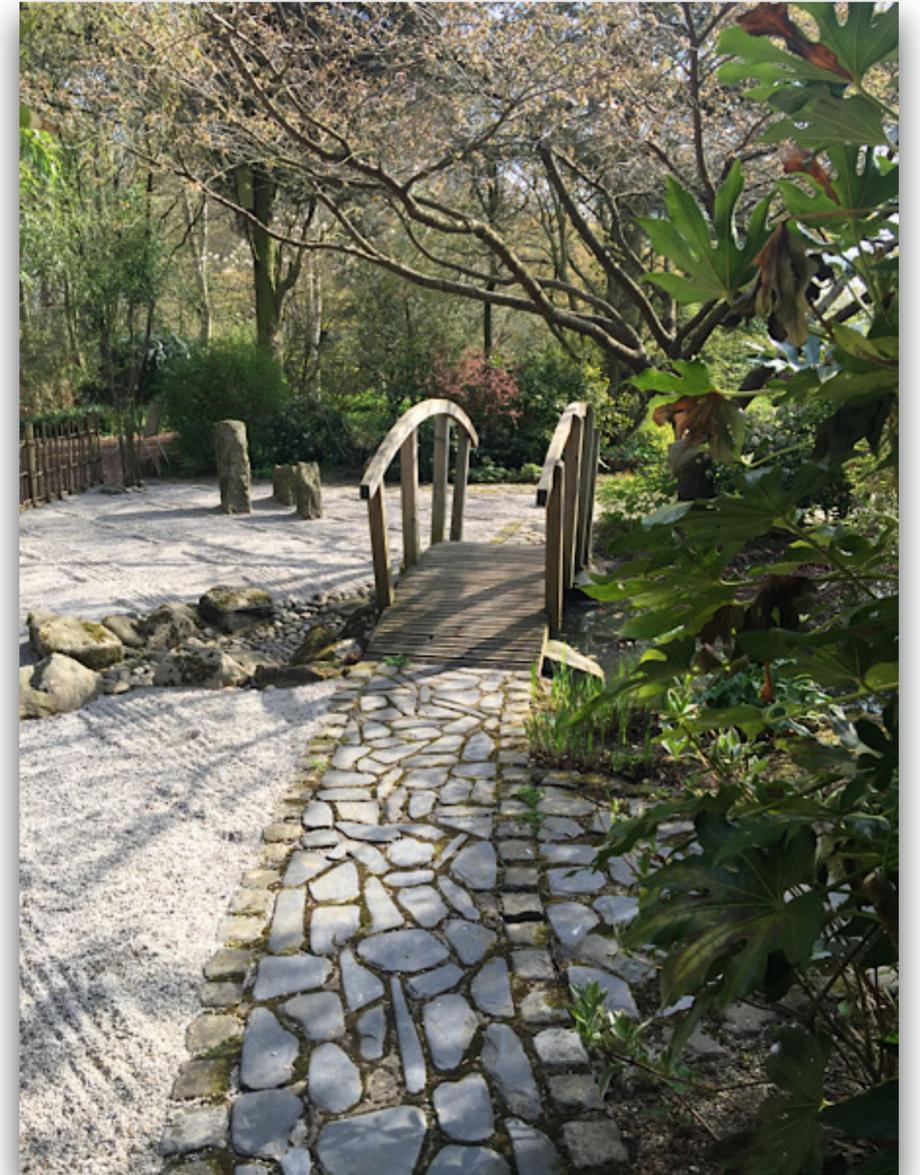


Footsteps in Prayer

Praying the Psalms
Month 4



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.
- * Become aware of God's presence with you.
- * Reflect on these words from Colossians 4:
 - * "Devote yourselves to prayer, being watchful and thankful."
- * You might like to ask God for the grace of watchfulness or thankfulness.
- * You might like to pray the Lord's Prayer slowly and quietly.
- * You might like to listen to Elevation Worship sing Grateful or to Maire Brennan sing the Love of God.
- * You might like to listen to the Carducci String Quartet play Arvo Part's Summa.



You might like to listen to

- * **Mondays:** Salt of the Sound sing Dwell Among Us.
- * **Tuesdays:** Dave Hunt sing The Steadfast Love of the Lord.
- * **Wednesdays:** Rebecca St James sing In the Middle of the Fire.
- * **Thursdays:** Living Stones Quartet sing In Christ Alone.
- * **Fridays:** Tim Hughes sing When Tears Fall.
- * **Saturdays:** The King's Daughters sing No Longer Slaves.
- * **Sundays:** Phatfish and Lou Fellingham sing And Can It Be.



Day 1: Psalm 91 (TPT)

When you sit enthroned under the shadow of Shaddai,
you are hidden in the strength of God Most High.
He's the hope that holds me and the Stronghold to shelter me,
the only God for me, and my great confidence.
He will rescue you from every hidden trap of the enemy,
and he will protect you from false accusation
and any deadly curse.
His massive arms are wrapped around you, protecting you.
You can run under his covering of majesty and hide.
His arms of faithfulness are a shield keeping you from harm.
You will never worry about an attack of demonic forces at night
nor have to fear a spirit of darkness coming against you.
Don't fear a thing!
Whether by night or by day, demonic danger will not trouble you,
nor will the powers of evil launched against you.
Even in a time of disaster, with thousands and thousands being killed,
you will remain unscathed and unharmed.
you will be a spectator as the wicked perish in judgment,
for they will be paid back for what they have done!



Jo Kirk, The Long Room Papercut Design: instagram @thelongroom,
facebook @longroompapercuts, email tothelongroom@gmail.com)

When we live our lives within the shadow of God Most High,
our secret hiding place, we will always be shielded from harm.
How then could evil prevail against us or disease infect us?
God sends angels with special orders to protect you wherever you go,
defending you from all harm.
If you walk into a trap, they'll be there for you
and keep you from stumbling.
You'll even walk unharmed among the fiercest powers of darkness,
trampling every one of them beneath your feet!
For here is what the Lord has spoken to me:
"Because you have delighted in me as my great lover,
I will greatly protect you.
I will set you in a high place, safe and secure before my face.
I will answer your cry for help every time you pray,
and you will find and feel my presence
even in your time of pressure and trouble.
I will be your glorious hero and give you a feast.
You will be satisfied with a full life and with all that I do for you.
For you will enjoy the fullness of my salvation!"

A sung version of Psalm 91 can be found [here](#)

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

Day 2 : Psalm 92 (NIV)

It is good to praise the Lord
and make music to your name, O Most High,
proclaiming your love in the morning
and your faithfulness at night,
to the music of the ten-stringed lyre
and the melody of the harp.
For you make me glad by your deeds, Lord;
I sing for joy at what your hands have done.
How great are your works, Lord,
how profound your thoughts!
Senseless people do not know,
fools do not understand,
that though the wicked spring up like grass
and all evildoers flourish,
they will be destroyed forever.
But you, Lord, are forever exalted.
For surely your enemies, Lord,
surely your enemies will perish;
all evildoers will be scattered.
You have exalted my horn like that of a wild ox;
fine oils have been poured on me.
My eyes have seen the defeat of my adversaries;
my ears have heard the rout of my wicked foes.
The righteous will flourish like a palm tree,
they will grow like a cedar of Lebanon;
planted in the house of the Lord,
they will flourish in the courts of our God.
They will still bear fruit in old age,
they will stay fresh and green,
proclaiming, "The Lord is upright;
he is my Rock, and there is no wickedness in him."



