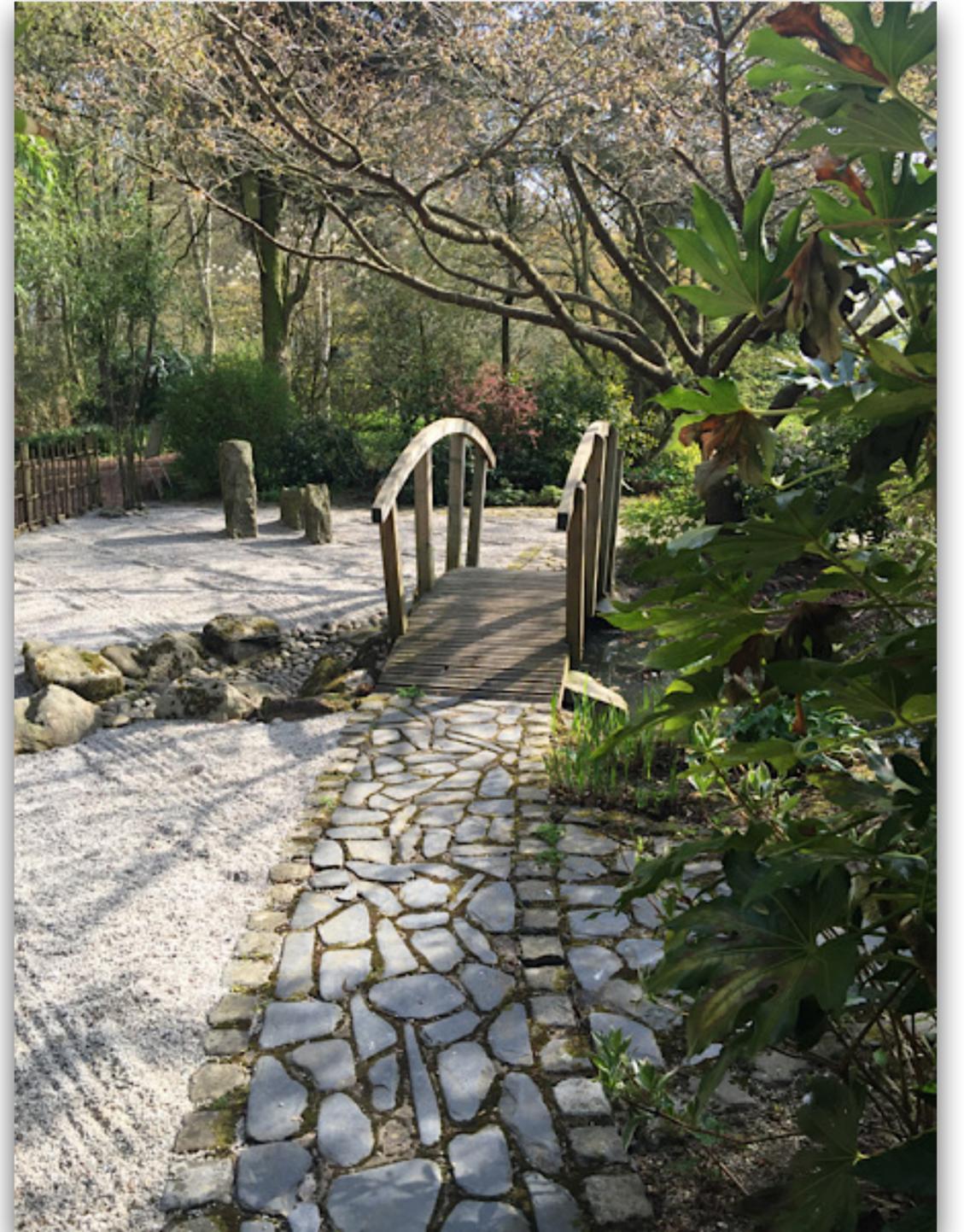


Footsteps in Prayer

Praying the Psalms
Month 1



- * Find a place where you can sit quietly.
- * Take a few slow deep breaths and become still.
- * Take a few moments to contemplate the greatness of God, who holds all things in his hands.
- * Now take a few moments to feel God's intimate love for you as he looks at you.
- * You might like to pray the Lord's Prayer slowly and quietly.
- * You might like to listen to Sylvia McNair or Nicole Mullen sing *I know my redeemer lives*.
- * You might instead like to listen to Nicola Benedetti play *Maneset's Meditation*.



