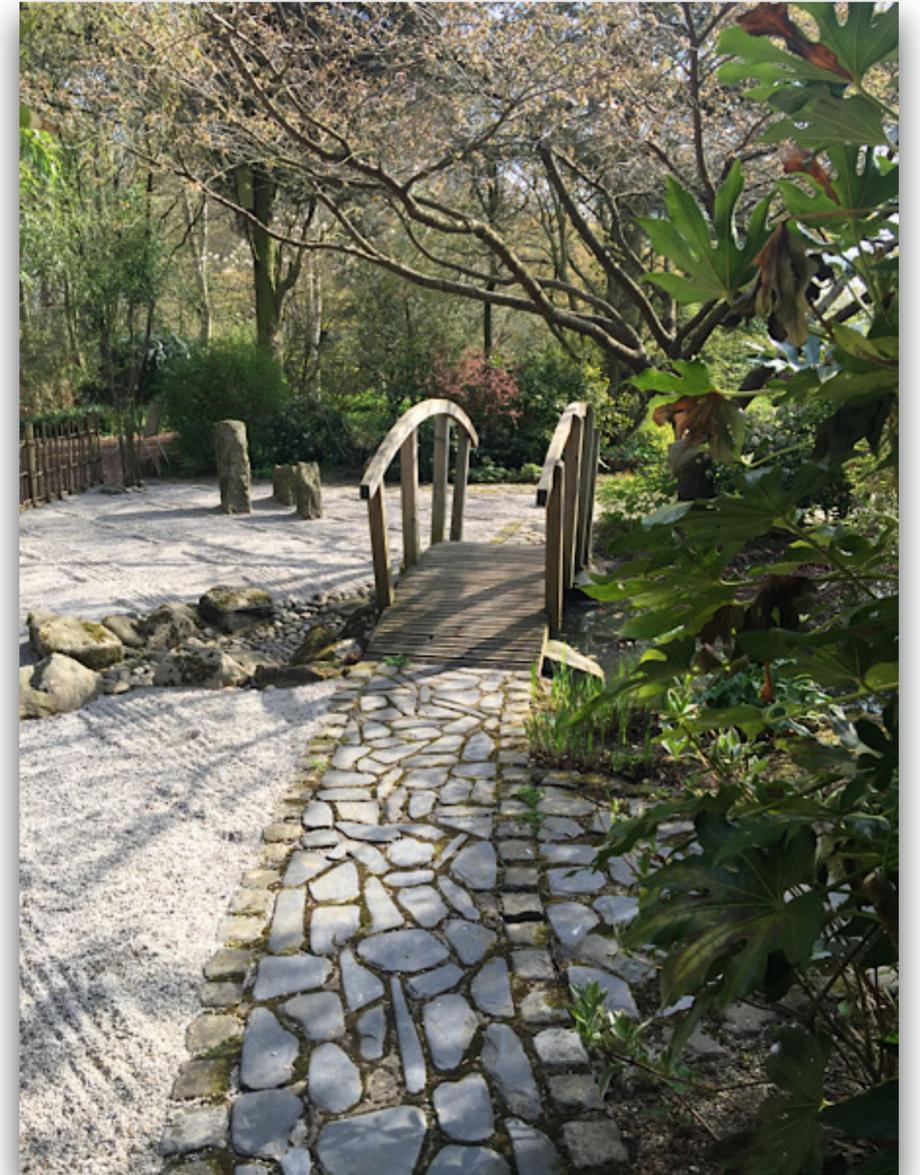


Footsteps in Prayer

Praying the Psalms
Month 6



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.
- * Sit in a relaxed position and close your eyes.
- * Breathe normally being aware that God holds you in every breath you take.
 - * God is greater than we can conceive or imagine and yet God knows us by name.
 - * God knows our every sin, struggle and hurt and God loves us.
 - * Nothing can separate us from the love of God.
 - * How do these truths impact on you?
 - * You might like to ask for the grace of sharing God's love with others.
- * You might like to pray the Lord's Prayer slowly and quietly.
 - You might like to listen to Rachel Chaplin sing *In Bethany* or to Kisha and Marty Goetz sing *Yeshua*.
 - You might instead like to listen to Nicola Benedetti play Vaughan Williams' *The Lark Ascending*.



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You might like to listen to

- * **Mondays:** Janine Jones sing Love never fails.
- * **Tuesdays:** : I Am They sing The King of Love.
- * **Wednesdays:** Simon Khorosky sing I wonder as I wander.
- * **Thursdays:** Selah sing Before the throne of God above.
- * **Fridays:** Martin Layzell sing I stand in awe .
- * **Saturdays:** Jonathan Viera sing O Love that will not let me go.
- * **Sundays:** Esther Mui sing Do not be afraid .



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Day 1 : Psalm 130 (NIV)

Out of the depths I cry to you, Lord;
Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.
If you, Lord, kept a record of sins,
Lord, who could stand?
But with you there is forgiveness,
so that we can, with reverence, serve you.
I wait for the Lord, my whole being waits,
and in his word I put my hope.
I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.
Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.



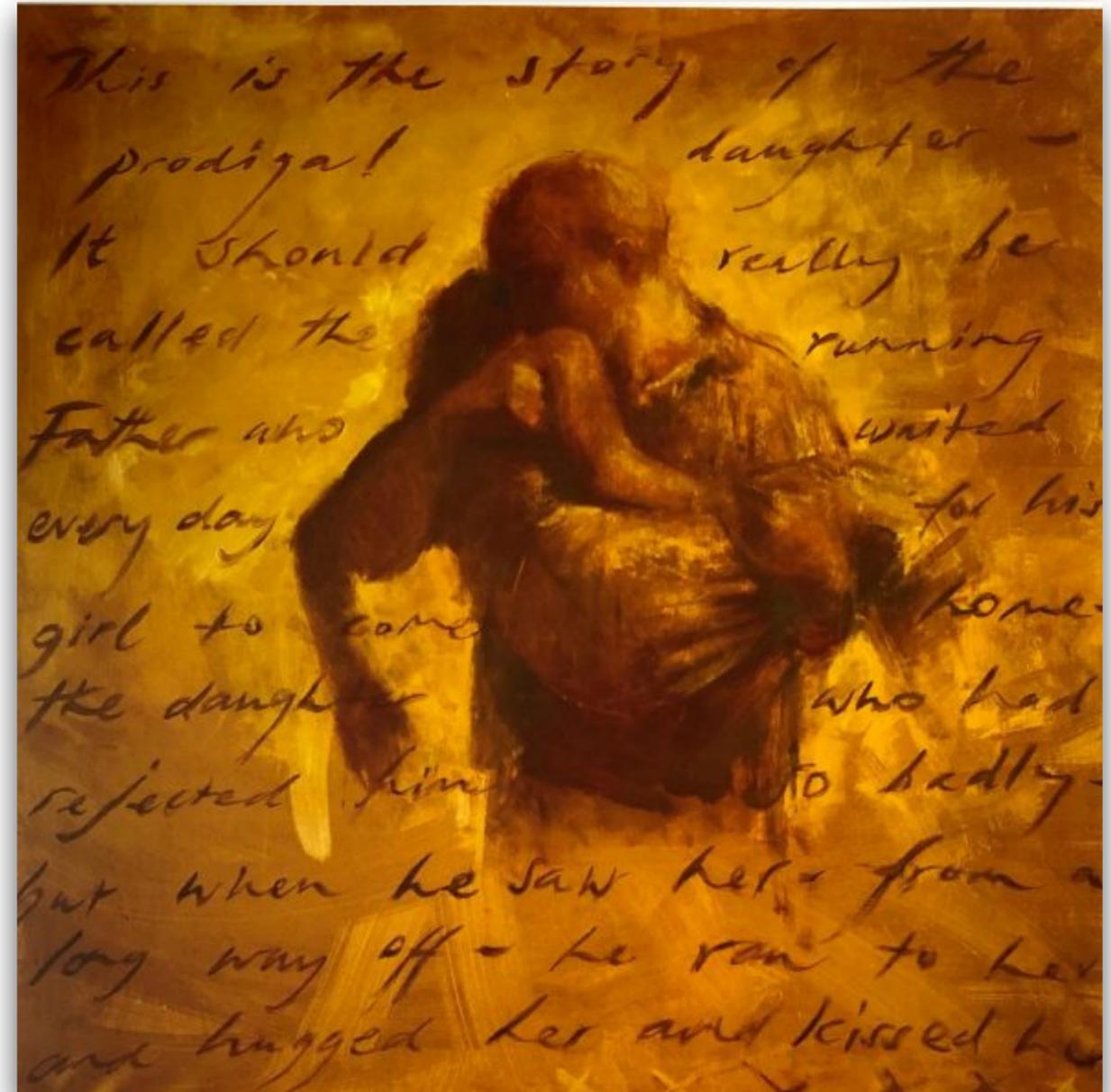
Installation Art by Gilly Franklin

A sung version of Psalm 130 can be found [here](#)

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

Day 2 : Psalm 131 (NIV)

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore.