A sung version of Psalm 92 can be found [here](#)

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

Day 3 : Psalm 93 (NIV)

The Lord reigns, he is robed in majesty;
the Lord is robed in majesty and armed with strength;
indeed, the world is established, firm and secure.
Your throne was established long ago;
you are from all eternity.
The seas have lifted up, Lord,
the seas have lifted up their voice;
the seas have lifted up their pounding waves.
Mightier than the thunder of the great waters,
mightier than the breakers of the sea—
the Lord on high is mighty.
Your statutes, Lord, stand firm;
holiness adorns your house
for endless days.



A sung version of Psalm 93 can be found [here](#)

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

The LORD Will Not Forsake His People

O LORD, God of vengeance,

O God of vengeance, shine forth!

Rise up, O judge of the earth;

repay to the proud what they deserve!

O LORD, how long shall the wicked,

how long shall the wicked exult?

They pour out their arrogant words;

all the evildoers boast.

They crush your people, O LORD,

and afflict your heritage.

They kill the widow and the sojourner,

and murder the fatherless;

and they say, "The LORD does not see;

the God of Jacob does not perceive."

Understand, O dullest of the people!

Fools, when will you be wise?

He who planted the ear, does he not hear?

He who formed the eye, does he not see?

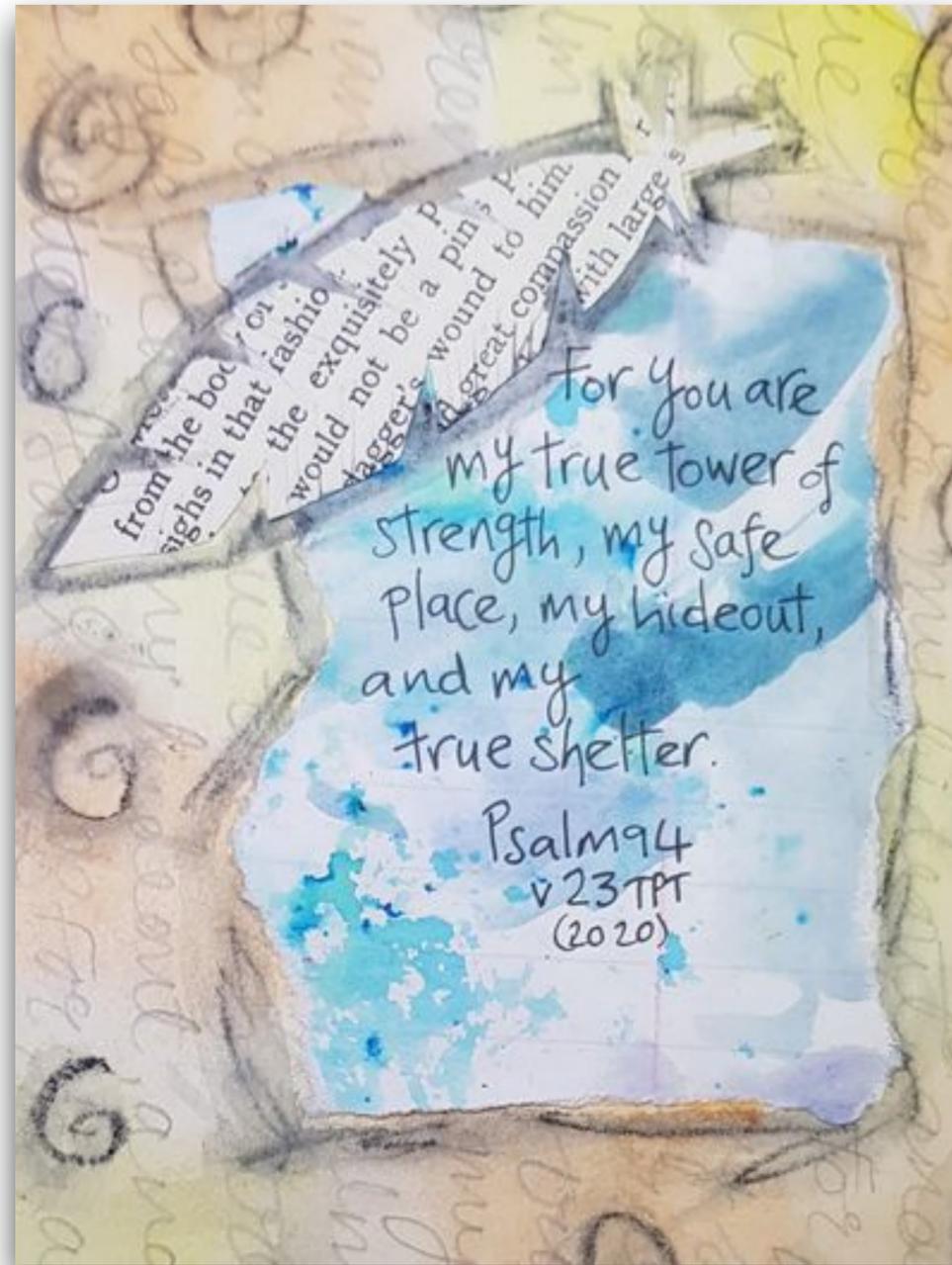
He who disciplines the nations, does he not rebuke?

He who teaches man knowledge—

the LORD—knows the thoughts of man,

that they are but a breath.

Day 4: Psalm 94 (ESV)



Scripture Scribble by Deborah Gregg

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

Blessed is the man whom you discipline, O LORD,

and whom you teach out of your law,

to give him rest from days of trouble,

until a pit is dug for the wicked.

For the LORD will not forsake his people;

he will not abandon his heritage;

for justice will return to the righteous,

and all the upright in heart will follow it.

Who rises up for me against the wicked?

Who stands up for me against evildoers?

If the LORD had not been my help,

my soul would soon have lived in the land of silence.

When I thought, "My foot slips",

your steadfast love, O LORD, held me up.

When the cares of my heart are many,

your consolations cheer my soul.

Can wicked rulers be allied with you,

those who frame injustice by statute?

They band together against the life of the righteous

and condemn the innocent to death.

But the LORD has become my stronghold,

and my God the rock of my refuge.

He will bring back on them their iniquity

and wipe them out for their wickedness;

the LORD our God will wipe them out.

A sung version of Psalm 94 can be found [here](#)

Day 5 : Psalm 95 (RSVA)

O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!
For the Lord is a great God,
and a great King above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his also.
The sea is his, for he made it;
for his hands formed the dry land.
O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
O that today you would hearken to his voice!
Harden not your hearts, as at Mer'ibah,
as on the day at Massah in the wilderness,
when your fathers tested me,
and put me to the proof, though they had seen my work.
For forty years I loathed that generation
and said, "They are a people who err in heart,
and they do not regard my ways."
Therefore I swore in my anger
that they should not enter my rest.