Book of Job Illustrations. Daniel Raus. Fair use.

You might like to listen to

- * **Mondays:** Paul Field sing God of the Moon and Stars.
- * **Tuesdays:** Kristyn Getty sing The Lord is my Salvation.
- * **Wednesdays:** Michael Card sing El Shaddai.
- * **Thursdays:** Matt Redman sing Bless the Lord O My Soul.
- * **Fridays:** Casting Crowns sing At Your Feet.
- * **Saturdays:** The Corner Room sing Galatians 2:20.
- * **Sundays:** Tenebrae sing The Lord is my Shepherd



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Day 1: Psalm 1 (NIV)

Blessed is the one

who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.

That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.

Not so the wicked!

They are like chaff
that the wind blows away.

Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.



A sung version of Psalm 1 can be heard [here](#)

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

Day 2: Psalm 2 (NIV)

Why do the nations conspire
and the peoples plot in vain?
The kings of the earth rise up
and the rulers band together
against the Lord and against his anointed, saying,
“Let us break their chains
and throw off their shackles.”
The One enthroned in heaven laughs;
the Lord scoffs at them.
He rebukes them in his anger
and terrifies them in his wrath, saying,
“I have installed my king
on Zion, my holy mountain.”
I will proclaim the Lord’s decree:
He said to me, “You are my son;
today I have become your father.
Ask me,
and I will make the nations your inheritance,
the ends of the earth your possession.
You will break them with a rod of iron;
you will dash them to pieces like pottery.”
Therefore, you kings, be wise;
be warned, you rulers of the earth.
Serve the Lord with fear
and celebrate his rule with trembling.
Kiss his son, or he will be angry
and your way will lead to your destruction,
for his wrath can flare up in a moment.
Blessed are all who take refuge in him.



The Battle of San Romano Paula Uccello (Public Domain)

A sung version of Psalm 2 can be found [here](#)

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

Day 3: Psalm 3 (NIV)

Lord, how many are my foes!

How many rise up against me!

Many are saying of me,

“God will not deliver him.”

But you, Lord, are a shield around me,

my glory, the One who lifts my head high.

I call out to the Lord,

and he answers me from his holy mountain.

I lie down and sleep;

I wake again, because the Lord sustains me.

I will not fear though tens of thousands

assail me on every side.

Arise, Lord!

Deliver me, my God!

Strike all my enemies on the jaw;

break the teeth of the wicked.

From the Lord comes deliverance.

May your blessing be on your people.

A sung version of Psalm 3 can be found [here](#)

