evil will be destroyed,
but those who hope in the Lord will inherit the land.
A little while, and the wicked will be no more;
though you look for them, they will not be found.
But the meek will inherit the land
and enjoy peace and prosperity.
The wicked plot against the righteous
and gnash their teeth at them;
but the Lord laughs at the wicked,
for he knows their day is coming.
The wicked draw the sword
and bend the bow
to bring down the poor and needy,
to slay those whose ways are upright.



Day 7: Psalm 37 (NIV)

But their swords will pierce their own hearts,
and their bows will be broken.

Better the little that the righteous have
than the wealth of many wicked;
for the power of the wicked will be broken,
but the Lord upholds the righteous.

The blameless spend their days under the Lord's care,
and their inheritance will endure forever.

In times of disaster they will not wither;
in days of famine they will enjoy plenty.

But the wicked will perish:

Though the Lord's enemies are like the flowers of the field,
they will be consumed, they will go up in smoke.

The wicked borrow and do not repay,
but the righteous give generously;
those the Lord blesses will inherit the land,
but those he curses will be destroyed.

The Lord makes firm the steps
of the one who delights in him;
though he may stumble, he will not fall,
for the Lord upholds him with his hand.

I was young and now I am old,
yet I have never seen the righteous forsaken
or their children begging bread.

They are always generous and lend freely;
their children will be a blessing.

A sung version of Psalm 37 can be found [here](#)

Click [here](#) to go to the next slide.

Turn from evil and do good;
then you will dwell in the land forever.

For the Lord loves the just
and will not forsake his faithful ones.
Wrongdoers will be completely destroyed];
the offspring of the wicked will perish.
The righteous will inherit the land
and dwell in it forever.

The mouths of the righteous utter wisdom,
and their tongues speak what is just.
The law of their God is in their hearts;
their feet do not slip.

The wicked lie in wait for the righteous,
intent on putting them to death;
but the Lord will not leave them in the power of the wicked
or let them be condemned when brought to trial.
Hope in the Lord
and keep his way.

He will exalt you to inherit the land;
when the wicked are destroyed, you will see it.

I have seen a wicked and ruthless man
flourishing like a luxuriant native tree,
but he soon passed away and was no more;
though I looked for him, he could not be found.
Consider the blameless, observe the upright;
a future awaits those who seek peace.

But all sinners will be destroyed;
there will be no future[e] for the wicked.
The salvation of the righteous comes from the Lord;
he is their stronghold in time of trouble.
The Lord helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.



Day 8: Psalm 38 (ESVUK)

O Lord, rebuke me not in your anger,
nor discipline me in your wrath!
For your arrows have sunk into me,
and your hand has come down on me.
There is no soundness in my flesh
because of your indignation;
there is no health in my bones
because of my sin.
For my iniquities have gone over my head;
like a heavy burden, they are too heavy for me.
My wounds stink and fester
because of my foolishness,
I am utterly bowed down and prostrate;
all the day I go about mourning.
For my sides are filled with burning,
and there is no soundness in my flesh.
I am feeble and crushed;
I groan because of the tumult of my heart.
O Lord, all my longing is before you;
my sighing is not hidden from you.
My heart throbs; my strength fails me,
and the light of my eyes—it also has gone from me.
My friends and companions stand aloof from my plague,
and my nearest kin stand far off.
Those who seek my life lay their snares;
those who seek my hurt speak of ruin
and meditate treachery all day long.



A sung version of Psalm 38 can be found [here](#)

Click [here](#) to go to the next slide.

But I am like a deaf man; I do not hear,
like a mute man who does not open his mouth.
I have become like a man who does not hear,
and in whose mouth are no rebukes.
But for you, O Lord, do I wait;
it is you, O Lord my God, who will answer.
For I said, "Only let them not rejoice over me,
who boast against me when my foot slips!"
For I am ready to fall,
and my pain is ever before me.
I confess my iniquity;
I am sorry for my sin.
But my foes are vigorous, they are mighty,
and many are those who hate me wrongfully.
Those who render me evil for good
accuse me because I follow after good.
Do not forsake me, O Lord!
O my God, be not far from me!
Make haste to help me,
O Lord, my salvation!

Day 9: Psalm 39 (ESVUK)

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

I was mute and silent;
I held my peace to no avail,
and my distress grew worse.

My heart became hot within me.

As I mused, the fire burned;
then I spoke with my tongue:
“O Lord, make me know my end
and what is the measure of my days;
let me know how fleeting I am!

Behold, you have made my days a few handbreadths,
and my lifetime is as nothing before you.

Surely all mankind stands as a mere breath!

Surely a man goes about as a shadow!

Surely for nothing they are in turmoil;
man heaps up wealth and does not know who will gather!

“And now, O Lord, for what do I wait?

My hope is in you.



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Deliver me from all my transgressions.
Do not make me the scorn of the fool!

I am mute; I do not open my mouth,
for it is you who have done it.
Remove your stroke from me;
I am spent by the hostility of your hand.

When you discipline a man
with rebukes for sin,
you consume like a moth what is dear to him;
surely all mankind is a mere breath!

“Hear my prayer, O Lord,
and give ear to my cry;
hold not your peace at my tears!

For I am a sojourner with you,
a guest, like all my fathers.

Look away from me, that I may smile again,
before I depart and am no more!”

A sung version of Psalm 39 can be found [here](#)

Click [here](#) to go to the next slide.