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Day 6: Psalm 96 (NIV)

Sing to the Lord a new song;
sing to the Lord, all the earth.
Sing to the Lord, praise his name;
proclaim his salvation day after day.
Declare his glory among the nations,
his marvellous deeds among all peoples.
For great is the Lord and most worthy of praise;
he is to be feared above all gods.
For all the gods of the nations are idols,
but the Lord made the heavens.
Splendour and majesty are before him;
strength and glory are in his sanctuary.
Ascribe to the Lord, all you families of nations,
ascribe to the Lord glory and strength
Ascribe to the Lord the glory due his name;
bring an offering and come into his courts.
Worship the Lord in the splendour of his holiness;
tremble before him, all the earth.
Say among the nations, "The Lord reigns."
The world is firmly established, it cannot be moved;
he will judge the peoples with equity.
Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.
Let the fields be jubilant, and everything in them;
let all the trees of the forest sing for joy.
Let all creation rejoice before the Lord, for he comes,
he comes to judge the earth.
He will judge the world in righteousness
and the peoples in his faithfulness.



Day 7 : Psalm 97 (NIV)

The Lord reigns, let the earth be glad;
let the distant shores rejoice.
Clouds and thick darkness surround him;
righteousness and justice are the foundation of his throne.
Fire goes before him
and consumes his foes on every side.
His lightning lights up the world;
the earth sees and trembles
The mountains melt like wax before the Lord,
before the Lord of all the earth.
The heavens proclaim his righteousness,
and all peoples see his glory.
All who worship images are put to shame,
those who boast in idols—
worship him, all you gods!
Zion hears and rejoices
and the villages of Judah are glad
because of your judgments, Lord.
For you, Lord, are the Most High over all the earth;
you are exalted far above all gods.
Let those who love the Lord hate evil,
for he guards the lives of his faithful ones
and delivers them from the hand of the wicked.
Light shines on the righteous
and joy on the upright in heart.
Rejoice in the Lord, you who are righteous,
and praise his holy name.



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Day 8: Psalm 98 (NRSVA)

O sing to the Lord a new song,
for he has done marvellous things.
His right hand and his holy arm
have gained him victory.
The Lord has made known his victory;
he has revealed his vindication in the sight of the nations.
He has remembered his steadfast love and faithfulness
to the house of Israel.
All the ends of the earth have seen
the victory of our God.
Make a joyful noise to the Lord, all the earth;
break forth into joyous song and sing praises.
Sing praises to the Lord with the lyre,
with the lyre and the sound of melody.
With trumpets and the sound of the horn
make a joyful noise before the King, the Lord.
Let the sea roar, and all that fills it;
the world and those who live in it.
Let the floods clap their hands;
let the hills sing together for joy
at the presence of the Lord, for he is coming
to judge the earth.
He will judge the world with righteousness,
and the peoples with equity.

A sung version of Psalm 98 can be found [here](#).



Art work New Wine 2019 Journey with Jesus

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

Day 9 : Psalm 99(NIV)

The Lord reigns,

let the nations tremble;
he sits enthroned between the cherubim,
let the earth shake.

Great is the Lord in Zion;
he is exalted over all the nations.

Let them praise your great and awesome name
he is holy.

The King is mighty, he loves justice
you have established equity;
in Jacob you have done
what is just and right.

Exalt the Lord our God
and worship at his footstool;
he is holy.



Har Sinai by Yoram Raanan (Fair Use)

Moses and Aaron were among his priests,
Samuel was among those who called on his name;
they called on the Lord
and he answered them.

He spoke to them from the pillar of cloud;
they kept his statutes and the decrees he gave them.

Lord our God,
you answered them;
you were to Israel a forgiving God,
though you punished their misdeeds.

Exalt the Lord our God
and worship at his holy mountain,
for the Lord our God is holy.

A sung version of Psalm 99 can be found [here](#).

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

Day 10: Psalm 100

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;
come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

For the Lord is good and his love endures forever;
his faithfulness continues through all generations.



A sung version of Psalm 100 can be found [here](#).

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

Day 11 : Psalm 101 (NRSV)

I will sing of loyalty and of justice;
to you, O Lord, I will sing.
I will study the way that is blameless.
When shall I attain it?
I will walk with integrity of heart
within my house;
I will not set before my eyes
anything that is base.
I hate the work of those who fall away;
it shall not cling to me.
Perverseness of heart shall be far from me;
I will know nothing of evil.
One who secretly slanders a neighbour
I will destroy.
A haughty look and an arrogant heart
I will not tolerate.
I will look with favour on the faithful in the land,
so that they may live with me;
whoever walks in the way that is blameless
shall minister to me.
No one who practices deceit
shall remain in my house;
no one who utters lies
shall continue in my presence.
Morning by morning I will destroy
all the wicked in the land,
cutting off all evildoers
from the city of the Lord.