The Prodigal Daughter by Charlie Makesey (Fair Use)
<https://belgraviagallery.com>

A sung version of Psalm 131 can be found [here](#)

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

Remember, O Lord, in David's favour,
all the hardships he endured,
how he swore to the Lord
and vowed to the Mighty One of Jacob,
"I will not enter my house
or get into my bed,
I will not give sleep to my eyes
or slumber to my eyelids,
until I find a place for the Lord,
a dwelling place for the Mighty One of Jacob."
Behold, we heard of it in Ephrathah;
we found it in the fields of Jaar.
"Let us go to his dwelling place;
let us worship at his footstool!"
Arise, O Lord, and go to your resting place,
you and the ark of your might.
Let your priests be clothed with righteousness,
and let your saints shout for joy.
For the sake of your servant David,
do not turn away the face of your anointed one.
The Lord swore to David a sure oath
from which he will not turn back:
"One of the sons of your body
I will set on your throne.
If your sons keep my covenant
and my testimonies that I shall teach them,
their sons also forever
shall sit on your throne."



Photo by Gregoire Bertaud, Unsplash

Day 3 : Psalm 132 (ESV)

For the Lord has chosen Zion;
he has desired it for his dwelling place:
"This is my resting place forever;
here I will dwell, for I have desired it.
I will abundantly bless her provisions;
I will satisfy her poor with bread.
Her priests I will clothe with salvation,
and her saints will shout for joy.
There I will make a horn to sprout for David;
I have prepared a lamp for my anointed.
His enemies I will clothe with shame,
but on him his crown will shine."

A sung version of Psalm 132 can be found [here](#)

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

Day 4 : Psalm 133 (ESV)

Behold, how good and pleasant it is
when brothers dwell in unity!
It is like the precious oil on the head,
running down on the beard,
on the beard of Aaron,
running down on the collar of his robes!
It is like the dew of Hermon,
which falls on the mountains of Zion!
For there the Lord has commanded the blessing,
life for evermore.



A sung version of Psalm 133 can be found [here](#)

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

Day 5 : Psalm 134 (ESV)

Come, bless the Lord, all you servants of the Lord,
who stand by night in the house of the Lord!
Lift up your hands to the holy place
and bless the Lord!
May the Lord bless you from Zion,
he who made heaven and earth!

A sung version of Psalm 134 can be found [here](#)

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



Pentecost Light by [Macha Chmacoff](#) (Fair Use)

Day 6 : Psalm 135 (ESV)

Praise the Lord!

Praise the name of the Lord,

give praise, O servants of the Lord,
who stand in the house of the Lord,
in the courts of the house of our God!

Praise the Lord, for the Lord is good;
sing to his name, for it is pleasant!

For the Lord has chosen Jacob for himself,
Israel as his own possession.

For I know that the Lord is great,
and that our Lord is above all gods.

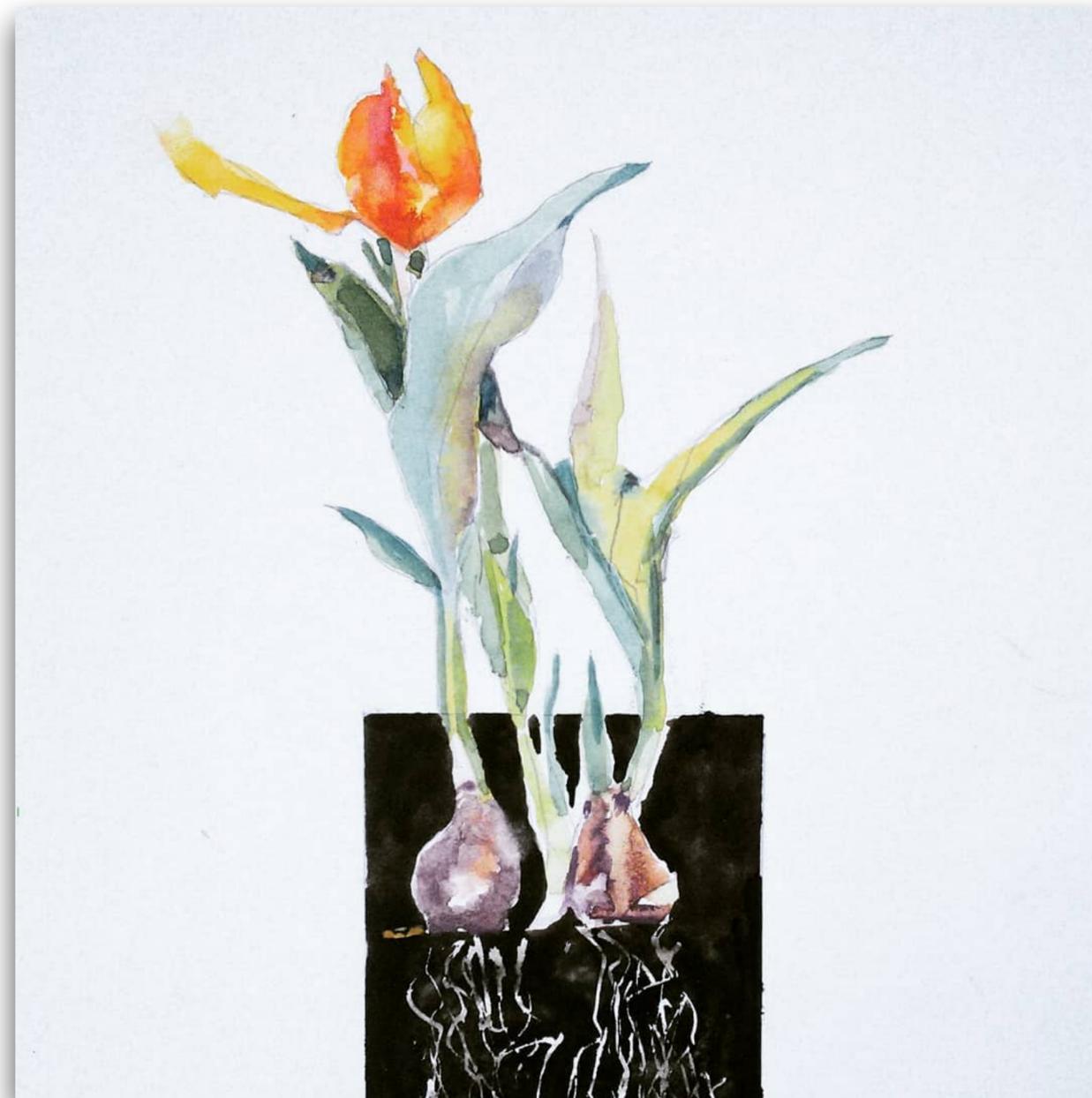
Whatever the Lord pleases, he does,
in heaven and on earth,
in the seas and all deeps.

He it is who makes the clouds rise at the end of the earth,
who makes lightnings for the rain
and brings forth the wind from his storehouses.

He it was who struck down the firstborn of Egypt,
both of man and of beast;

who in your midst, O Egypt,
sent signs and wonders
against Pharaoh and all his servants;

who struck down many nations
and killed mighty kings,



Watercolour by Gordon Lamb Used with permission
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A sung version of Psalm 135 can be found [here](#)

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

Sihon, king of the Amorites,
and Og, king of Bashan,
and all the kingdoms of Canaan,
and gave their land as a heritage,
a heritage to his people Israel.

Your name, O Lord, endures forever,
your renown, [O Lord, throughout all ages.

For the Lord will vindicate his people
and have compassion on his servants.
The idols of the nations are silver and gold,
the work of human hands.

They have mouths, but do not speak;
they have eyes, but do not see;
they have ears, but do not hear,
nor is there any breath in their mouths.

Those who make them become like them,
so do all who trust in them.

O house of Israel, bless the Lord!

O house of Aaron, bless the Lord!

O house of Levi, bless the Lord!

You who fear the Lord, bless the Lord!

Blessed be the Lord from Zion,

he who dwells in Jerusalem!

Praise the Lord

Day 7: Psalm 136 (ESV)

O give thanks to the Lord, for he is good,
for his steadfast love endures forever.
O give thanks to the God of gods,
for his steadfast love endures forever.
O give thanks to the Lord of lords,
for his steadfast love endures forever;
who alone does great wonders,
for his steadfast love endures forever;
who by understanding made the heavens,
for his steadfast love endures forever;
who spread out the earth on the waters,
for his steadfast love endures forever;
who made the great lights,
for his steadfast love endures forever;
the sun to rule over the day,
for his steadfast love endures forever;
the moon and stars to rule over the night,
for his steadfast love endures forever;
who struck Egypt through their firstborn,
for his steadfast love endures forever;
and brought Israel out from among them,
for his steadfast love endures forever;
with a strong hand and an outstretched arm,
for his steadfast love endures forever;



Photograph by Aron Visuals Unsplash

A sung version of Psalm 136 can be found [here](#)

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

who divided the Red Sea in two,
for his steadfast love endures forever;
and made Israel pass through the midst of it,
for his steadfast love endures forever;
but overthrew Pharaoh and his army in the Red Sea,
for his steadfast love endures forever;
who led his people through the wilderness,
for his steadfast love endures forever;
who struck down great kings,
for his steadfast love endures forever;
and killed famous kings,
for his steadfast love endures forever;
Sihon, king of the Amorites,
for his steadfast love endures forever;
and Og, king of Bashan,
for his steadfast love endures forever;
and gave their land as a heritage,
for his steadfast love endures forever;
a heritage to his servant Israel,
for his steadfast love endures forever.
It is he who remembered us in our low estate,
for his steadfast love endures forever;
and rescued us from our foes,
for his steadfast love endures forever;
who gives food to all flesh,
for his steadfast love endures forever.
O give thanks to the God of heaven,
for his steadfast love endures forever.