Day 10: Psalm 40 (NIV)

I waited patiently for the Lord;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.
Blessed is the one
who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.
Many, Lord my God,
are the wonders you have done,
the things you planned for us.
None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.
Sacrifice and offering you did not desire—
but my ears you have opened—
burnt offerings and sin offerings you did not require.
Then I said, “Here I am, I have come—
it is written about me in the scroll.
I desire to do your will, my God;
your law is within my heart.”
I proclaim your saving acts in the great assembly;
I do not seal my lips, Lord,
as you know.



A sung version of Psalm 40 can be found [here](#)

Click [here](#) to go to the next slide.

I do not hide your righteousness in my heart;
I speak of your faithfulness and your saving help.
I do not conceal your love and your faithfulness
from the great assembly.
Do not withhold your mercy from me, Lord;
may your love and faithfulness always protect me.
For troubles without number surround me;
my sins have overtaken me, and I cannot see.
They are more than the hairs of my head,
and my heart fails within me.
Be pleased to save me, Lord;
come quickly, Lord, to help me.
May all who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.
May those who say to me, “Aha! Aha!”
be appalled at their own shame.
But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
“The Lord is great!”
But as for me, I am poor and needy;
may the Lord think of me.
You are my help and my deliverer;
you are my God, do not delay.

Day 11: Psalm 41 (ESVUK)

Blessed is the one who considers the poor!
In the day of trouble the Lord delivers him;
the Lord protects him and keeps him alive;
he is called blessed in the land;
you do not give him up to the will of his enemies.

The Lord sustains him on his sickbed;
in his illness you restore him to full health.
As for me, I said, "O Lord, be gracious to me;
heal me, for I have sinned against you!"

My enemies say of me in malice,
"When will he die, and his name perish?"

And when one comes to see me, he utters empty words,
while his heart gathers iniquity;
when he goes out, he tells it abroad.

All who hate me whisper together about me;
they imagine the worst for me.

They say, "A deadly thing is poured out on him;
he will not rise again from where he lies."

Even my close friend in whom I trusted,
who ate my bread, has lifted his heel against me.

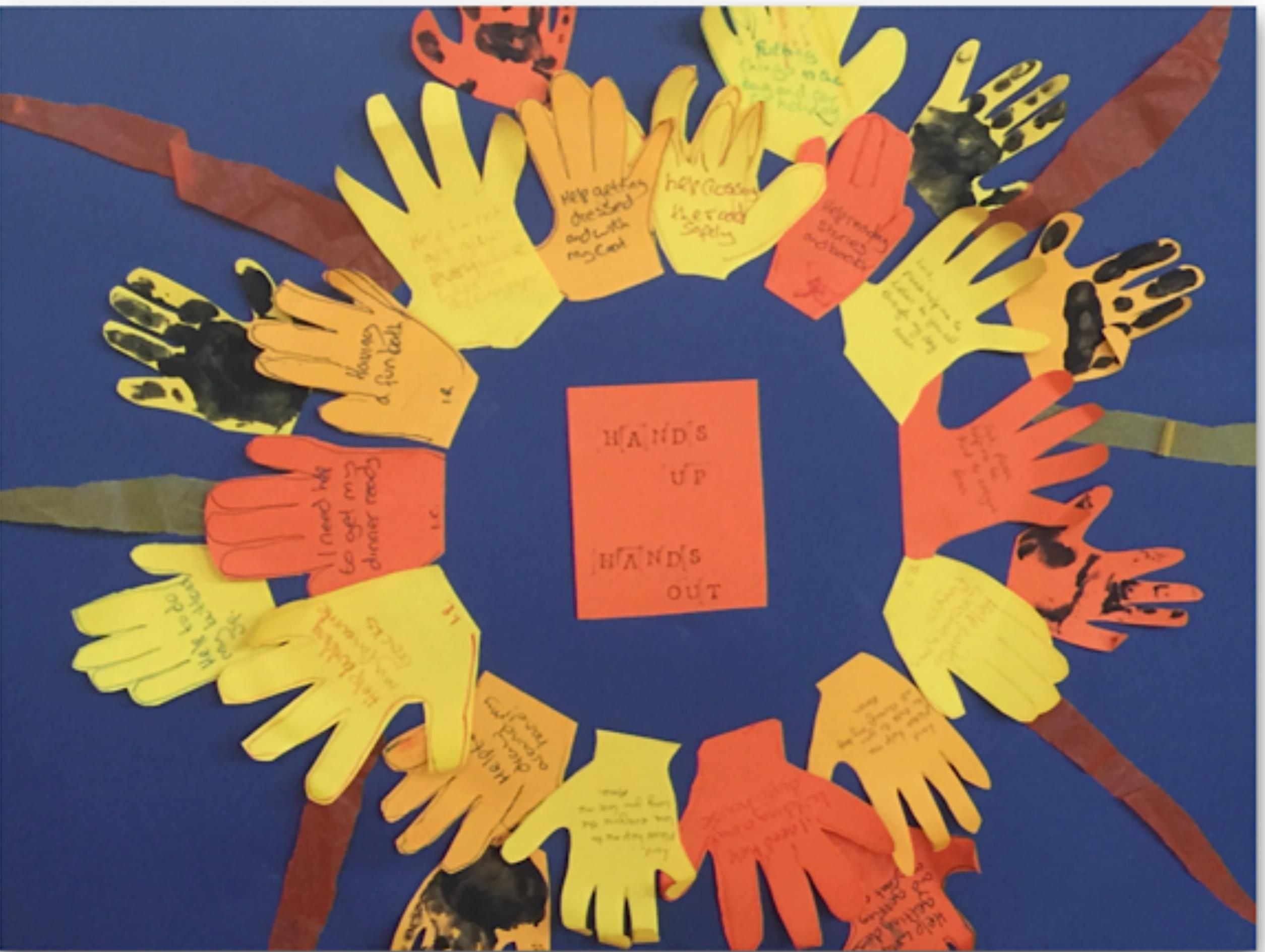
But you, O Lord, be gracious to me,
and raise me up, that I may repay them!