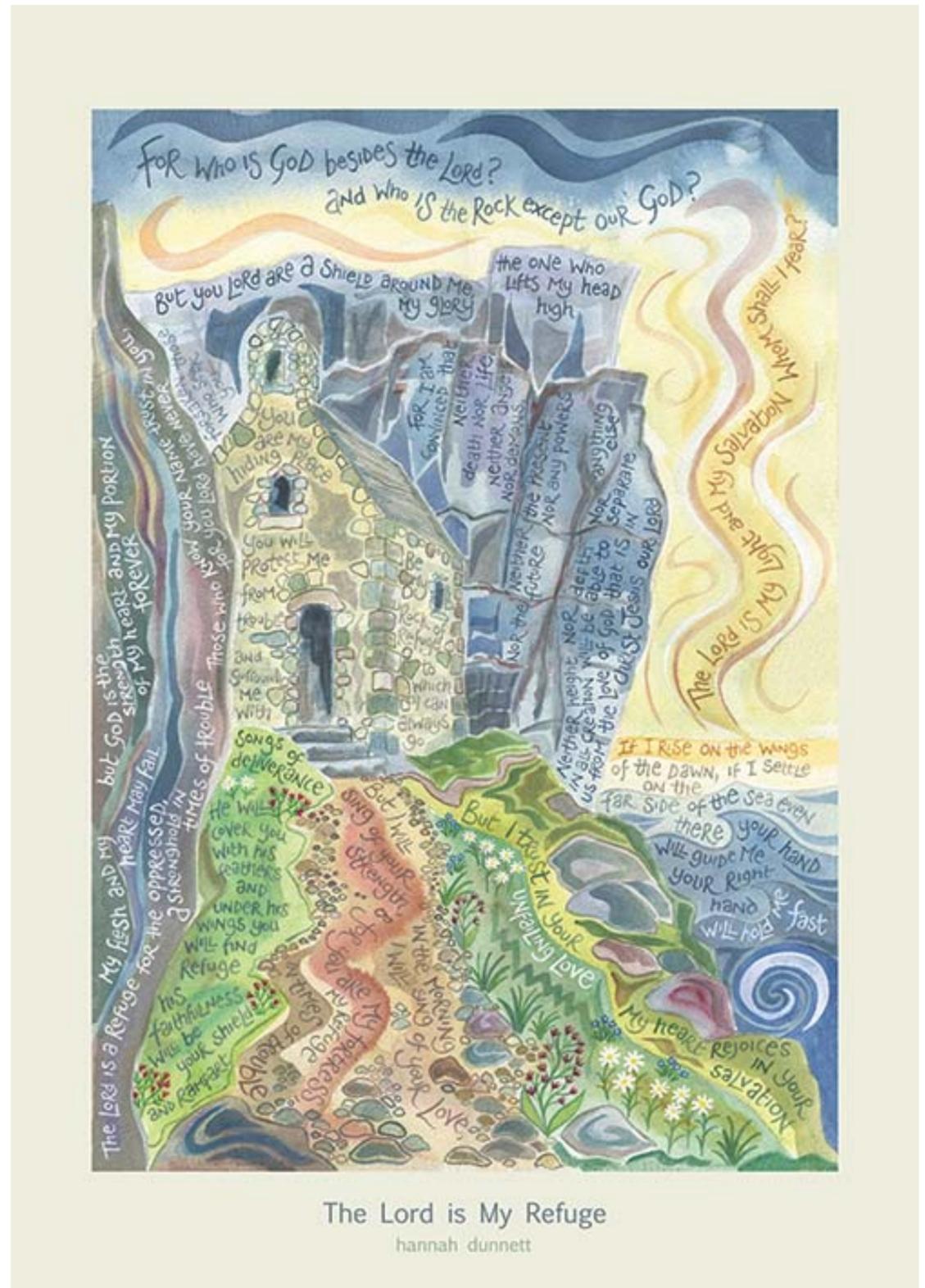


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Day 4: Psalm 4 (NIV)

Answer me when I call to you,
my righteous God.
Give me relief from my distress;
have mercy on me and hear my prayer.
How long will you people turn my glory into shame?
How long will you love delusions and seek false gods?
Know that the Lord has set apart his faithful servant for himself;
the Lord hears when I call to him.
Tremble and do not sin;
when you are on your beds,
search your hearts and be silent.
Offer the sacrifices of the righteous
and trust in the Lord.
Many, Lord, are asking, "Who will bring us prosperity?"
Let the light of your face shine on us.
Fill my heart with joy
when their grain and new wine abound.
In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.



Laser Tweet by Hazel Williams www.hazelwilliams.net / [Facebook.com/hazellaser](https://www.facebook.com/hazellaser)

A sung version of Psalm 4 can be found [here](#)

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

Day 5: Psalm 5 (NIV)

Listen to my words, Lord,
consider my lament.

Hear my cry for help,
my King and my God,
for to you I pray.