Day 8 : Psalm 137 (NIV)

By the rivers of Babylon we sat and wept
when we remembered Zion.
There on the poplars
we hung our harps,
for there our captors asked us for songs,
our tormentors demanded songs of joy;
they said, "Sing us one of the songs of Zion!"
How can we sing the songs of the Lord
while in a foreign land?
If I forget you, Jerusalem,
may my right hand forget its skill.
May my tongue cling to the roof of my mouth
if I do not remember you,
if I do not consider Jerusalem
my highest joy.
Remember, Lord, what the Edomites did
on the day Jerusalem fell.
"Tear it down," they cried,
"tear it down to its foundations!"
Daughter Babylon, doomed to destruction,
happy is the one who repays you
according to what you have done to us.
Happy is the one who seizes your infants
and dashes them against the rocks.



Photograph by Aisvri Unsplash

A sung version of Psalm 137 can be found [here](#)

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

Day 9 : Psalm 138 (NIV)

I will praise you, Lord, with all my heart;
before the “gods” I will sing your praise.
I will bow down toward your holy temple
and will praise your name
for your unfailing love and your faithfulness,
for you have so exalted your solemn decree
that it surpasses your fame.
When I called, you answered me;
you greatly emboldened me.
May all the kings of the earth praise you, Lord,
when they hear what you have decreed.
May they sing of the ways of the Lord,
for the glory of the Lord is great.
Though the Lord is exalted, he looks kindly on the lowly;
though lofty, he sees them from afar.
Though I walk in the midst of trouble,
you preserve my life.
You stretch out your hand against the anger of my foes;
with your right hand you save me.
The Lord will vindicate me;
your love, Lord, endures forever—
do not abandon the works of your hands.



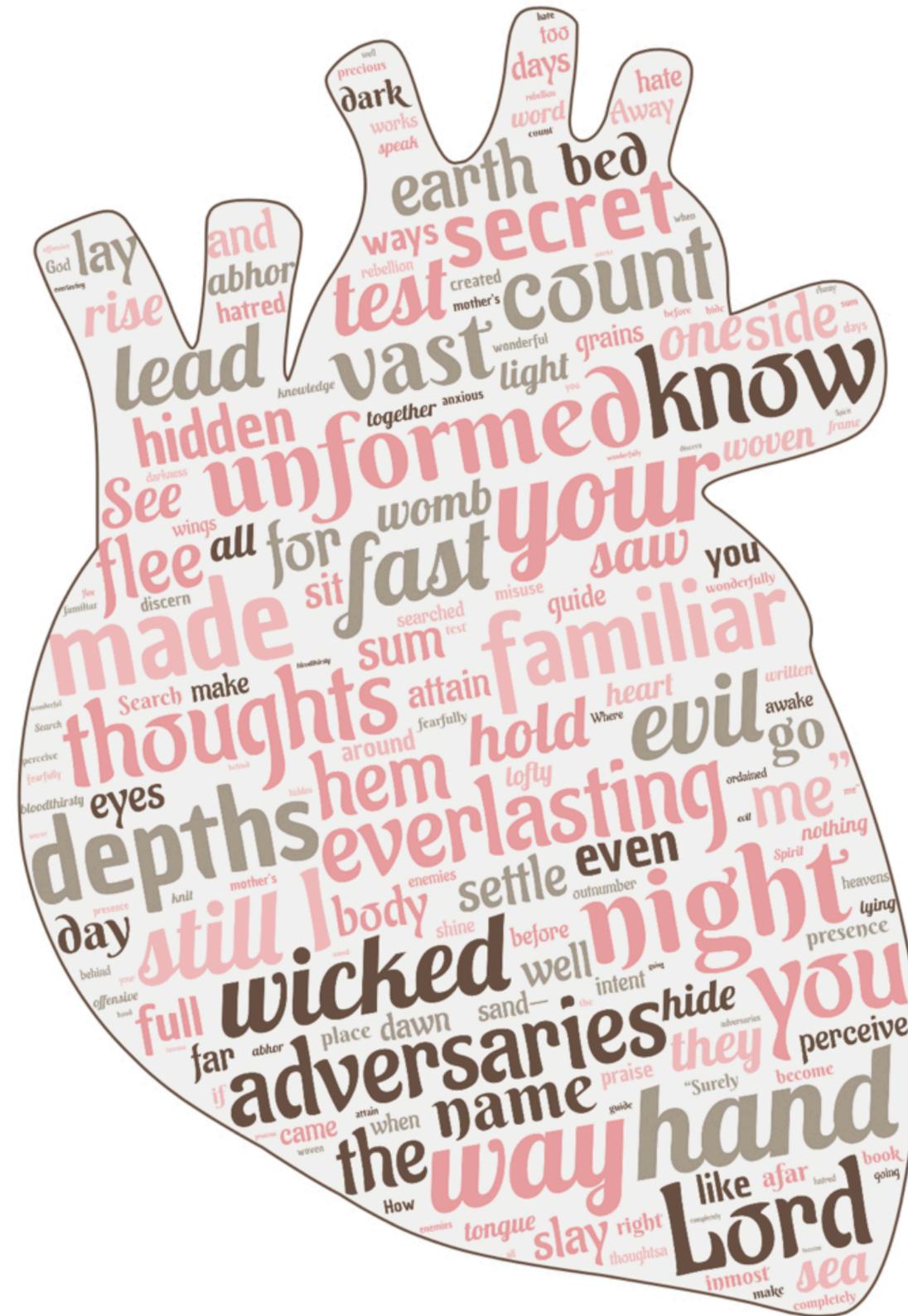
Streams of Living Water by Rani Samuel. Used with permission.

A sung version of Psalm 138 can be found [here](#)

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

Day 10 : Psalm 139 NIV

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, Lord, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.



A sung version of Psalm 139 can be found [here](#)

For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
How precious to me are your thoughts,[a] God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
They speak of you with evil intent;
your adversaries misuse your name.
Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against you?
I have nothing but hatred for them;
I count them my enemies.
Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

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

Day 11 : Psalm 140 NIV)

Lord, protect me from this evil one!

Rescue me from these violent schemes!

He concocts his secret strategy to divide and harm others,
stirring up trouble one against another.

They are known for their sharp rhetoric
of poisonous, hateful words.

Keep me safe, Lord, out of reach from
these wicked and violent men,

and guard me, God, for they have plotted an evil scheme
to ruin me and bring me down.

They are proud and insolent; they've set an
ambush for me in secret.

They are determined to snare me in their net
like captured prey.

O Lord, you are my God and my saving strength!

My Hero-God, you wrap yourself around me to protect me.

For I'm surrounded by your presence in my day of battle.

Lord Yahweh, hear my cry.

May my voice move your heart to show me mercy.



Rescue Neil Mark Thomas Unsplash .

Don't let the wicked triumph over me,
but bring down their every strategy to subdue me
or they will become even more arrogant!

Those who surround me are nothing
but proud troublemakers.

May they drink the poison of their own poisonous words.

May their slanderous lives never prosper!

Let evil itself hunt them down and pursue them relentlessly
until they are thrown into fiery pits
from which they will never get out!

Let burning coals of hellfire fall upon their heads!

For I know, Lord, that you will be the hero
of all those they persecute,

and you will secure justice for the poor.

Your godly ones will thank you no matter what happens.

For they choose and cherish your presence
above everything else!

A sung version of Psalm 140 can be found [here](#)

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

Day 12: Psalm 141 (TPT)

I call to you, Lord, come quickly to me;
hear me when I call to you.

May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.

Set a guard over my mouth, Lord;
keep watch over the door of my lips.

Do not let my heart be drawn to what is evil
so that I take part in wicked deeds
along with those who are evildoers;
do not let me eat their delicacies.

Let a righteous man strike me—that is a kindness;
let him rebuke me—that is oil on my head.

My head will not refuse it,
for my prayer will still be against the deeds of evildoers.

Their rulers will be thrown down from the cliffs,
and the wicked will learn that my words were well spoken.

They will say, “As one plows and breaks up the earth,
so our bones have been scattered at the mouth of the grave.

But my eyes are fixed on you, Sovereign Lord;
in you I take refuge—do not give me over to death.

Keep me safe from the traps set by evildoers,
from the snares they have laid for me.

Let the wicked fall into their own nets,
while I pass by in safety.



A sung version of Psalm 141 can be found [here](#)

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

Day 13 : Psalm 142 (TPT)

God, I'm crying out to you!

I lift up my voice boldly to beg for your mercy.

I spill out my heart to you and tell you all my troubles.

For when I was desperate, overwhelmed, and about to give up,
you were the only one there to help.

You gave me a way of escape
from the hidden traps of my enemies.

I look to my left and right to see if there is anyone who will help,
but there's no one who takes notice of me.

I have no hope of escape, and no one cares whether I live or die.

So I cried out to you, Lord, my only hiding place.

You're all I have, my only hope in this life,
my last chance for help.

Please listen to my heart's cry,

for I am low and in desperate need of you!