By this I know that you delight in me:
my enemy will not shout in triumph over me.

But you have upheld me because of my integrity,
and set me in your presence for ever.

Blessed be the Lord, the God of Israel,
from everlasting to everlasting!

Amen and Amen.



As the deer pants for streams of water,

so my soul pants for you, my God.

My soul thirsts for God, for the living God.

When can I go and meet with God?

My tears have been my food

day and night,

while people say to me all day long,

"Where is your God?"

These things I remember

as I pour out my soul:

how I used to go to the house of God

under the protection of the Mighty One

with shouts of joy and praise

among the festive throng.

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Saviour and my God.

My soul is downcast within me;

therefore I will remember you

from the land of the Jordan,

the heights of Hermon—from Mount Mizar.

Day 12: Psalm 42 (NIV)



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

By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.

I say to God my Rock,
"Why have you forgotten me?"

Why must I go about mourning,
oppressed by the enemy?"

My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
"Where is your God?"

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Saviour and my God.

A sung version of Psalm 42 can be found [here](#)

Click [here](#) to go to the next slide.

Vindicate me, O God, and defend my cause
against an ungodly people,
from the deceitful and unjust man
deliver me!

For you are the God in whom I take refuge;
why have you rejected me?
Why do I go about mourning
because of the oppression of the enemy?
Send out your light and your truth;
let them lead me;
let them bring me to your holy hill
and to your dwelling!
Then I will go to the altar of God,
to God my exceeding joy,
and I will praise you with the lyre,
O God, my God.

Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.

Day 13: Psalm 43 (ESVUK)



Day 14 : Psalm 44(TPT)

The Past

God, we've heard about all the glorious miracles you've done for our ancestors in days gone by. They told us about the ancient times, how by your power you drove out the ungodly nations from this land, crushing all their strongholds and giving the land to us. Now the people of Israel cover the land from one end to the other, all because of your grace and power! Our forefathers didn't win these battles by their own strength or their own skill or strategy. But it was through the shining forth of your radiant presence and the display of your mighty power. You loved to give them victory, for you took great delight in them. You are my God, my King! It's now time to decree majesties for Jacob! Through your glorious name and your awesome power we can push through to any victory and defeat every enemy. For I will not trust in the weapons of the world; I know they will never save me. Only you will be our Savior from all our enemies. All those who hate us you have brought to shame. So now I constantly boast in you. I can never thank you enough! Pause in his presence



Crossroads (Detail) by Kate Austin
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The Present

But you have turned your back on us; you walked off and left us!
You've rejected us, tossing us aside in humiliating shame.
You don't go before us anymore in our battles.
We retreat before our enemies in defeat,
for you are no longer helping us.
Those who hate us have invaded our land
and plundered our people.
You have treated us like sheep in the slaughter pen,
ready to be butchered.
You've scattered us to the four winds.
You have sold us as slaves for nothing!
You have counted us, your precious ones, as worthless.
You have caused our neighbours to despise and scorn us.
All that are around us mock and curse us.
You have made us the butt of their jokes.
Disliked by all, we are the laughingstock of the people.
There's no escape from this constant curse, this humiliation!
We are despised, jeered, overwhelmed by shame,
and overcome at every turn
by our hateful and heartless enemies.
Despite all of this, we have not forgotten you;
we have not broken covenant with you.
We have not betrayed you; our hearts are still yours.
Our steps have not strayed from your path.
Yet you have crushed us,
leaving us in this wilderness place of misery and desperation.
With nowhere else to turn,
death's dark door seems to be the only way out.
If we had forsaken your holy name, wouldn't you know it?
You'd be right in leaving us.
If we had worshiped before other gods,
no one would blame you for punishing us.
God, you know our every heart secret.
You know we still want you!
Because of you we face death threats every day.
Like martyrs we are dying daily.
We are seen as lambs lined up to be slaughtered as sacrifices.



The Future

So wake up, Lord God!
Why would you sleep when we're in trouble?
Are you forsaking us forever?
You can't hide your face any longer from us!
How could you forget our agonizing sorrow?
Now we lay facedown, sinking into the dust of death,
the quicksand of the grave.
Arise, awake, and come to help us, O Lord.
Let your unfailing love save us from this sorrow!

A sung version of Psalm 44 can be found [here](#)

Click [here](#) to go to the next slide.

Day 15: Psalm 45 (NIV)

My heart is stirred by a noble theme
as I recite my verses for the king;
my tongue is the pen of a skillful writer.

You are the most excellent of men
and your lips have been anointed with grace,
since God has blessed you forever.

Gird your sword on your side, you mighty one;
clothe yourself with splendour and majesty.

In your majesty ride forth victoriously
in the cause of truth, humility and justice;
let your right hand achieve awesome deeds.

Let your sharp arrows pierce the hearts of the king's enemies;
let the nations fall beneath your feet.