In the morning, Lord, you hear my voice;
in the morning
I lay my requests before you
and wait expectantly.

For you are not a God who is
pleased with wickedness;
with you, evil people are not welcome.

The arrogant cannot stand
in your presence.

You hate all who do wrong;
you destroy those who tell lies.

The bloodthirsty and deceitful
you, Lord, detest.

But I, by your great love,
can come into your house;
in reverence I bow down
toward your holy temple.



Lead me, Lord, in your righteousness
because of my enemies—
make your way straight before me.

Not a word from their mouth
can be trusted;

their heart is filled with malice.
Their throat is an open grave;
with their tongues they tell lies.

Declare them guilty, O God!

Let their intrigues be their downfall.

Banish them for their many sins,
for they have rebelled against you.

But let all who take refuge in you be glad;
let them ever sing for joy.

Spread your protection over them,
that those who love your
name may rejoice in you.

Surely, Lord, you bless the righteous;
you surround them with
your favour as with a shield.

A sung version of Psalm 5 can be found [here](#)

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

Day 6: Psalm 6 (NIV)

O Lord, do not rebuke me in your anger,
or discipline me in your wrath.
Be gracious to me, O Lord, for I am languishing;
O Lord, heal me, for my bones are shaking with terror.
My soul also is struck with terror,
while you, O Lord—how long?
Turn, O Lord, save my life;
deliver me for the sake of your steadfast love.
For in death there is no remembrance of you;
in Sheol who can give you praise?
I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
My eyes waste away because of grief;
they grow weak because of all my foes.
Depart from me, all you workers of evil,
for the Lord has heard the sound of my weeping.
The Lord has heard my supplication;
the Lord accepts my prayer.
All my enemies shall be ashamed and struck with terror;
they shall turn back, and in a moment be put to shame.

A sung version of Psalm 6 can be found [here](#)



Sea Fury Sarah Bird - used with permission <https://www.sarahannbird.com>

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Day 7: Psalm 7 (NIV)

Lord my God, I take refuge in you;
save and deliver me from all who pursue me,
or they will tear me apart like a lion
and rip me to pieces with no one to rescue me.
Lord my God, if I have done this
and there is guilt on my hands—
if I have repaid my ally with evil
or without cause have robbed my foe—
then let my enemy pursue and overtake me;
let him trample my life to the ground
and make me sleep in the dust.
Arise, Lord, in your anger;
rise up against the rage of my enemies.
Awake, my God; decree justice.
Let the assembled peoples gather around you,
while you sit enthroned over them on high.
Let the Lord judge the peoples.
Vindicate me, Lord, according to my righteousness,
according to my integrity, O Most High.
Bring to an end the violence of the wicked
and make the righteous secure—
you, the righteous God
who probes minds and hearts



My shield is God Most High,
who saves the upright in heart.
God is a righteous judge,
a God who displays his wrath every day.
If he does not relent,
he will sharpen his sword;
he will bend and string his bow.
He has prepared his deadly weapons;
he makes ready his flaming arrows.
Whoever is pregnant with evil
conceives trouble and gives birth to disillusionment.
Whoever digs a hole and scoops it out
falls into the pit they have made.
The trouble they cause recoils on them;
their violence comes down on their own heads.
I will give thanks to the Lord because of his righteousness;
I will sing the praises of the name of the Lord Most High.

A sung version of Psalm 7 can be found [here](#)

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

Day 8: Psalm 8 (NIV)

Lord, our Lord,

how majestic is your name in all the earth!

You have set your glory

in the heavens.

Through the praise of children and infants

you have established a stronghold against your enemies,
to silence the foe and the avenger.

When I consider your heavens,

the work of your fingers,

the moon and the stars,

which you have set in place,

what is mankind that you are mindful of them,

human beings that you care for them?

You have made them a little lower than the angels

and crowned them with glory and honour.

You made them rulers over the works of your hands;

you put everything under their feet:

all flocks and herds,

and the animals of the wild,

the birds in the sky,

and the fish in the sea,

all that swim the paths of the seas.