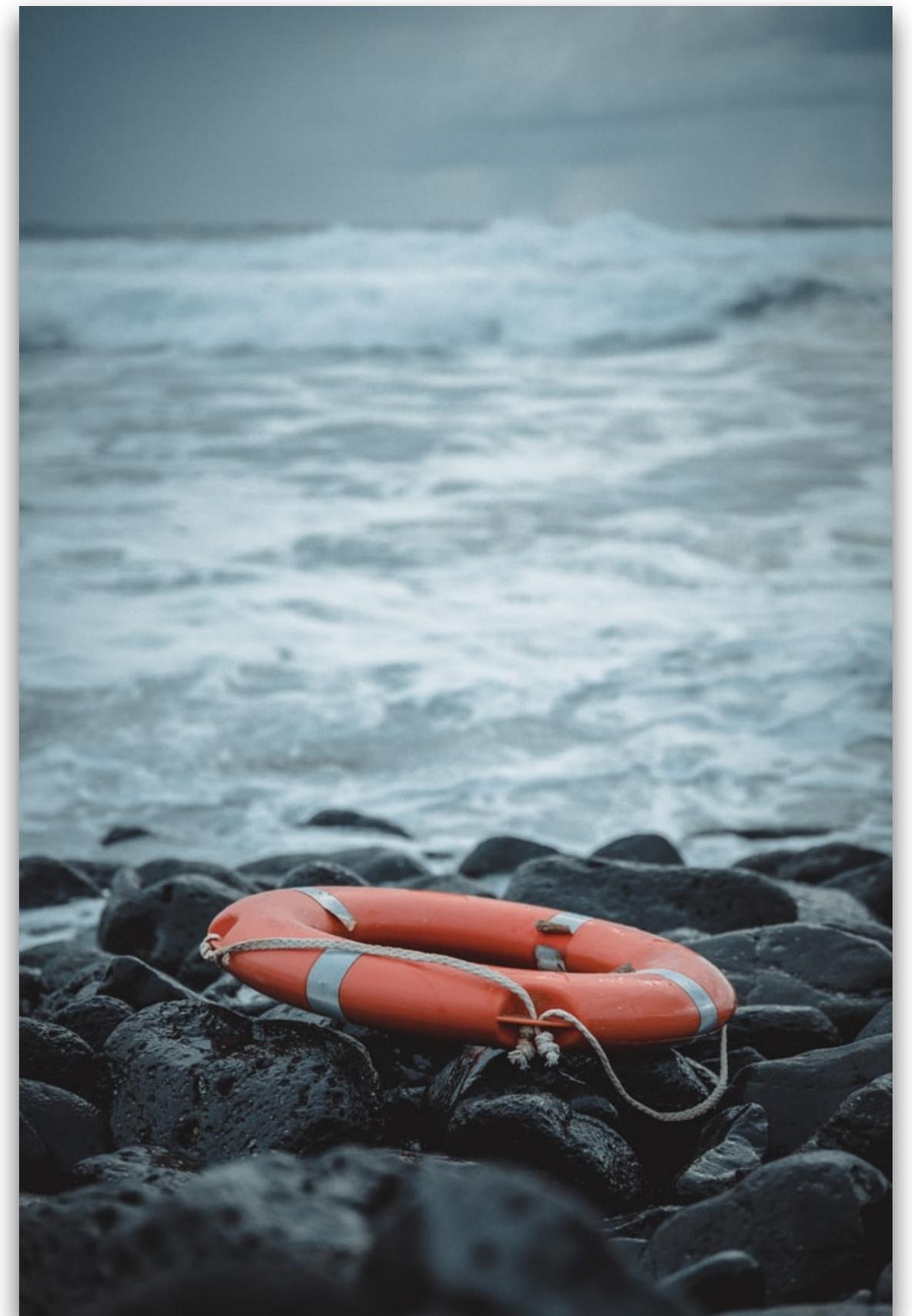
Rescue me from all those who persecute me,
for I am no match for them.

Bring me out of this dungeon so I can declare your praise!

And all the righteous will celebrate
all the wonderful things you've done for me!

A sung version of Psalm 142 can be found [here](#)

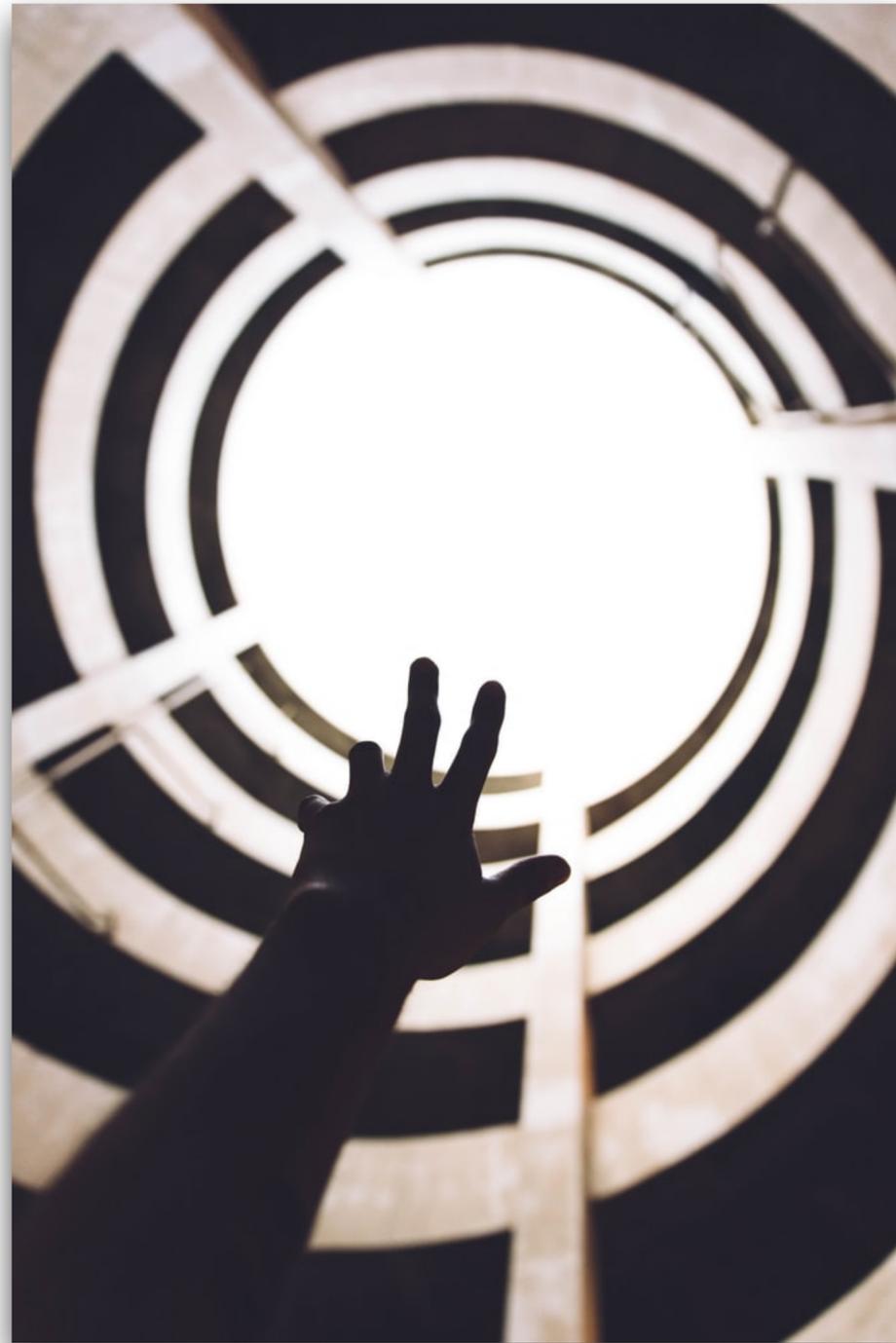
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Rescue Janosch Diggelman Unsplash .

Day 14: Psalm 143 (NRSV)

Hear my prayer, O Lord;
give ear to my supplications in your faithfulness;
answer me in your righteousness.
Do not enter into judgment with your servant,
for no one living is righteous before you.
For the enemy has pursued me,
crushing my life to the ground,
making me sit in darkness like those long dead.
Therefore my spirit faints within me;
my heart within me is appalled.
I remember the days of old,
I think about all your deeds,
I meditate on the works of your hands.
I stretch out my hands to you;
my soul thirsts for you like a parched land.
Answer me quickly, O Lord;
my spirit fails.
Do not hide your face from me,
or I shall be like those who go down to the Pit.



Stretch Our Logan Fisher Unsplash.

Let me hear of your steadfast love in the morning,
for in you I put my trust.
Teach me the way I should go,
for to you I lift up my soul.
Save me, O Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will,
for you are my God.
Let your good spirit lead me
on a level path.
For your name's sake, O Lord, preserve my life.
In your righteousness bring me out of trouble.
In your steadfast love cut off my enemies,
and destroy all my adversaries,
for I am your servant.

A sung version of Psalm 143 can be found [here](#)

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

Day 15 : Psalm 144 (NRSV)

Blessed be the Lord, my rock,
 who trains my hands for war,
and my fingers for battle;
my rock and my fortress,
 my stronghold and my deliverer,
my shield, in whom I take refuge,
 who subdues the peoples under me.
O Lord, what are human beings that you regard them,
 or mortals that you think of them?
They are like a breath;
 their days are like a passing shadow.
Bow your heavens, O Lord, and come down;
 touch the mountains so that they smoke.
Make the lightning flash and scatter them;
 send out your arrows and rout them.
Stretch out your hand from on high;
 set me free and rescue me from the mighty waters,
 from the hand of aliens,
whose mouths speak lies,
 and whose right hands are false.