Your throne, O God, will last for ever and ever;
a scepter of justice will be the scepter of your kingdom.

You love righteousness and hate wickedness;
therefore God, your God, has set you above your companions
by anointing you with the oil of joy.

All your robes are fragrant with myrrh and aloes and cassia;
from palaces adorned with ivory
the music of the strings makes you glad.



Daughters of kings are among your honored women;
at your right hand is the royal bride in gold of Ophir.

Listen, daughter, and pay careful attention:
Forget your people and your father's house.

Let the king be enthralled by your beauty;
honor him, for he is your lord.

The city of Tyre will come with a gift,
people of wealth will seek your favor.

All glorious is the princess within her chamber;
her gown is interwoven with gold.

In embroidered garments she is led to the king;
her virgin companions follow her—
those brought to be with her.

Led in with joy and gladness,
they enter the palace of the king.

Your sons will take the place of your fathers;
you will make them princes throughout the land.

I will perpetuate your memory through all generations;
therefore the nations will praise you for ever and ever.

A sung version of Psalm 45 can be found [here](#)

Click [here](#) to go to the next slide.

Day 16: Psalm 46 (NIV)

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.
There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
The Lord Almighty is with us;
the God of Jacob is our fortress.
Come and see what the Lord has done,
the desolations he has brought on the earth.
He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
The Lord Almighty is with us;
the God of Jacob is our fortress.

A sung version of Psalm 46 can be found [here](#)



Click [here](#) to go to the next slide.

Day 17: Psalm 47 (NIV)

Clap your hands, all you nations;
shout to God with cries of joy.
For the Lord Most High is awesome,
the great King over all the earth
He subdued nations under us,
peoples under our feet.
He chose our inheritance for us,
the pride of Jacob, whom he loved.
God has ascended amid shouts of joy,
the Lord amid the sounding of trumpets.
Sing praises to God, sing praises;
sing praises to our King, sing praises.
For God is the King of all the earth;
sing to him a psalm of praise.
God reigns over the nations;
God is seated on his holy throne.
The nobles of the nations assemble
as the people of the God of Abraham,
for the kings of the earth belong to God;
he is greatly exalted.



A sung version of Psalm 47 can be found [here](#)

Click [here](#) to go to the next slide.

Day 18: Psalm 48 (NIV)

Great is the Lord, and most worthy of praise,
in the city of our God, his holy mountain.
Beautiful in its loftiness,
the joy of the whole earth,
like the heights of Zaphon is Mount Zion,
the city of the Great King.
God is in her citadels;
he has shown himself to be her fortress.
When the kings joined forces,
when they advanced together,
they saw her and were astounded;
they fled in terror.
Trembling seized them there,
pain like that of a woman in labour.
You destroyed them like ships of Tarshish
shattered by an east wind.
As we have heard,
so we have seen
in the city of the Lord Almighty,
in the city of our God:



Photograph by Ali Walton - Used with permission

God makes her secure forever.
Within your temple, O God,
we meditate on your unfailing love.
Like your name, O God,
your praise reaches to the ends of the earth;
your right hand is filled with righteousness.
Mount Zion rejoices,
the villages of Judah are glad
because of your judgments.
Walk about Zion, go around her,
count her towers,
consider well her ramparts,
view her citadels,
that you may tell of them
to the next generation.
For this God is our God for ever and ever;
he will be our guide even to the end.

A sung version of Psalm 48 can be found [here](#)

Click [here](#) to go to the next slide.

Day 19: Psalm 49 (TPT)

Listen, one and all!

Both rich and poor together, all over the world—
everyone listen to what I have to say!

For wisdom will come from my mouth;
words of insight and understanding will be heard
from the musings of my heart.

I will break open mysteries with my music,
and my song will release riddles solved.

There's no reason to fear when troubling times come,
even when you're surrounded with problems
and persecutors who chase at your heels.

They trust in their treasures and boast in their riches,
yet not one of them, though rich as a king,
could rescue his own brother from the guilt of his sins.

No one could give God the ransom price
for the soul of another, let alone for himself.

A soul's redemption is too costly and precious
for anyone to pay with earthly wealth.

The price to pay is never enough
to purchase eternal life for even one, to keep them out of hell.

The brightest and best, along with the foolish and senseless,
God sees that they all will die one day,
leaving their houses and wealth to others.

Even though they name streets and lands after themselves,
hoping to have their memory endure beyond the grave,
becoming legends in their own minds,
their home address is now the cemetery!



The honour of man is short-lived and fleeting.

There's little difference between man and beast,
for both will one day perish.

Such is the path of foolish men
and those who quote everything they say,
for they are here today and gone tomorrow!

A shepherd called "Death" herds them,
leading them straight to hell like mindless sheep.

Yet at daybreak you will find the righteous ruling in their place.

Every trace of them will be gone forever,
with all their "glory" lost in the darkness of their doom.

But I know the loving God will redeem my soul,
raising me up from the dark power of death,
taking me as his bridal partner.

So don't be disturbed when you see the rich
surround you with the "glory" of their wealth on full display.

For when they die, they will carry nothing with them,
and their riches will not follow them beyond the grave.

Though they have the greatest rewards of this world
and all applaud them for their accomplishments,
they will follow those who have gone before them

and go straight into the realm of darkness,
where they will never ever see the light again.