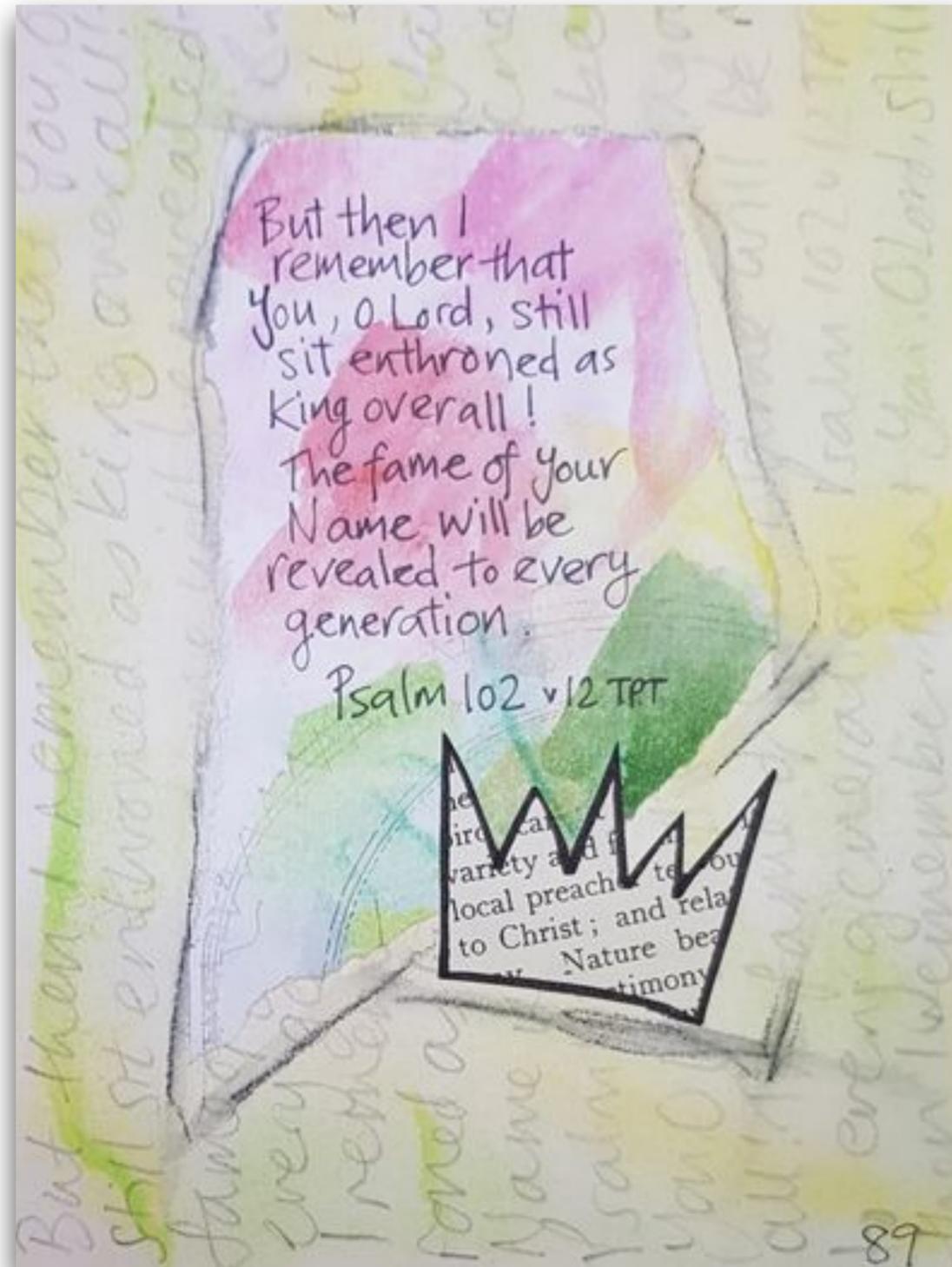


A sung version of Psalm 101 can be found [here](#).

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

Day 12 : Psalm 102 (NIV)

Hear my prayer, Lord;
let my cry for help come to you.
Do not hide your face from me
when I am in distress.
Turn your ear to me;
when I call, answer me quickly.
For my days vanish like smoke;
my bones burn like glowing embers.
My heart is blighted and withered like grass;
I forget to eat my food.
In my distress I groan aloud
and am reduced to skin and bones.
I am like a desert owl,
like an owl among the ruins.
I lie awake; I have become
like a bird alone on a roof.
All day long my enemies taunt me;
those who rail against me use my name as a curse.
For I eat ashes as my food
and mingle my drink with tears
because of your great wrath,
for you have taken me up and thrown me aside.
My days are like the evening shadow;
I wither away like grass.
But you, Lord, sit enthroned forever;
your renown endures through all generations.
You will arise and have compassion on Zion,
for it is time to show favour to her;
the appointed time has come.
For her stones are dear to your servants;
her very dust moves them to pity.



Scripture Scribble by Deborah Gregg

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The nations will fear the name of the Lord,
all the kings of the earth will revere your glory.
For the Lord will rebuild Zion
and appear in his glory.
He will respond to the prayer of the destitute;
he will not despise their plea.
Let this be written for a future generation,
that a people not yet created may praise the Lord:
“The Lord looked down from his sanctuary on high,
from heaven he viewed the earth,
to hear the groans of the prisoners
and release those condemned to death.”
So the name of the Lord will be declared in Zion
and his praise in Jerusalem
when the peoples and the kingdoms
assemble to worship the Lord.
In the course of my life^[b] he broke my strength;
he cut short my days.
So I said:
“Do not take me away, my God, in the midst of my days;
your years go on through all generations.
In the beginning you laid the foundations of the earth,
and the heavens are the work of your hands.
They will perish, but you remain;
they will all wear out like a garment.
Like clothing you will change them
and they will be discarded.
But you remain the same,
and your years will never end.
The children of your servants will live in your presence;
their descendants will be established before you.”

A sung version of Psalm 102 can be found [here](#).

Day 13 : Psalm 103 (NIV)

Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.
The Lord works righteousness
and justice for all the oppressed.
He made known his ways to Moses,
his deeds to the people of Israel:
The Lord is compassionate and gracious,
slow to anger, abounding in love.
He will not always accuse,
nor will he harbour his anger forever;
he does not treat us as our sins deserve
or repay us according to our iniquities.
For as high as the heavens are above the earth,
so great is his love for those who fear him;
as far as the east is from the west,
so far has he removed our transgressions from us



As a father has compassion on his children,
so the Lord has compassion on those who fear him;
for he knows how we are formed,
he remembers that we are dust.
The life of mortals is like grass,
they flourish like a flower of the field;
the wind blows over it and it is gone,
and its place remembers it no more.
But from everlasting to everlasting
the Lord's love is with those who fear him,
and his righteousness with their children's children—
with those who keep his covenant
and remember to obey his precepts.
The Lord has established his throne in heaven,
and his kingdom rules over all.
Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.
Praise the Lord, all his heavenly hosts,
you his servants who do his will.
Praise the Lord, all his works
everywhere in his dominion.
Praise the Lord, my soul.

A sung version of Psalm 103 can be found [here](#).

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

Day 14: Psalm 104 (ESV)

Bless the Lord, O my soul!

O Lord my God, you are very great!

You are clothed with splendour and majesty,
covering yourself with light as with a garment,
stretching out the heavens like a tent.

He lays the beams of his chambers on the waters;
he makes the clouds his chariot;

he rides on the wings of the wind;
he makes his messengers winds,
his ministers a flaming fire.

He set the earth on its foundations,
so that it should never be moved.

You covered it with the deep as with a garment;
the waters stood above the mountains.

At your rebuke they fled;
at the sound of your thunder they took to flight.

The mountains rose, the valleys sank down
to the place that you appointed for them.

You set a boundary that they may not pass,
so that they might not again cover the earth.

You make springs gush forth in the valleys;
they flow between the hills;

they give drink to every beast of the field;
the wild donkeys quench their thirst.

Beside them the birds of the heavens dwell;
they sing among the branches.

From your lofty abode you water the mountains;
the earth is satisfied with the fruit of your work.

You cause the grass to grow for the livestock
and plants for man to cultivate,
that he may bring forth food from the earth
and wine to gladden the heart of man,
oil to make his face shine
and bread to strengthen man's heart.

The trees of the Lord are watered abundantly,
the cedars of Lebanon that he planted.

In them the birds build their nests;
the stork has her home in the fir trees.

The high mountains are for the wild goats;
the rocks are a refuge for the rock badgers.

He made the moon to mark the seasons;
the sun knows its time for setting.

You make darkness, and it is night,
when all the beasts of the forest creep about.

The young lions roar for their prey,
seeking their food from God.

When the sun rises, they steal away
and lie down in their dens.

Man goes out to his work
and to his labor until the evening.

O Lord, how manifold are your works!

In wisdom have you made them all;
the earth is full of your creatures.

Here is the sea, great and wide,
which teems with creatures innumerable,
living things both small and great.

There go the ships,
and Leviathan, which you formed to play in it

These all look to you,
to give them their food in due season.

When you give it to them, they gather it up;
when you open your hand, they are filled with good things.
When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.

When you send forth your Spirit, they are created,
and you renew the face of the ground.

May the glory of the Lord endure forever;
may the Lord rejoice in his works,

who looks on the earth and it trembles,
who touches the mountains and they smoke!

I will sing to the Lord as long as I live;
I will sing praise to my God while I have being.

May my meditation be pleasing to him,
for I rejoice in the Lord.

Let sinners be consumed from the earth,
and let the wicked be no more!

Bless the Lord, O my soul!
Praise the Lord!

A sung version of Psalm 104 can be found [here](#).