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A sung version of Psalm 144 can be found [here](#)

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

I will sing a new song to you, O God;
upon a ten-stringed harp I will play to you,
 the one who gives victory to kings,
 who rescues his servant David.
Rescue me from the cruel sword,
and deliver me from the hand of aliens,
 whose mouths speak lies,
 and whose right hands are false.
May our sons in their youth
 be like plants full grown,
our daughters like corner pillars,
 cut for the building of a palace.
May our barns be filled,
 with produce of every kind;
may our sheep increase by thousands,
 by tens of thousands in our fields,
and may our cattle be heavy with young.
May there be no breach in the walls, no exile,
 and no cry of distress in our streets.
Happy are the people to whom such blessings fall;
 happy are the people whose God is the Lord.

Day 16 : Psalm 145 (NIV)

I will exalt you, my God the King;

I will praise your name for ever and ever.

Every day I will praise you

and extol your name for ever and ever.

Great is the Lord and most worthy of praise;

his greatness no one can fathom.

One generation commends your works to another;

they tell of your mighty acts.

They speak of the glorious splendour of your majesty—

and I will meditate on your wonderful works.

They tell of the power of your awesome works—

and I will proclaim your great deeds.

They celebrate your abundant goodness

and joyfully sing of your righteousness.

The Lord is gracious and compassionate,

slow to anger and rich in love.

The Lord is good to all;

he has compassion on all he has made.

All your works praise you, Lord;

your faithful people extol you.

They tell of the glory of your kingdom

and speak of your might,

so that all people may know of your mighty acts

and the glorious splendour of your kingdom.



Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

The Lord is trustworthy in all he promises

and faithful in all he does.

The Lord upholds all who fall
and lifts up all who are bowed down.

The eyes of all look to you,
and you give them their food at the proper time.

You open your hand
and satisfy the desires of every living thing.

The Lord is righteous in all his ways
and faithful in all he does.

The Lord is near to all who call on him,
to all who call on him in truth.

He fulfils the desires of those who fear him;
he hears their cry and saves them.

The Lord watches over all who love him,
but all the wicked he will destroy.

My mouth will speak in praise of the Lord.

Let every creature praise his holy name
for ever and ever.

A sung version of Psalm 145 can be found [here](#)

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

Praise the Lord!
Praise the Lord, O my soul!
I will praise the Lord as long as I live;
I will sing praises to my God while I have my being.
Put not your trust in princes,
in a son of man, in whom there is no salvation.
When his breath departs, he returns to the earth;
on that very day his plans perish.
Blessed is he whose help is the God of Jacob,
whose hope is in the Lord his God,
who made heaven and earth,
the sea, and all that is in them,
who keeps faith forever;
who executes justice for the oppressed,
who gives food to the hungry.
The Lord sets the prisoners free;
the Lord opens the eyes of the blind.
The Lord lifts up those who are bowed down;
the Lord loves the righteous.
The Lord watches over the sojourners;
he upholds the widow and the fatherless,
but the way of the wicked he brings to ruin.
The Lord will reign forever,
your God, O Zion, to all generations.
Praise the Lord!

A sung version of Psalm 146 can be found [here](#)

Day 17: Psalm 146 (ESV)



Freedom Ian Dooley Unsplash .
Click [here](#) to go to the next slide.

Day 18 : Psalm 147 (ESV)

Praise the Lord!

For it is good to sing praises to our God;
for it is pleasant, and a song of praise is fitting.
The Lord builds up Jerusalem;
he gathers the outcasts of Israel.
He heals the brokenhearted
and binds up their wounds.
He determines the number of the stars;
he gives to all of them their names.
Great is our Lord, and abundant in power;
his understanding is beyond measure.
The Lord lifts up the humble;
he casts the wicked to the ground.
Sing to the Lord with thanksgiving;
make melody to our God on the lyre!
He covers the heavens with clouds;
he prepares rain for the earth;
he makes grass grow on the hills.
He gives to the beasts their food,
and to the young ravens that cry.



Ice Crystals but KiwiHug Unsplash .

His delight is not in the strength of the horse,
nor his pleasure in the legs of a man,
but the Lord takes pleasure in those who fear him,
in those who hope in his steadfast love.

Praise the Lord, O Jerusalem!

Praise your God, O Zion!

For he strengthens the bars of your gates;
he blesses your children within you.

He makes peace in your borders;
he fills you with the finest of the wheat.
He sends out his command to the earth;
his word runs swiftly.

He gives snow like wool;
he scatters frost like ashes.
He hurls down his crystals of ice like crumbs;
who can stand before his cold?

He sends out his word, and melts them;
he makes his wind blow and the waters flow.

He declares his word to Jacob,
his statutes and rules to Israel.
He has not dealt thus with any other nation;
they do not know his rules.

Praise the Lord!

A sung version of Psalm 147 can be found [here](#)

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

Day 19 : Psalm 148 (ESV)

Praise the Lord!

Praise the Lord from the heavens;

praise him in the heights!

Praise him, all his angels;

praise him, all his hosts!

Praise him, sun and moon,

praise him, all you shining stars!

Praise him, you highest heavens,

and you waters above the heavens!

Let them praise the name of the Lord!

For he commanded and they were created.

And he established them forever and ever;

he gave a decree, and it shall not pass away.

Praise the Lord from the earth,

you great sea creatures and all deeps,

fire and hail, snow and mist,

stormy wind fulfilling his word!

Mountains and all hills,
fruit trees and all cedars!

Beasts and all livestock,

creeping things and flying birds!

Kings of the earth and all peoples,

princes and all rulers of the earth!

Young men and maidens together,

old men and children!

Let them praise the name of the Lord,

for his name alone is exalted;

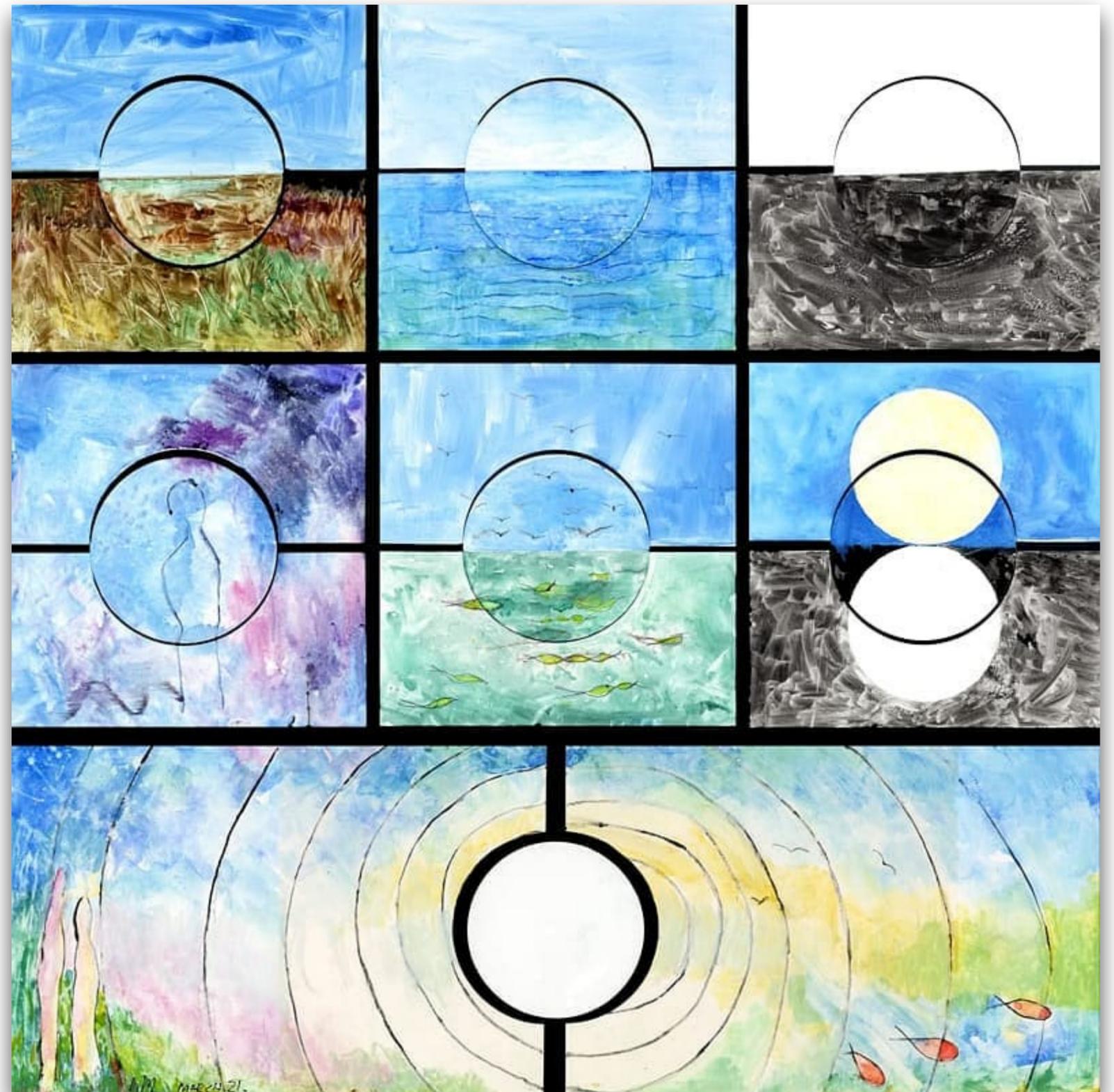
his majesty is above earth and heaven.