Lord, our Lord,

how majestic is your name in all the earth!

A sung version of Psalm 8 can be found [here](#)

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



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Day 9: Psalm 9 (NIV)

I will give thanks to you, Lord, with all my heart;

I will tell of all your wonderful deeds.

I will be glad and rejoice in you;

I will sing the praises of your name, O Most High.

My enemies turn back;

they stumble and perish before you.

For you have upheld my right and my cause,

sitting enthroned as the righteous judge.

You have rebuked the nations and destroyed the wicked;

you have blotted out their name for ever and ever.

Endless ruin has overtaken my enemies,

you have uprooted their cities;

even the memory of them has perished.

The Lord reigns forever;

he has established his throne for judgment.

He rules the world in righteousness

and judges the peoples with equity.

The Lord is a refuge for the oppressed,

a stronghold in times of trouble.

Those who know your name trust in you,

for you, Lord, have never forsaken those who seek you.

Sing the praises of the Lord, enthroned in Zion;

proclaim among the nations what he has done.

For he who avenges blood remembers;

he does not ignore the cries of the afflicted.

Lord, see how my enemies persecute me!



Have mercy and lift me up from the gates of death,

that I may declare your praises

in the gates of Daughter Zion,

and there rejoice in your salvation.

The nations have fallen into the pit they have dug;

their feet are caught in the net they have hidden.

The Lord is known by his acts of justice;

the wicked are ensnared by the work of their hands.

The wicked go down to the realm of the dead,

all the nations that forget God.

But God will never forget the needy;

the hope of the afflicted will never perish.

Arise, Lord, do not let mortals triumph;

let the nations be judged in your presence.

Strike them with terror, Lord;

let the nations know they are only mortal.

A sung version of Psalm 9 can be found [here](#)

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

Day 10: Psalm 10 (NIV)

Why, Lord, do you stand far off?

Why do you hide yourself in times of trouble?

In his arrogance the wicked man hunts down the weak,
who are caught in the schemes he devises.

He boasts about the cravings of his heart;
he blesses the greedy and reviles the Lord.

In his pride the wicked man does not seek him;
in all his thoughts there is no room for God.

His ways are always prosperous;
your laws are rejected by him;
he sneers at all his enemies.

He says to himself, "Nothing will ever shake me."

He swears, "No one will ever do me harm."

His mouth is full of lies and threats;
trouble and evil are under his tongue.

He lies in wait near the villages;
from ambush he murders the innocent.

His eyes watch in secret for his victims;
like a lion in cover he lies in wait.

He lies in wait to catch the helpless;
he catches the helpless and drags them off in his net.

His victims are crushed, they collapse;
they fall under his strength.

He says to himself, "God will never notice;
he covers his face and never sees."



Image from New Wine Arts Team 2019 Journey with Jesus

Arise, Lord! Lift up your hand, O God.

Do not forget the helpless.

Why does the wicked man revile God?

Why does he say to himself,

"He won't call me to account"?

But you, God, see the trouble of the afflicted;
you consider their grief and take it in hand.

The victims commit themselves to you;
you are the helper of the fatherless.

Break the arm of the wicked man;
call the evildoer to account for his wickedness
that would not otherwise be found out.

The Lord is King for ever and ever;
the nations will perish from his land.

You, Lord, hear the desire of the afflicted;
you encourage them, and you listen to their cry,
defending the fatherless and the oppressed,
so that mere earthly mortals
will never again strike terror.

A sung version of Psalm 10 can be found [here](#)

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

Day 11: Psalm 11 (ESV)

In the Lord I take refuge;

how can you say to my soul,

“Flee like a bird to your mountain,
for behold, the wicked bend the bow;
they have fitted their arrow to the string
to shoot in the dark at the upright in heart;
if the foundations are destroyed,
what can the righteous do?”

The Lord is in his holy temple;

the Lord's throne is in heaven;

his eyes see, his eyelids test the children of man.