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



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Day 15 : Psalm 105 (NIV) part I

Give praise to the Lord, proclaim his name;
make known among the nations what he has done.
Sing to him, sing praise to him;
tell of all his wonderful acts.
Glory in his holy name;
let the hearts of those who seek the Lord rejoice.
Look to the Lord and his strength;
seek his face always.
Remember the wonders he has done,
his miracles, and the judgments he pronounced,
you his servants, the descendants of Abraham,
his chosen ones, the children of Jacob.
He is the Lord our God;
his judgments are in all the earth.
He remembers his covenant forever,
the promise he made, for a thousand generations,
the covenant he made with Abraham,
the oath he swore to Isaac.
He confirmed it to Jacob as a decree,
to Israel as an everlasting covenant:
“To you I will give the land of Canaan
as the portion you will inherit.”
When they were but few in number,
few indeed, and strangers in it,



Exodus by Yoran Raanan (Fair Use)
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they wandered from nation to nation,
from one kingdom to another.
He allowed no one to oppress them;
for their sake he rebuked kings:
“Do not touch my anointed ones;
do my prophets no harm.”
He called down famine on the land
and destroyed all their supplies of food;
and he sent a man before them—
Joseph, sold as a slave.
They bruised his feet with shackles,
his neck was put in irons,
till what he foretold came to pass,
till the word of the Lord proved him true.
The king sent and released him,
the ruler of peoples set him free.
He made him master of his household,
ruler over all he possessed,
to instruct his princes as he pleased
and teach his elders wisdom.
Then Israel entered Egypt;
Jacob resided as a foreigner in the land of Ham
The Lord made his people very fruitful;
he made them too numerous for their foes,
whose hearts he turned to hate his people,
to conspire against his servants.

Day 15 : Psalm 105 (NIV) part 2

He sent Moses his servant,
and Aaron, whom he had chosen.
They performed his signs among them,
his wonders in the land of Ham.
He sent darkness and made the land dark—
for had they not rebelled against his words?
He turned their waters into blood,
causing their fish to die.
Their land teemed with frogs,
which went up into the bedrooms of their rulers.
He spoke, and there came swarms of flies,
and gnats throughout their country.
He turned their rain into hail,
with lightning throughout their land;
he struck down their vines and fig trees
and shattered the trees of their country.
He spoke, and the locusts came,
grasshoppers without number;
they ate up every green thing in their land,
ate up the produce of their soil.
Then he struck down all the firstborn in their land,
the firstfruits of all their manhood.
He brought out Israel, laden with silver and gold,
and from among their tribes no one faltered.



River in the Desert by Tarron Spencer with permission.

Egypt was glad when they left,
Because dread of Israel had fallen upon them.
He spread out a cloud as a covering,
and a fire to give light at night.
They asked, and he brought them quail;
he fed them well with the bread of heaven.
He opened the rock, and water gushed out;
it flowed like a river in the desert.
For he remembered his holy promise
given to his servant Abraham.
He brought out his people with rejoicing,
his chosen ones with shouts of joy;
he gave them the lands of the nations,
and they fell heir to what others had toiled for—
that they might keep his precepts
and observe his laws.
PRAISE THE LORD

A sung version of Psalm 105 can be found [here](#).

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

Praise the Lord!

O give thanks to the Lord, for he is good;
for his steadfast love endures forever.

Who can utter the mighty doings of the Lord,
or declare all his praise?

Happy are those who observe justice,
who do righteousness at all times.

Remember me, O Lord, when you show favour to your people;
help me when you deliver them;

that I may see the prosperity of your chosen ones,
that I may rejoice in the gladness of your nation,
that I may glory in your heritage.

Both we and our ancestors have sinned;
we have committed iniquity, have done wickedly.

Our ancestors, when they were in Egypt,
did not consider your wonderful works;
they did not remember the abundance of your steadfast love,
but rebelled against the Most High at the Red Sea.

Yet he saved them for his name's sake,
so that he might make known his mighty power.

He rebuked the Red Sea, and it became dry;
he led them through the deep as through a desert.
So he saved them from the hand of the foe,
and delivered them from the hand of the enemy.

The waters covered their adversaries;
not one of them was left.

Then they believed his words;
they sang his praise.

Day 16 : Psalm 106 (NRSV) part I



Pillar of Cloud, Pillar of Fire [Isaac Brynjegard-Bialik](#) (Fair Use)

But they soon forgot his works;
they did not wait for his counsel.

But they had a wanton craving in the wilderness,
and put God to the test in the desert;

he gave them what they asked,
but sent a wasting disease among them.

They were jealous of Moses in the camp,
and of Aaron, the holy one of the LORD.

The earth opened and swallowed up Dathan,
and covered the faction of Abiram.

Fire also broke out in their company;
the flame burned up the wicked.

They made a calf at Horeb
and worshipped a cast image.

They exchanged the glory of God
for the image of an ox that eats grass.

They forgot God, their Saviour,
who had done great things in Egypt,

wondrous works in the land of Ham,
and awesome deeds by the Red Sea.

Therefore he said he would destroy them—
had not Moses, his chosen one,

stood in the breach before him,
to turn away his wrath from destroying them.

Then they despised the pleasant land,
having no faith in his promise.

Another sung version of Psalm 106 can be found [here](#).

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

Day 16 : Psalm 106 (NRSV) part 2

They grumbled in their tents,
and did not obey the voice of the LORD.
Therefore he raised his hand and swore to them
that he would make them fall in the wilderness,
and would disperse their descendants among the nations,
scattering them over the lands.
Then they attached themselves to the Baal of Peor,
and ate sacrifices offered to the dead;
they provoked the LORD to anger with their deeds,
and a plague broke out among them.
Then Phinehas stood up and interceded,
and the plague was stopped.
And that has been reckoned to him as righteousness
from generation to generation for ever.
They angered the LORD at the waters of Meribah,
and it went ill with Moses on their account;
for they made his spirit bitter,
and he spoke words that were rash.
They did not destroy the peoples
as the LORD commanded them,
but they mingled with the nations
and learned to do as they did.
They served their idols,
which became a snare to them.
They sacrificed their sons
and their daughters to the demons;
they poured out innocent blood,
the blood of their sons and daughters,
whom they sacrificed to the idols of Canaan;
and the land was polluted with blood.



Manna by Seiger Koder above (Fair Use).

Thus they became unclean by their acts,
and prostituted themselves in their doings.
Then the anger of the LORD was kindled against his people,
and he abhorred his heritage;
he gave them into the hand of the nations,
so that those who hated them ruled over them.
Their enemies oppressed them,
and they were brought into subjection under their power.
Many times he delivered them,
but they were rebellious in their purposes,
and were brought low through their iniquity.
Nevertheless, he regarded their distress
when he heard their cry.
For their sake he remembered his covenant,
and showed compassion according
to the abundance of his steadfast love.
He caused them to be pitied
by all who held them captive.
Save us, O LORD our God,
and gather us from among the nations,
that we may give thanks to your holy name
and glory in your praise.
Blessed be the LORD, the God of Israel,
from everlasting to everlasting.
And let all the people say, 'Amen.'
Praise the LORD!

Another sung version of Psalm 106 can be found [here](#).

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

Day 17 : Psalm 107 (TPT) part I

Let everyone give all their praise and thanks to the Lord!