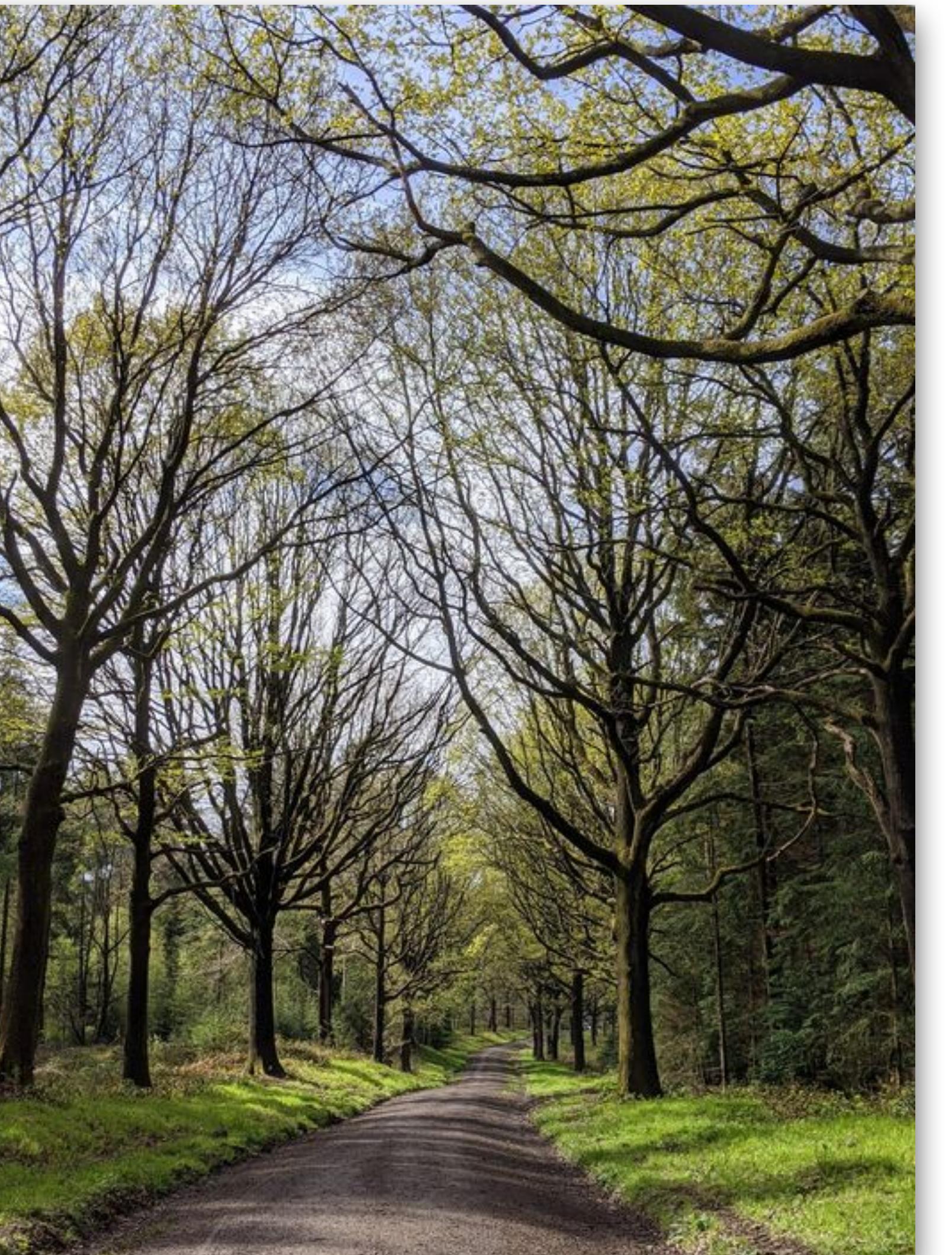
So this is the way of mortal man—
honoured for a moment, yet without eternal insight,
like a beast that will one day perish.

A sung version of Psalm 49 can be found [here](#)

Click [here](#) to go to the next slide.

Day 20: Psalm 50 (RSV)

The Mighty One, God the Lord,
speaks and summons the earth
from the rising of the sun to its setting.
Out of Zion, the perfection of beauty,
God shines forth.
Our God comes, he does not keep silence,
before him is a devouring fire,
round about him a mighty tempest.
He calls to the heavens above
and to the earth, that he may judge his people:
“Gather to me my faithful ones,
who made a covenant with me by sacrifice!”
The heavens declare his righteousness,
for God himself is judge!
“Hear, O my people, and I will speak,
O Israel, I will testify against you.
I am God, your God.
I do not reprove you for your sacrifices;
your burnt offerings are continually before me.
I will accept no bull from your house,
nor he-goat from your folds.
For every beast of the forest is mine,
the cattle on a thousand hills.
I know all the birds of the air,
and all that moves in the field is mine.



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“If I were hungry, I would not tell you;
for the world and all that is in it is mine.

Do I eat the flesh of bulls,
or drink the blood of goats?

Offer to God a sacrifice of thanksgiving,
and pay your vows to the Most High;
and call upon me in the day of trouble;
I will deliver you, and you shall glorify me.”

But to the wicked God says:
“What right have you to recite my statutes,
or take my covenant on your lips?

For you hate discipline,
and you cast my words behind you.

If you see a thief, you are a friend of his;
and you keep company with adulterers.

“You give your mouth free rein for evil,
and your tongue frames deceit.

You sit and speak against your brother;
you slander your own mother’s son.