The Lord tests the righteous,

but his soul hates the wicked and the one who loves violence.

Let him rain coals on the wicked;

fire and sulphur and a scorching wind shall be the portion of their cup.

For the Lord is righteous;

he loves righteous deeds;

the upright shall behold his face.



A sung version of Psalm 11 can be found [here](#)

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

Day 12: Psalm 12 (NIV)

Help, Lord, for no one is faithful anymore;
those who are loyal have vanished from the human race.
Everyone lies to their neighbour;
they flatter with their lips
but harbour deception in their hearts.
May the Lord silence all flattering lips
and every boastful tongue—
those who say,
“By our tongues we will prevail;
our own lips will defend us—who is lord over us?”
“Because the poor are plundered and the needy groan,
I will now arise,” says the Lord.
“I will protect them from those who malign them.”
And the words of the Lord are flawless,
like silver purified in a crucible,
like gold refined seven times.
You, Lord, will keep the needy safe
and will protect us forever from the wicked,
who freely strut about
when what is vile is honoured by the human race.



Photo by Sally Wallace-Jones, used with permission

A sung version of Psalm 12 can be found [here](#)

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

Day 13: Psalm 13 (NIV)

How long, Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I wrestle with my thoughts
and day after day have sorrow in my heart?

How long will my enemy triumph over me?

Look on me and answer, Lord my God.

Give light to my eyes, or I will sleep in death,
and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

But I trust in your unfailing love;

my heart rejoices in your salvation.

I will sing the Lord's praise,
for he has been good to me.



A sung version of Psalm 13 can be found on [here](#)

Image based on Psalm 92:12 by Rani Samuel. Used with permission.

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Day 14: Psalm 14 (ESV)

The fool says in his heart, "There is no God."

They are corrupt, they do abominable deeds;
there is none who does good.

The Lord looks down from heaven on the children of man,
to see if there are any who understand,
who seek after God.

They have all turned aside; together they have become corrupt;
there is none who does good,
not even one.

Have they no knowledge, all the evildoers
who eat up my people as they eat bread
and do not call upon the Lord?

There they are in great terror,
for God is with the generation of the righteous.

You would shame the plans of the poor,
but the Lord is his refuge.

Oh, that salvation for Israel would come out of Zion!
When the Lord restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

A sung version of Psalm 14 can be found [here](#)

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



Day 15: Psalm 15 (ESV)

O Lord, who shall sojourn in your tent?

Who shall dwell on your holy hill?

He who walks blamelessly and does what is right

and speaks truth in his heart;

who does not slander with his tongue

and does no evil to his neighbour,

nor takes up a reproach against his friend;