He has raised up a horn for his people,

praise for all his saints,

for the people of Israel who are near to him.

Praise the Lord!



A sung version of Psalm 148 can be found [here](#)

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

Days of Creation by Gordon Lamb Used with permission

<https://www.facebook.com/artistGordonLamb/photos>

Day 20 : Psalm 149 (NIV)

Praise the Lord.

Sing to the Lord a new song,

his praise in the assembly of his faithful people.

Let Israel rejoice in their Maker;

let the people of Zion be glad in their King.

Let them praise his name with dancing

and make music to him with timbrel and harp.

For the Lord takes delight in his people;

he crowns the humble with victory.

Let his faithful people rejoice in this honor

and sing for joy on their beds.

May the praise of God be in their mouths

and a double-edged sword in their hands,

to inflict vengeance on the nations

and punishment on the peoples,

to bind their kings with fetters,

their nobles with shackles of iron,

to carry out the sentence written against them—

this is the glory of all his faithful people.

Praise the Lord.

A sung version of Psalm 149 can be found [here](#)

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



Day 21: Psalm 150

Praise the Lord.

Praise God in his sanctuary;

praise him in his mighty heavens.

Praise him for his acts of power;

praise him for his surpassing greatness.

Praise him with the sounding of the trumpet,

praise him with the harp and lyre,

praise him with timbrel and dancing,

praise him with the strings and pipe,

praise him with the clash of cymbals,

praise him with resounding cymbals.

Let everything that has breath praise the Lord.

Praise the Lord.

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

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



ARMAGEDDON (detail) by Jacqui Parkinson, Threads Through Revelation

Day 22 : The Song of Moses : Exodus 15 (NRSV)

“I will sing to the Lord, for he has triumphed gloriously;
horse and rider he has thrown into the sea.
The Lord is my strength and my might,
and he has become my salvation;
this is my God, and I will praise him,
my father’s God, and I will exalt him.
The Lord is a warrior;
the Lord is his name.
“Pharaoh’s chariots and his army he cast into the sea;
his picked officers were sunk in the Red Sea.
The floods covered them;
they went down into the depths like a stone.
Your right hand, O Lord, glorious in power—
your right hand, O Lord, shattered the enemy.
In the greatness of your majesty you
overthrew your adversaries;
you sent out your fury, it consumed them like stubble.
At the blast of your nostrils the waters piled up,
the floods stood up in a heap;
the deeps congealed in the heart of the sea.
The enemy said, ‘I will pursue, I will overtake,
I will divide the spoil, my desire shall have its fill of them.
I will draw my sword, my hand shall destroy them.’



Splitting of the Red Sea II by David Louis (Fair Use)

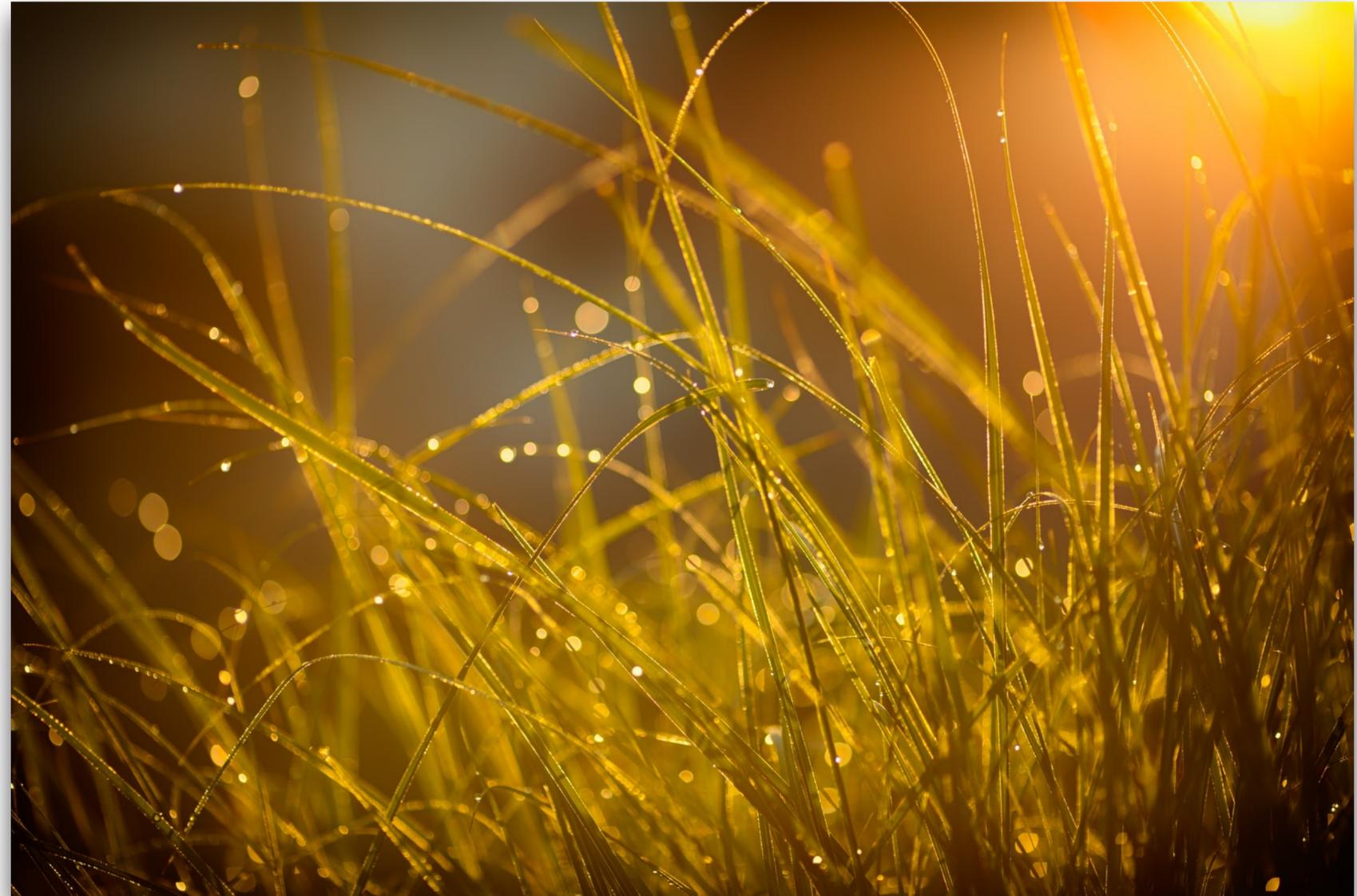
A song of worship reflecting the words in this canticle can found [here](#).

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

You blew with your wind, the sea covered them;
they sank like lead in the mighty waters.
“Who is like you, O Lord, among the gods?
Who is like you, majestic in holiness,
awesome in splendour, doing wonders?
You stretched out your right hand,
the earth swallowed them.
“In your steadfast love you
led the people whom you redeemed;
you guided them by your strength to your holy abode.
The peoples heard, they trembled;
pangs seized the inhabitants of Philistia.
Then the chiefs of Edom were dismayed;
trembling seized the leaders of Moab;
all the inhabitants of Canaan melted away.
Terror and dread fell upon them;
by the might of your arm, they became still as a stone
until your people, O Lord, passed by,
until the people whom you acquired passed by.
You brought them in and planted
them on the mountain of your own possession,
the place, O Lord, that you made your abode,
the sanctuary, O Lord, that your hands have established.
The Lord will reign forever and ever.

Day 23 : From the Song of Moses : Deuteronomy 32 (NRSV)

Give ear, O heavens, and I will speak;
let the earth hear the words of my mouth.
May my teaching drop like the rain,
my speech condense like the dew;
like gentle rain on grass,
like showers on new growth.
For I will proclaim the name of the Lord;
ascribe greatness to our God!
The Rock, his work is perfect,
and all his ways are just.
A faithful God, without deceit,
just and upright is he;



Johnny McClung Unsplash .

A song of worship reflecting the words in this canticle can found [here](#).

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

Day 24: The Prayer of Hannah : 1 Samuel 2 (NRSV)

My heart exults in the Lord;
my strength is exalted in my God.
My mouth derides my enemies,
because I rejoice in my victory.
“There is no Holy One like the Lord,
no one besides you;
there is no Rock like our God.
Talk no more so very proudly,
let not arrogance come from your mouth;
for the Lord is a God of knowledge,
and by him actions are weighed.
The bows of the mighty are broken,
but the feeble gird on strength.
Those who were full have hired themselves out for bread,
but those who were hungry are fat with spoil.
The barren has borne seven,
but she who has many children is forlorn.
The Lord kills and brings to life;
he brings down to Sheol and raises up.
The Lord makes poor and makes rich;
he brings low, he also exalts.