These things you have done and I have been silent;
you thought that I was one like yourself.

But now I rebuke you, and lay the charge before you.

“Mark this, then, you who forget God,
lest I rend, and there be none to deliver!

He who brings thanksgiving as his sacrifice honours me;
to him who orders his way aright
I will show the salvation of God!”

A sung version of Psalm 50 can be found [here](#)

Click [here](#) to go to the next slide.

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
Surely I was sinful at birth,
sinful from the time my mother conceived me.
Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.
Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins
and blot out all my iniquity.
Create in me a pure heart, O God,
and renew a steadfast spirit within me.



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Day 21: Psalm 51 (NIV)

Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
Then I will teach transgressors your ways,
so that sinners will turn back to you.
Deliver me from the guilt of bloodshed, O God,
you who are God my saviour,
and my tongue will sing of your righteousness.
Open my lips, Lord,
and my mouth will declare your praise.
You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.
My sacrifice, O God, is[b] a broken spirit;
a broken and contrite heart
you, God, will not despise.
May it please you to prosper Zion,
to build up the walls of Jerusalem.
Then you will delight in the sacrifices of the righteous,
in burnt offerings offered whole;
then bulls will be offered on your altar.
A sung version of Psalm 51 can be found [here](#)

Day 22: Psalm 52 (ESV)

Why do you boast of evil, O mighty man?
The steadfast love of God endures all the day.
Your tongue plots destruction,
like a sharp razor, you worker of deceit.
You love evil more than good,
and lying more than speaking what is right.
You love all words that devour,
O deceitful tongue.
But God will break you down forever;
he will snatch and tear you from your tent;
he will uproot you from the land of the living.
The righteous shall see and fear,
and shall laugh at him, saying,
“See the man who would not make
God his refuge,
but trusted in the abundance of his riches
and sought refuge in his own destruction!”
But I am like a green olive tree
in the house of God.
I trust in the steadfast love of God
forever and ever.
I will thank you forever,
because you have done it.
I will wait for your name, for it is good,
in the presence of the godly.



Photo by Lucio Pantone Unsplash
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Fools say in their hearts, ‘There is no God.’

They are corrupt, they commit abominable acts;
there is no one who does good.

God looks down from heaven on humankind
to see if there are any who are wise,
who seek after God.

They have all fallen away, they are all alike perverse;
there is no one who does good,
no, not one.

Have they no knowledge, those evildoers,
who eat up my people as they eat bread,
and do not call upon God?

There they shall be in great terror,
in terror such as has not been.

For God will scatter the bones of the ungodly;
they will be put to shame, for God has rejected them.

O that deliverance for Israel would come from Zion!

When God restores the fortunes of his people,
Jacob will rejoice; Israel will be glad.



Day 24: Psalm 54 (NRSVA)

Save me, O God, by your name,
and vindicate me by your might.
Hear my prayer, O God;
give ear to the words of my mouth.
For the insolent have risen against me,
the ruthless seek my life;
they do not set God before them.
But surely, God is my helper;
the Lord is the upholder of my life.
He will repay my enemies for their evil.
In your faithfulness, put an end to them.
With a freewill-offering I will sacrifice to you;
I will give thanks to your name, O Lord, for it is good.
For he has delivered me from every trouble,
and my eye has looked in triumph on my enemies.

A sung version of Psalm 54 can be found [here](#)

Click [here](#) to go to the next slide.



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Day 25: Psalm 55 (TPT)

God, listen to my prayer!

Don't hide your heart from me when I cry out to you
Come close to me and give me your answer.

Here I am, moaning and restless.

I'm preoccupied with the threats of my enemies
and crushed by the pressure of their opposition.

They surround me with trouble and terror.

In their fury they rise up against me in an angry uproar.

My heart is trembling inside my chest
as the terror of death seizes me.

Fear and dread overwhelm me. I shudder before the horror I face.

I say to myself, "If only I could fly away from all of this!"

If only I could run away to the place of rest and peace.
would run far away where no one could find me,

escaping to a wilderness retreat."

I will hurry off to hide in the higher place,
into my shelter, safe from this raging storm and tempest.

God, confuse them until they quarrel with themselves.

Destroy them with their own violent strife and slander.

They have divided the city with their discord.

Though they patrol the walls night and day against invaders,
the real danger is within the city—
the misery and strife in the hearts of its people.

Murder is in their midst.

Wherever you turn, you find trouble and ruin.

It wasn't an enemy who taunted me.

If it was my enemy, filled with pride and hatred,
then I could have endured it. I would have just run away.
But it was you, my intimate friend—one like a brother to me.

It was you, my adviser, the companion
I walked with and worked with!
We once had sweet fellowship with each other.
We worshiped in unity as one,
celebrating together with God's people.

Now desolation and darkness has come upon you.
May you and all those like you descend into the pit of destruction!
Since evil has been your home, may evil now bury you alive!
But as for me, I will call upon the Lord to save me, and I know he will!



Every evening I will explain my need to him.

Every morning I will move my soul toward him.

Every waking hour I will worship only him,
and he will hear and respond to my cry.

Though many wish to fight and the tide of battle turns against me,
by your power I will be safe and secure;
peace will be my portion.

God himself will hear me!

God-Enthroned through everlasting ages,
the God of unchanging faithfulness—
he will put them in their place,

all those who refuse to love and revere him!

I was betrayed by my friend, though I lived in peace with him.

While he was stretching out his hand of friendship,
he was secretly breaking every promise he had ever made to me!