in whose eyes a vile person is despised,

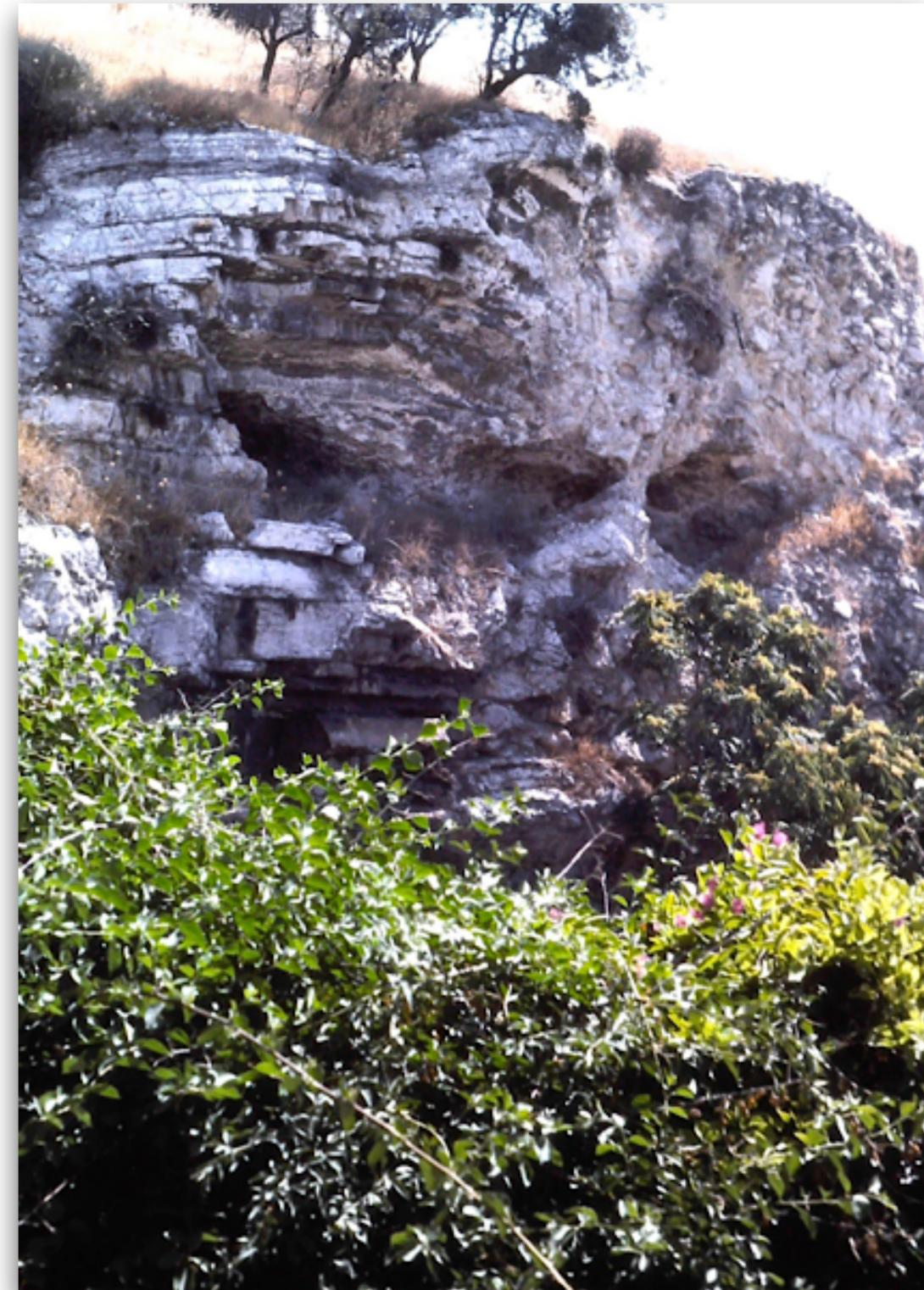
but who honours those who fear the Lord;

who swears to his own hurt and does not change;

who does not put out his money at interest

and does not take a bribe against the innocent.

He who does these things shall never be moved.



A sung version of Psalm 15 can be found [here](#)

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

Day 16: Psalm 16 (ESV)

Preserve me, O God, for in you I take refuge.

I say to the Lord, "You are my Lord;

I have no good apart from you."

As for the saints in the land, they are the excellent ones,
in whom is all my delight.

The sorrows of those who run after another god shall multiply;
their drink offerings of blood I will not pour out
or take their names on my lips.

The Lord is my chosen portion and my cup;
you hold my lot.

The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.

I bless the Lord who gives me counsel;
in the night also my heart instructs me.