Here's why—he's better than anyone could ever imagine.

Yes, he's always loving and kind, and his faithful love never ends.

So, go ahead—let everyone know it!

Tell the world how he broke through
and delivered you from the power of darkness and
has gathered us together from all over the world.

He has set us free to be his very own!

Some of us once wandered in the wilderness like desert nomads,
with no true direction or dwelling place.

Starving, thirsting, staggering,
we became desperate and filled with despair.

Then we cried out, "Lord, help us! Rescue us!" And he did!

He led us out by the right way
until we reached a suitable city to dwell in.

So lift your hands and thank God for his marvellous kindness
and for all his miracles of mercy for those he loves.

How he satisfies the souls of thirsty ones
and fills the hungry with goodness!

Some of us once sat in darkness,
living in the dark shadows of death.

We were prisoners to our pain, chained to our regrets.

For we rebelled against God's Word
and rejected the wise counsel of God Most High.

So he humbled us through our circumstances,
watching us as we stumbled, with no one there to pick us back up.

Our own pain became our punishment.



Hidden Manna by Kate Austin used with permission top left.

Then we cried out, "Lord, help us! Rescue us!" And he did!

His light broke through the darkness and
he led us out in freedom from death's dark shadow
and snapped every one of our chains.

So lift your hands and give thanks to God
for his marvellous kindness

and for his miracles of mercy for those he loves!

For he smashed through heavy prison doors and
shattered the steel bars that held us back, just to set us free!

Some of us were such fools, bringing on ourselves
sorrow and suffering all because of our sins.

Sick and feeble, unable to stand the sight of food,
we drew near to the gates of death.

Then we cried out, "Lord, help us! Rescue us!" And he did!

God spoke the words "Be healed," and we were healed,
delivered from death's door!

So lift your hands and give thanks to God
for his marvellous kindness

and for his miracles of mercy for those he loves!

Bring your praise as an offering and your thanks as a sacrifice
as you sing your story of miracles with a joyful song.

Some of us set sail upon the sea to faraway ports,
transporting our goods from ship to shore.

We were witnesses of God's power out in the ocean deep;
we saw breathtaking wonders upon the high seas.

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

Day 17 : Psalm 107 (TPT) part 2

When God spoke he stirred up a storm,
lifting high the waves with hurricane winds.
Ships were tossed by the swelling sea, rising to the sky,
then dropping down to the depths,
reeling like drunkards, spinning like tops,
everyone at their wits' end until even sailors despaired of life,
cringing in terror.
Then we cried out, "Lord, help us! Rescue us!" And he did!
God stilled the storm, calmed the waves,
and he hushed the hurricane winds to only a whisper.
We were so relieved, so glad as he guided us
safely to harbour in a quiet haven.
So lift your hands and give thanks to God for his marvelous kindness
and for his miracles of mercy for those he loves!
Let's exalt him on high and lift up our praises in public;
let all the people and the leaders of the nation know
how great and wonderful is Yahweh, our God!
Whenever he chooses he can dry up a river
and turn the land into a desert.
Or he can take a fruitful land and make it into a saltwater swamp,
all because of the wickedness of those who dwell there.
But he also can turn a barren wilderness into an oasis with water!



He can make springs flow into desert lands
and turn them into fertile valleys so that cities spring up,
and he gives it all to those who are hungry.
They can plant their fields and vineyards there
and reap a bumper crop and gather a fruitful harvest.
God will bless them and cause them to multiply and prosper.
But others will become poor,
humbled because of their oppression, tyranny, and sorrows.
For God pours contempt upon their arrogant abuse of power,
heaping scorn upon their princes,
and makes them up lowly with his favor,
giving them a safe place to live where no one can touch them.
God will grant them a large family and bless them!
The lovers of God will rejoice when they see this.
Good men are glad when the evil ones are silenced.
If you are truly wise, you'll learn from what I've told you.
It's time for you to consider these profound lessons
of God's great love and mercy!

A sung version of Psalm 107 can be found [here](#).

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

My heart, O God, is focused and determined.

Now I can sing my song with passionate praises!

Awake, O my soul, with the music of his splendor.

Arise, my soul, and sing his praises!

I will awaken the dawn with my worship,
greeting the daybreak with my songs of light.

Wherever I go, I will thank you.

All the nations will hear my praise songs to you.

Your love is so extravagant, it reaches higher than the heavens!

Your faithfulness is so astonishing, it stretches to the skies!

Lord God, be exalted as you soar throughout the heavens.

May your shining glory be seen high above all the earth!

Come to your beloved ones and gently draw us out.

Answer our prayer for your saving help.

Come with your might and strength, for we need you, Lord!

Then I heard the Lord speak in his holy splendour,

and from his sanctuary I heard the Lord promise:

“In my triumph I will be the one to measure out
the portion of my inheritance to my people,
and I will secure the land as I promised you.

Shechem, Succoth, Gilead, Manasseh—
they are all still mine!” he says.

“Judah will continue to produce kings and lawgivers,
and Ephraim will produce great warriors.

Moab will become my lowly servant.

Edom will likewise serve my purposes.

I will lift up a shout of victory over the land of Philistia!

But who will bring my triumph into Edom’s fortresses?”

Lord, have you really rejected us, refusing to fight our battles?

Give us a father’s help when we face our enemies.

For to trust in any man is an empty hope.

With God’s help we will prevail with might and power.

And with God’s help we’ll trample down our every foe!

Day 18 : Psalm 108 (TPT)



A sung version of Psalm 108 can be found [here](#).

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

Day 19 : Psalm 109(ESVUK)

Be not silent, O God of my praise
For wicked and deceitful mouths are opened against me,
speaking against me with lying tongues.
They encircle me with words of hate,
and attack me without cause.
In return for my love they accuse me,
but I give myself to prayer.
So they reward me evil for good,
and hatred for my love.
Appoint a wicked man against him;
let an accuser stand at his right hand.
When he is tried, let him come forth guilty;
let his prayer be counted as sin!
May his days be few;
may another take his office!
May his children be fatherless
and his wife a widow!
May his children wander about and beg,
seeking food far from the ruins they inhabit!
May the creditor seize all that he has;
may strangers plunder the fruits of his toil!
Let there be none to extend kindness to him,
nor any to pity his fatherless children!
May his posterity be cut off;
may his name be blotted out in the second generation!

May the iniquity of his fathers be remembered before the Lord,
and let not the sin of his mother be blotted out!
Let them be before the Lord continually,
that he may cut off the memory of them from the earth!
For he did not remember to show kindness,
but pursued the poor and needy
and the broken-hearted, to put them to death.
He loved to curse; let curses come upon him!
He did not delight in blessing; may it be far from him!
He clothed himself with cursing as his coat;
may it soak[d] into his body like water,
like oil into his bones!



Book of Job Illustrations. Daniel Raus. Fair use.