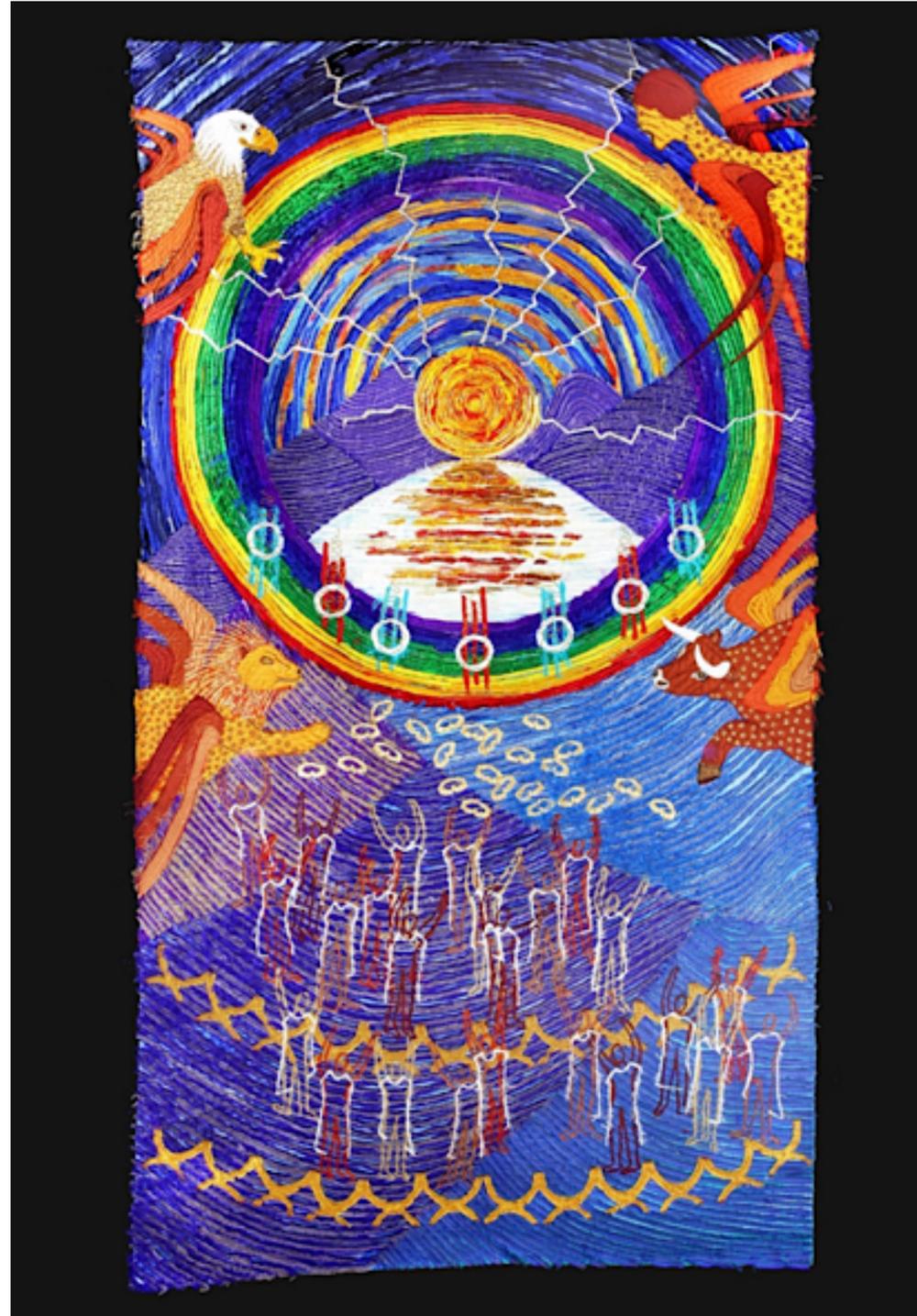
Hannah <http://watkinsstainedglass.com/religious/> (Fair Use)

A sung version of Hannah's prayer can be found [here](#).

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

He raises up the poor from the dust;
he lifts the needy from the ash heap,
to make them sit with princes
and inherit a seat of honour.
For the pillars of the earth are the Lord's,
and on them he has set the world.
“He will guard the feet of his faithful ones,
but the wicked shall be cut off in darkness;
for not by might does one prevail.
The Lord! His adversaries shall be shattered;
the Most High will thunder in heaven.
The Lord will judge the ends of the earth;
he will give strength to his king,
and exalt the power of his anointed.”

Day 25 : The Prayer of Isaiah : Isaiah 26 (NIV)



THE THRONE ROOM by Jacqui Parkinson, Threads Through Revelation

A sung version of part of the Prayer of Isaiah can be found [here](#).

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

We have a strong city;
God makes salvation
its walls and ramparts.

Open the gates
that the righteous nation may enter,
the nation that keeps faith.

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.

Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.

He humbles those who dwell on high,
he lays the lofty city low;
he levels it to the ground
and casts it down to the dust.

Feet trample it down—
the feet of the oppressed,
the footsteps of the poor.

The path of the righteous is level;
you, the Upright One, make the way of the righteous smooth.

Yes, Lord, walking in the way of your laws,
we wait for you;
your name and renown
are the desire of our hearts.

My soul yearns for you in the night;
in the morning my spirit longs for you.

When your judgments come upon the earth,
the people of the world learn righteousness.

But when grace is shown to the wicked,
they do not learn righteousness;
even in a land of uprightness they go on doing evil
and do not regard the majesty of the Lord.

Lord, your hand is lifted high,
but they do not see it.

Let them see your zeal for your people and be put to shame;
let the fire reserved for your enemies consume them.

Lord, you establish peace for us;
all that we have accomplished you have done for us.

Lord our God, other lords besides you have ruled over us,
but your name alone do we honour.

They are now dead, they live no more;
their spirits do not rise.

You punished them and brought them to ruin;
you wiped out all memory of them.
You have enlarged the nation, Lord;
you have enlarged the nation.

You have gained glory for yourself;
you have extended all the borders of the land.

Lord, they came to you in their distress;
when you disciplined them,
they could barely whisper a prayer.

As a pregnant woman about to give birth
writhes and cries out in her pain,
so were we in your presence, Lord.

We were with child, we writhed in labor,
but we gave birth to wind.

We have not brought salvation to the earth,
and the people of the world have not come to life.

But your dead will live, Lord;
their bodies will rise—

let those who dwell in the dust
wake up and shout for joy—

your dew is like the dew of the morning;
the earth will give birth to her dead.

Go, my people, enter your rooms
and shut the doors behind you;
hide yourselves for a little while
until his wrath has passed by.

See, the Lord is coming out of his dwelling
to punish the people of the earth for their sins.

The earth will disclose the blood shed on it;
the earth will conceal its slain no longer.

In my distress I called to the Lord,
and he answered me.
From deep in the realm of the dead I called for help,
and you listened to my cry.
You hurled me into the depths,
into the very heart of the seas,
and the currents swirled about me;
all your waves and breakers
swept over me.
I said, 'I have been banished
from your sight;
yet I will look again
toward your holy temple.'
The engulfing waters threatened me,
the deep surrounded me;
seaweed was wrapped around my head.
To the roots of the mountains I sank down;
the earth beneath barred me in forever.
But you, Lord my God,
brought my life up from the pit.
"When my life was ebbing away,
I remembered you, Lord,
and my prayer rose to you,
to your holy temple.
"Those who cling to worthless idols
turn away from God's love for them.
But I, with shouts of grateful praise,
will sacrifice to you.
What I have vowed I will make good.
I will say, 'Salvation comes from the Lord.'"
And the Lord commanded the fish, and it vomited Jonah onto dry land.

Day 26 : The Prayer of Jonah : Jonah 2 (NIV)



Carrow Psalter, Sailors throw Jonah overboard/Jonah in mouth of whale,
Walters Manuscript W.34, fol. 131r detail (Public Domain)

A sung version of the Prayer of Jonah can be found [here](#).

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

Lord, I have heard of your fame;
 I stand in awe of your deeds, Lord.
 Repeat them in our day,
 in our time make them known;
 in wrath remember mercy.
 God came from Teman,
 the Holy One from Mount Paran.
 His glory covered the heavens
 and his praise filled the earth.
 His splendor was like the sunrise;
 rays flashed from his hand,
 where his power was hidden.
 Plague went before him;
 pestilence followed his steps.
 He stood, and shook the earth;
 he looked, and made the nations tremble.
 The ancient mountains crumbled
 and the age-old hills collapsed—
 but he marches on forever.
 I saw the tents of Cushan in distress,
 the dwellings of Midian in anguish.
 Were you angry with the rivers, Lord?
 Was your wrath against the streams?
 Did you rage against the sea
 when you rode your horses
 and your chariots to victory?
 You uncovered your bow,
 you called for many arrows.
 You split the earth with rivers;
 the mountains saw you and writhed.
 Torrents of water swept by;
 the deep roared
 and lifted its waves on high.

Day 27: The Prayer of Habakkuk : Habakkuk 3 (NIV)



Operations of Time.

Charis Esther Embroidery. Used with permission.

A sung version of the Prayer of Habakkuk can be found [here](#).

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

Sun and moon stood still in the heavens
 at the glint of your flying arrows,
 at the lightning of your flashing spear.
 In wrath you strode through the earth
 and in anger you threshed the nations.
 You came out to deliver your people,
 to save your anointed one.
 You crushed the leader of the land of wickedness,
 you stripped him from head to foot.
 With his own spear you pierced his head
 when his warriors stormed out to scatter us,
 gloating as though about to devour
 the wretched who were in hiding.
 You trampled the sea with your horses,
 churning the great waters.
 I heard and my heart pounded,
 my lips quivered at the sound;
 decay crept into my bones,
 and my legs trembled.
 Yet I will wait patiently for the day of calamity
 to come on the nation invading us.
 Though the fig tree does not bud
 and there are no grapes on the vines,
 though the olive crop fails
 and the fields produce no food,
 though there are no sheep in the pen
 and no cattle in the stalls,
 yet I will rejoice in the Lord,
 I will be joyful in God my Saviour.
 The Sovereign Lord is my strength;
 he makes my feet like the feet of a deer,
 he enables me to tread on the heights.