His words were smooth and charming.

Yet his heart was disloyal and full of hatred—
his words soft as silk while all the time scheming my demise.

So here's what I've learned through it all:
Leave all your cares and anxieties at the feet of the Lord,
and measureless grace will strengthen you.

He will watch over his devoted lovers,
never letting them slip or be overthrown.

He will send all my enemies to the pit of destruction.
Murderers, liars, and betrayers will face an untimely death.

My life's hope and trust is in you, and you'll never fail to rescue me!

A sung version of Psalm 55 can be found [here](#)

Click [here](#) to go to the next slide.

Day 26: Psalm 56 (NIV)

Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.
My adversaries pursue me all day long;
in their pride many are attacking me.
When I am afraid, I put my trust in you.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?
All day long they twist my words;
all their schemes are for my ruin.
They conspire, they lurk,
they watch my steps,
hoping to take my life.
Because of their wickedness do not let them escape;
in your anger, God, bring the nations down.



Record my misery;
list my tears on your scroll—
are they not in your record?
Then my enemies will turn back
when I call for help.
By this I will know that God is for me.
In God, whose word I praise,
in the Lord, whose word I praise—
in God I trust and am not afraid.
What can man do to me?
I am under vows to you, my God;
I will present my thank offerings to you.
For you have delivered me from death
and my feet from stumbling,
that I may walk before God
in the light of life.

A sung version of Psalm 56 can be found [here](#)

Click [here](#) to go to the next slide.

Day 27: Psalm 57 (NIV)

Have mercy on me, my God, have mercy on me,
for in you I take refuge.
I will take refuge in the shadow of your wings
until the disaster has passed.
I cry out to God Most High,
to God, who vindicates me.
He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his faithfulness.
I am in the midst of lions;
I am forced to dwell among ravenous beasts—
men whose teeth are spears and arrows,
whose tongues are sharp swords.
Be exalted, O God, above the heavens;
let your glory be over all the earth.
They spread a net for my feet—
I was bowed down in distress.



Under the Shadow of His Wings by Gladiola Sotomayor (Fair Use).

They dug a pit in my path—
but they have fallen into it themselves.
My heart, O God, is steadfast,
my heart is steadfast;
I will sing and make music.
Awake, my soul!
Awake, harp and lyre!
I will awaken the dawn.
I will praise you, Lord, among the nations;
I will sing of you among the peoples.
For great is your love, reaching to the heavens;
your faithfulness reaches to the skies.
Be exalted, O God, above the heavens;
let your glory be over all the earth.

A sung version of Psalm 57 can be found [here](#)

Click [here](#) to go to the next slide.

Day 28: Psalm 58 (NRSVA)

Do you indeed decree what is right, you gods?
Do you judge the children of man uprightly?
No, in your hearts you devise wrongs;
your hands deal out violence on earth.
The wicked are estranged from the womb;
they go astray from birth, speaking lies.
They have venom like the venom of a serpent,
like the deaf adder that stops its ear,
so that it does not hear the voice of charmers
or of the cunning enchanter.
O God, break the teeth in their mouths;
tear out the fangs of the young lions, O Lord!
Let them vanish like water that runs away;
when he aims his arrows, let them be blunted.
Let them be like the snail that dissolves into slime,
like the stillborn child who never sees the sun.
Sooner than your pots can feel the heat of thorns,
whether green or ablaze, may he sweep them away!
The righteous will rejoice when he sees the vengeance;
he will bathe his feet in the blood of the wicked.
Mankind will say, “Surely there is a reward for the righteous;
surely there is a God who judges on earth.”



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Day 29: Psalm 59 (NIV)

Deliver me from my enemies, O God;
be my fortress against those who are attacking me.

Deliver me from evildoers
and save me from those who are after my blood.

See how they lie in wait for me!

Fierce men conspire against me
for no offence or sin of mine, Lord.

I have done no wrong, yet they are ready to attack me.

Arise to help me; look on my plight!

You, Lord God Almighty,
you who are the God of Israel,
rouse yourself to punish all the nations;
show no mercy to wicked traitors.

They return at evening,
snarling like dogs,
and prowl about the city.

See what they spew from their mouths—
the words from their lips are sharp as swords,
and they think, “Who can hear us?”

But you laugh at them, Lord;
you scoff at all those nations.

You are my strength, I watch for you;
you, God, are my fortress,
my God on whom I can rely.

God will go before me
and will let me gloat over those who slander me.

But do not kill them, Lord our shield,
or my people will forget.

In your might uproot them
and bring them down.

For the sins of their mouths,
for the words of their lips,
let them be caught in their pride.

For the curses and lies they utter,
consume them in your wrath,
consume them till they are no more.

Then it will be known to the ends of the earth
that God rules over Jacob.

They return at evening,
snarling like dogs,
and prowl about the city.

They wander about for food
and howl if not satisfied.

But I will sing of your strength,
in the morning I will sing of your love;
for you are my fortress,
my refuge in times of trouble.

You are my strength, I sing praise to you;
you, God, are my fortress,
my God on whom I can rely



A sung version of Psalm 59 can be found [here](#)
Click [here](#) to go to the next slide.

O God, you have rejected us, broken our defences;
you have been angry; now restore us!

You have caused the land to quake; you have torn it open;
repair the cracks in it, for it is tottering.

You have made your people suffer hard things;
you have given us wine to drink that made us reel.

You have set up a banner for those who fear you,
to rally to it out of bowshot.