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May it be like a garment that he wraps round him,
like a belt that he puts on every day!
May this be the reward of my accusers from the Lord,
of those who speak evil against my life!
But you, O God my Lord,
deal on my behalf for your name's sake;
because your steadfast love is good, deliver me!
For I am poor and needy,
and my heart is stricken within me.
I am gone like a shadow at evening;
I am shaken off like a locust.
My knees are weak through fasting;
my body has become gaunt, with no fat.
I am an object of scorn to my accusers;
when they see me, they wag their heads.
Help me, O Lord my God!
Save me according to your steadfast love!
Let them know that this is your hand;
you, O Lord, have done it!
Let them curse, but you will bless!
They arise and are put to shame, but your servant will be glad!
May my accusers be clothed with dishonour;
may they be wrapped in their own shame as in a cloak!
With my mouth I will give great thanks to the Lord;
I will praise him in the midst of the throng.
For he stands at the right hand of the needy one,
to save him from those who condemn his soul to death.
A sung version of Psalm 109 can be found [here](#).

Day 20 : Psalm 110(ESVUK)

The Lord says to my Lord:

“Sit at my right hand,
until I make your enemies your footstool.”

The Lord sends forth from Zion
your mighty sceptre.

Rule in the midst of your enemies!
Your people will offer themselves freely
on the day of your power,
in holy garments;
from the womb of the morning,
the dew of your youth will be yours.

The Lord has sworn
and will not change his mind,
“You are a priest for ever
after the order of Melchizedek.”

The Lord is at your right hand;
he will shatter kings on the day of his wrath.
He will execute judgement among the nations,
filling them with corpses;
he will shatter chiefs
over the wide earth.

He will drink from the brook by the way;
therefore he will lift up his head.

A sung version of Psalm 110 can be found [here](#).

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



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Day 21: Psalm 111 (NIV)

Praise the Lord.

I will extol the Lord with all my heart

in the council of the upright and in the assembly.

Great are the works of the Lord;

they are pondered by all who delight in them.

Glorious and majestic are his deeds,

and his righteousness endures forever.

He has caused his wonders to be remembered;

the Lord is gracious and compassionate.

He provides food for those who fear him;

he remembers his covenant forever.

He has shown his people the power of his works,

giving them the lands of other nations.

The works of his hands are faithful and just;

all his precepts are trustworthy.

They are established for ever and ever,

enacted in faithfulness and uprightness.

He provided redemption for his people;

he ordained his covenant forever—

holy and awesome is his name.

The fear of the Lord is the beginning of wisdom;

all who follow his precepts have good understanding.

To him belongs eternal praise.

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



ARMAGEDDON (detail) by Jacqui Parkinson, Threads Through Revelation

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Praise the Lord.

Blessed are those who fear the Lord,

who find great delight in his commands.

Their children will be mighty in the land;

the generation of the upright will be blessed.

Wealth and riches are in their houses,

and their righteousness endures forever.

Even in darkness light dawns for the upright,

for those who are gracious and compassionate and righteous.

Good will come to those who are generous and lend freely,

who conduct their affairs with justice.

Surely the righteous will never be shaken;

they will be remembered forever.

They will have no fear of bad news;

their hearts are steadfast, trusting in the Lord.

Their hearts are secure, they will have no fear;

in the end they will look in triumph on their foes.

They have freely scattered their gifts to the poor,

their righteousness endures forever;

their horn will be lifted high in honour.

The wicked will see and be vexed,

they will gnash their teeth and waste away;

the longings of the wicked will come to nothing.

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

Day 22 : Psalm 112 (NIV)



Light in Darkness by Cherry Laithang Unsplash

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

Day 23 : Psalm 113 (ESV)

Praise the Lord!

Praise, O servants of the Lord,

Praise the name of the Lord!

Blessed be the name of the Lord

From this time forth and forevermore!

From the rising of the sun to its going down

The Lord's name is to be praised.

The Lord is high above all nations,

His glory above the heavens.

Who is like the Lord our God,

Who dwells on high,

Who humbles Himself to behold

The things that are in the heavens and in the earth?

He raises the poor out of the dust,

And lifts the needy out of the ash heap,

That He may seat him with princes—

With the princes of His people.

He grants the barren woman a home,

Like a joyful mother of children.

Praise the Lord!



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

Day 24 : Psalm 114 (ESV)

When Israel went out from Egypt,
the house of Jacob from a people of strange language,
Judah became his sanctuary,
Israel his dominion.

The sea looked and fled;
Jordan turned back.

The mountains skipped like rams,
the hills like lambs.

What ails you, O sea, that you flee?

O Jordan, that you turn back?

O mountains, that you skip like rams?

O hills, like lambs?

Tremble, O earth, at the presence of the Lord,
at the presence of the God of Jacob,
who turns the rock into a pool of water,
the flint into a spring of water.



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

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

Not to us, Lord, not to us
 but to your name be the glory,
 because of your love and faithfulness.

Why do the nations say,
 "Where is their God?"

Our God is in heaven;
 he does whatever pleases him.

But their idols are silver and gold,
 made by human hands.

They have mouths, but cannot speak,
 eyes, but cannot see.

They have ears, but cannot hear,
 noses, but cannot smell.

They have hands, but cannot feel,
 feet, but cannot walk,
 nor can they utter a sound with their throats.

Those who make them will be like them,
 and so will all who trust in them.

All you Israelites, trust in the Lord—
 he is their help and shield.

House of Aaron, trust in the Lord—
 he is their help and shield.

You who fear him, trust in the Lord—
 he is their help and shield.



Scripture Scribble by Deborah Gregg

Day 25 : Psalm 115(NIV)

The Lord remembers us and will bless us:
 He will bless his people Israel,
 he will bless the house of Aaron,
 he will bless those who fear the Lord—
 small and great alike.

May the Lord cause you to flourish,
 both you and your children.

May you be blessed by the Lord,
 the Maker of heaven and earth.

The highest heavens belong to the Lord,
 but the earth he has given to mankind.

It is not the dead who praise the Lord,
 those who go down to the place of silence;
 it is we who extol the Lord,
 both now and forevermore.

Praise the Lord.

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

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

Day 26 : Psalm 116(TPT)

I am passionately in love with God because he listens to me.

He hears my prayers and answers them.

As long as I live I'll keep praying to him,

for he stoops down to listen to my heart's cry.

Death once stared me in the face,

and I was close to slipping into its dark shadows.

I was terrified and overcome with sorrow.

I cried out to the Lord, "God, come and save me!"

He was so kind, so gracious to me.

Because of his passion toward me,

he made everything right and he restored me.

So I've learned from my experience

that God protects the vulnerable.

For I was broken and brought low,

but he answered me and came to my rescue!

Now I can say to myself and to all,

"Relax and rest, be confident and serene,

for the Lord rewards fully those who simply trust in him."

God has rescued my soul from death's fear

and dried my eyes of many tears.

He's kept my feet firmly on his path

and strengthened me so that I may please him

and walk before Yahweh in his fields of life.



Photograph by Brett Jordan Unsplash

Even when it seems I'm surrounded

by many liars and my own fears,

and though I'm hurting in my suffering and trauma,

I still stay faithful to God and speak words of faith.

So now, what can I ever give back to God

to repay him for the blessings he's poured out on me

I will lift up his cup of salvation and praise him extravagantly

for all that he's done for me.

I will fulfil the promise I made to God

in the presence of his gathered people.

When one of God's holy lovers dies,

it is costly to the Lord, touching his heart.

Lord, because I am your loving servant,

you have broken open my life and freed me from my chains.

Now I'll worship you passionately and bring to you

my sacrifice of praise, drenched with thanksgiving!