Day 28 : The Song of Mary : Luke 1 (NIV)

My soul glorifies the Lord
and my spirit rejoices in God my Savior,
for he has been mindful
of the humble state of his servant.

From now on all generations will call me blessed,
for the Mighty One has done great things for me—
holy is his name.

His mercy extends to those who fear him,
from generation to generation.

He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.

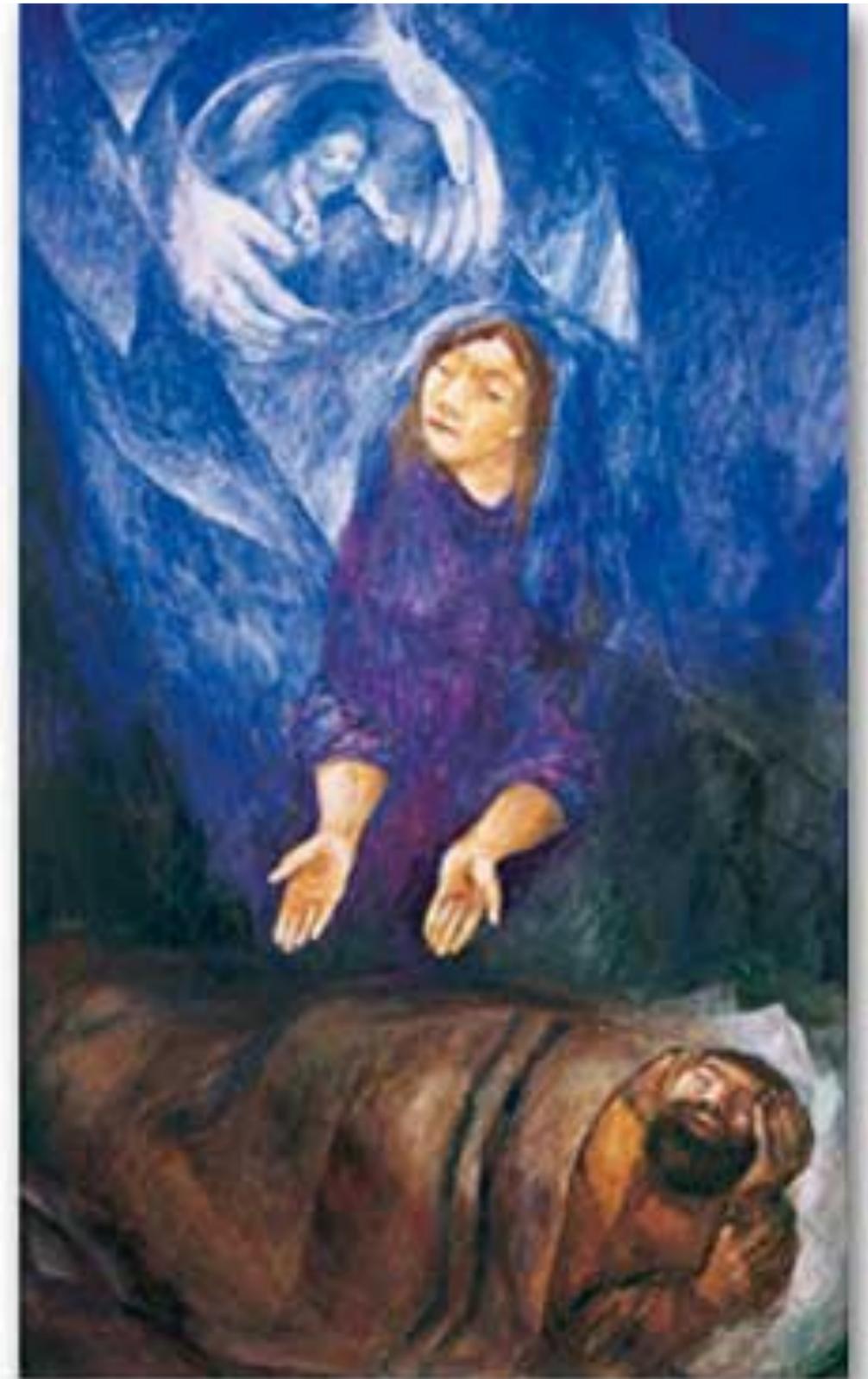
He has brought down rulers from their thrones
but has lifted up the humble.

He has filled the hungry with good things
but has sent the rich away empty.

He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants forever,
just as he promised our ancestors.”

A sung version of the Song of Mary can be found [here](#).

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



Annunciation to Joseph by Seiger Koder (Fair Use)

Day 29 : The Song of Zechariah : Luke 1 (NIV)

Praise be to the Lord, the God of Israel,
because he has come to his people and redeemed them.
He has raised up a horn of salvation for us
in the house of his servant David
(as he said through his holy prophets of long ago),
salvation from our enemies
and from the hand of all who hate us—
to show mercy to our ancestors
and to remember his holy covenant,
the oath he swore to our father Abraham:
to rescue us from the hand of our enemies,
and to enable us to serve him without fear
in holiness and righteousness before him all our days.
And you, my child, will be called a prophet of the Most High;
for you will go on before the Lord to prepare the way for him,
to give his people the knowledge of salvation
through the forgiveness of their sins,
because of the tender mercy of our God,
by which the rising sun will come to us from heaven
to shine on those living in darkness
and in the shadow of death,
to guide our feet into the path of peace.



John the Baptist by Ivan Filichev (Fair Use)

Karl Jenkins version of Benedictus can be found [here](#).

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

Day 30 : The Song of Simeon: Luke 2 (NIV)

Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.”

A sung version of the Song of Simeon can be found [here](#).

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



Simeon and Anna by Jan van't Hoff (Fair Use)

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 a reflective meditation
[Our God is Able](#) or to Maximilian sing
[Redemption](#).

Footsteps in Prayer

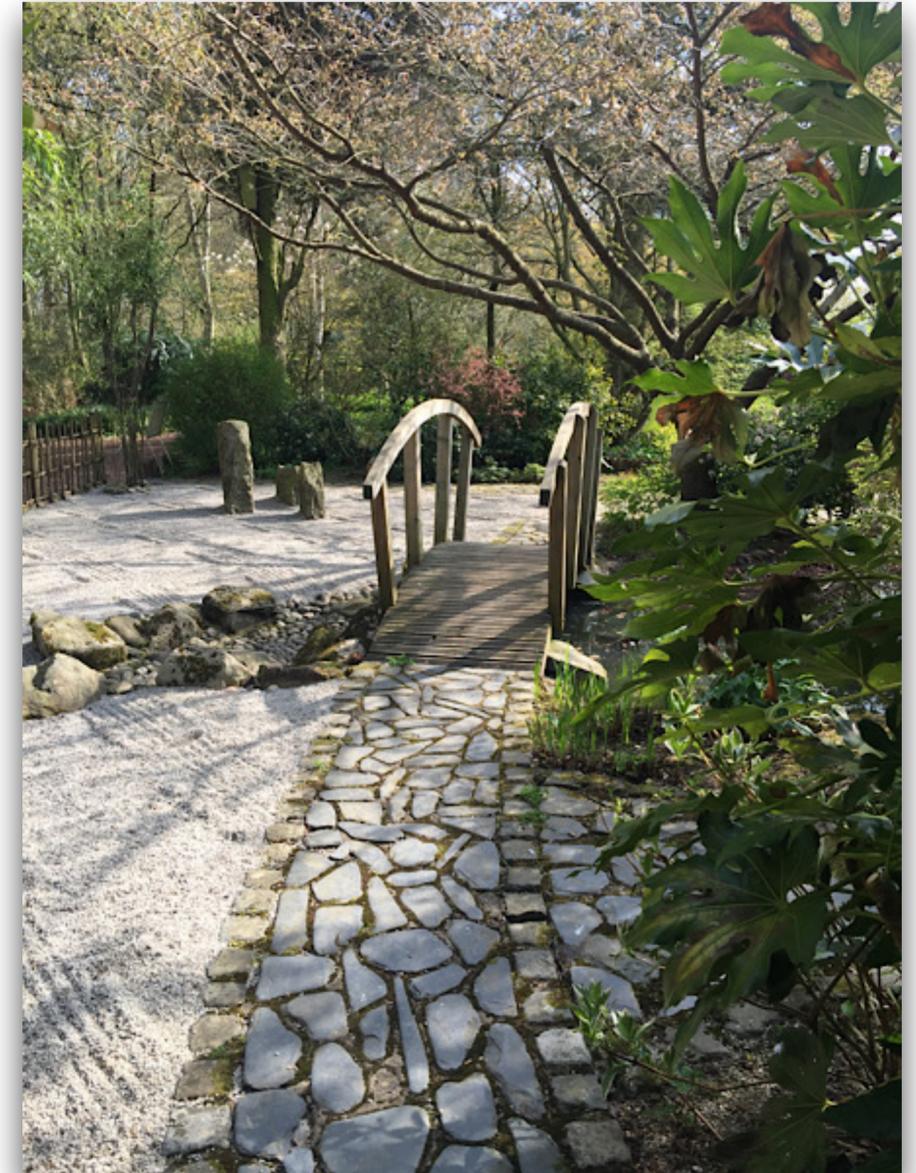
Praying the Psalms

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Links to David Suchet reading the Psalm and to a sung version of the Psalm can be found on each slide.