Give victory with your right hand, and answer us,
so that those whom you love may be rescued.

God has promised in his sanctuary:

‘With exultation I will divide up Shechem,
and portion out the Vale of Succoth.

Gilead is mine, and Manasseh is mine;
Ephraim is my helmet;
Judah is my sceptre.

Moab is my wash-basin;
on Edom I hurl my shoe;
over Philistia I shout in triumph.’

Who will bring me to the fortified city?
Who will lead me to Edom?

Have you not rejected us, O God?
You do not go out, O God, with our armies.

O grant us help against the foe,
for human help is worthless.

With God we shall do valiantly;
it is he who will tread down our foes.

Day 30: Psalm 60 (NRSVA)



A sung version of Psalm 60 can be found [here](#)

Click [here](#) to go to the next slide.

Lord, You have always given
bread for the coming day;
and though I am poor,
today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak,
today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart,
today I believe.

Lord, You have always kept
me safe in trials;
and now, tried as I am,
today I believe.



Lord, You have always marked
the road for the coming day;
and though it may be hidden,
today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here,
today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now,
today I believe.

Prayer from the Northumbria Community

You can listen here to Morten Lauridsen's [Lux Aeterna](#)
or to Graham Kendrick's [God of the Poor](#).

Footsteps in Prayer

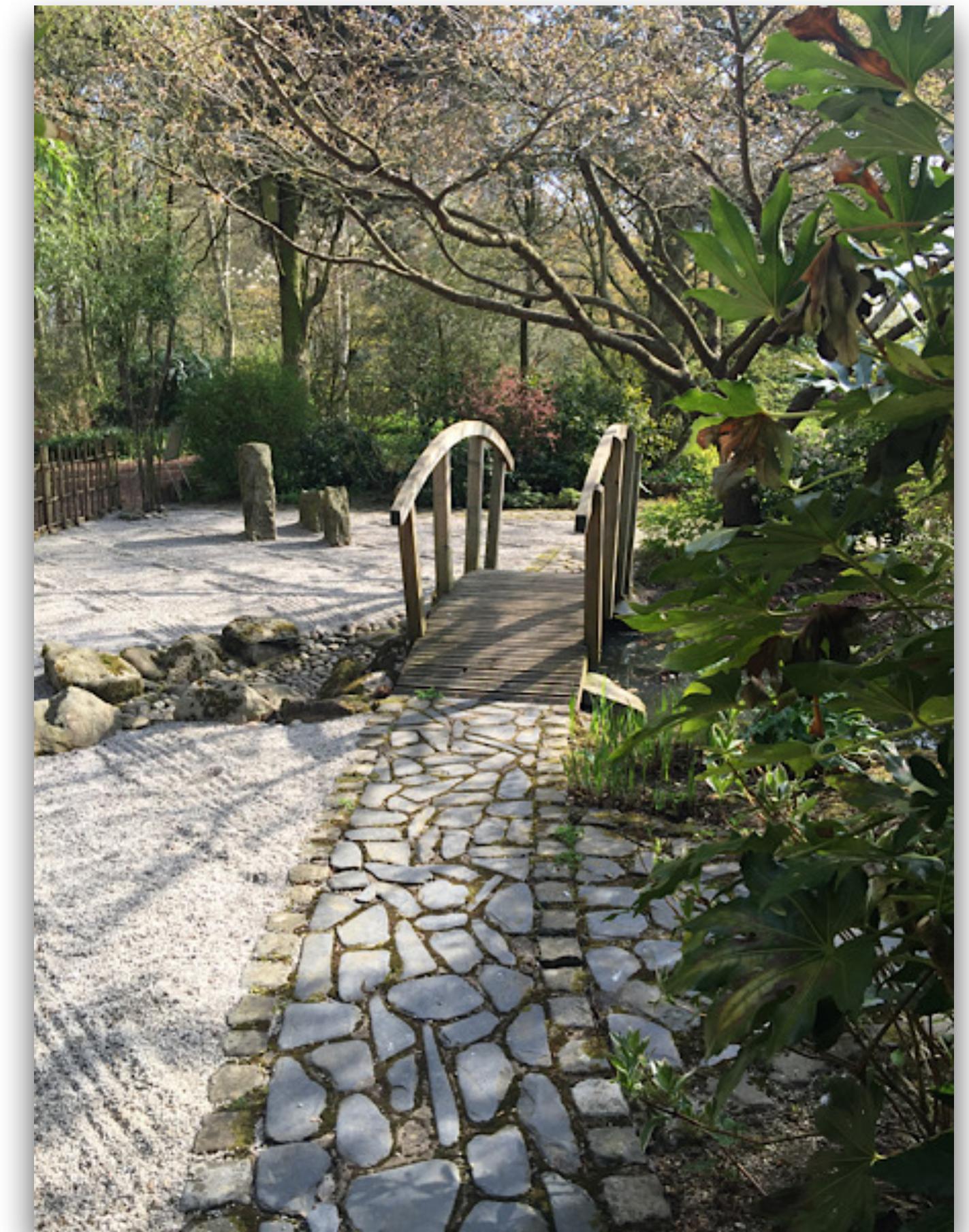
Praying the Psalms

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These Psalms are part of the Footsteps in Prayer journey that can be found in the [Prayer Room](#) or on the [Look up - Look in - Look out](#) Facebook group. Links to David Suchet reading the Psalm and to a sung version of the Psalm can be found on each slide.