I'll keep my promise to you, God,

in the presence of your gathered people, just like I said I would.

I will worship you here in your living presence,

in the temple in Jerusalem.

I will worship and sing hallelujah, for I praise you, Lord!

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

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

Day 27 : Psalm 117 (NIV)

Praise the Lord, all you nations;
extol him, all you peoples.
For great is his love toward us,
and the faithfulness of the Lord endures forever.
Praise the Lord.

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

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



Day 28 : Psalm 118 (NIV)

The Lord is my strength and my might;
he has become my salvation.
There are glad songs of victory in the tents of the righteous:
'The right hand of the Lord does valiantly;
the right hand of the Lord is exalted;
the right hand of the Lord does valiantly.'
I shall not die, but I shall live,
and recount the deeds of the Lord.
The Lord has punished me severely,
but he did not give me over to death.
Open to me the gates of righteousness,
that I may enter through them
and give thanks to the Lord.
This is the gate of the Lord;
the righteous shall enter through it.
I thank you that you have answered me
and have become my salvation.



This is the Lord's doing;
it is marvellous in our eyes.
This is the day that the Lord has made;
let us rejoice and be glad in it.
Save us, we beseech you, O Lord!
O Lord, we beseech you, give us success!
Blessed is the one who comes in the name of the Lord.
We bless you from the house of the Lord.
The Lord is God,
and he has given us light.
Bind the festal procession with branches,
up to the horns of the altar.
You are my God, and I will give thanks to you;
you are my God, I will extol you.
O give thanks to the Lord, for he is good,
for his steadfast love endures for ever.

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

O give thanks to the Lord, for he is good;
his steadfast love endures for ever!
Let Israel say,
'His steadfast love endures for ever.'
Let the house of Aaron say,
'His steadfast love endures for ever.'
Let those who fear the Lord say,
'His steadfast love endures for ever.'
Out of my distress I called on the Lord;
the Lord answered me and set me in a broad place.
With the Lord on my side I do not fear.
What can mortals do to me?
The Lord is on my side to help me;
I shall look in triumph on those who hate me.
It is better to take refuge in the Lord
than to put confidence in mortals.
It is better to take refuge in the Lord
than to put confidence in princes.
All nations surrounded me;
in the name of the Lord I cut them off!
They surrounded me, surrounded me on every side;
in the name of the Lord I cut them off!
They surrounded me like bees;
they blazed like a fire of thorns;
in the name of the Lord I cut them off!
I was pushed hard, so that I was falling,
but the Lord helped me.

Day 29 : Psalm 119 α Aleph (NIV)

Blessed are those whose ways are blameless,
who walk according to the law of the Lord.
Blessed are those who keep his statutes
and seek him with all their heart—
they do no wrong
but follow his ways.
You have laid down precepts
that are to be fully obeyed.
Oh, that my ways were steadfast
in obeying your decrees!
Then I would not be put to shame
when I consider all your commands.
I will praise you with an upright heart
as I learn your righteous laws.
I will obey your decrees;
do not utterly forsake me.

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

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



Holywell Bay by Rachel Monie, Used with permission

Day 30 : Psalm 119 2 Beth (NIV)

How can a young person stay on the path of purity?

By living according to your word.

I seek you with all my heart;

do not let me stray from your commands.

I have hidden your word in my heart

that I might not sin against you.

Praise be to you, Lord;

teach me your decrees.

With my lips I recount

all the laws that come from your mouth.

I rejoice in following your statutes

as one rejoices in great riches.

I meditate on your precepts

and consider your ways.

I delight in your decrees;

I will not neglect your word.



A sung version of the Psalm 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 Salt of the Sound sing **Dwell
Among Us** or to Keith Green singing **Make my
life a prayer to you**

Footsteps in Prayer

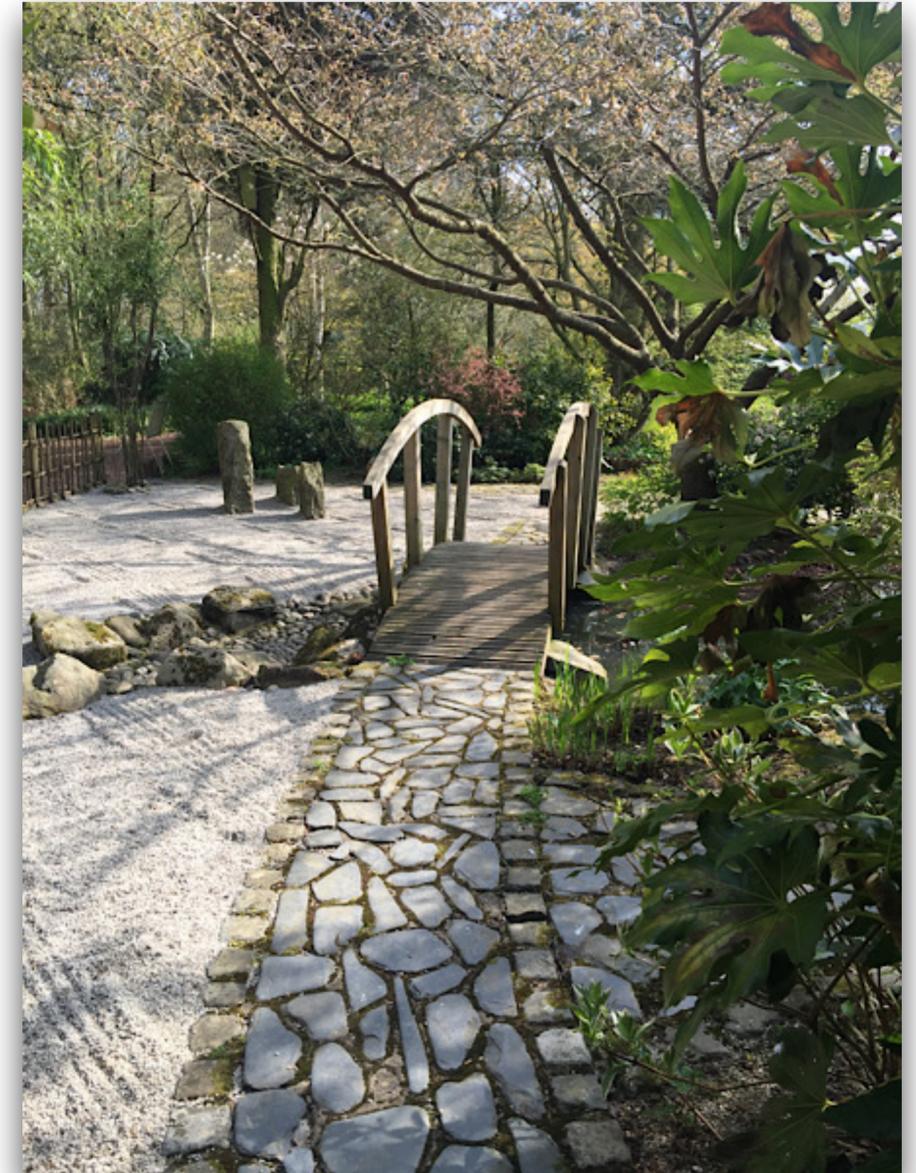
Praying the Psalms

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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.