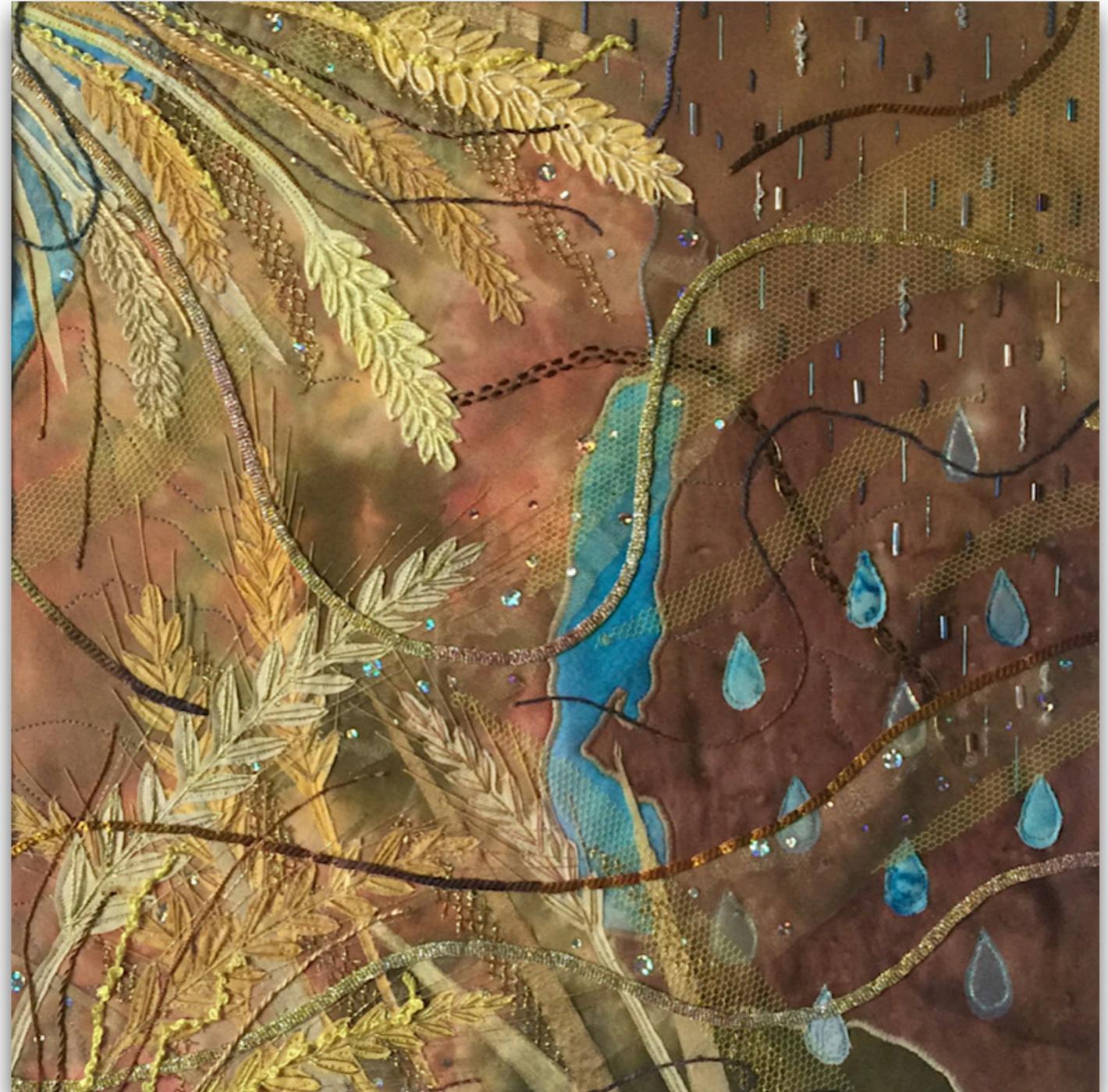
I have set the Lord always before me;
because he is at my right hand, I shall not be shaken.

Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

For you will not abandon my soul to Sheol,
or let your holy one see corruption.

You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.

A sung version of Psalm 16 can be found [here](#)



Art work based on the book of Ruth: Sow in tears, reap with songs of joy by Karen Herrick, [Harlequin Arts](#).

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Day 17: Psalm 17 (ESV)

Hear a just cause, O Lord; attend to my cry!

Give ear to my prayer from lips free of deceit!

From your presence let my vindication come!

Let your eyes behold the right!

You have tried my heart, you have visited me by night,
you have tested me, and you will find nothing;

I have purposed that my mouth will not transgress.

With regard to the works of man, by the word of your lips

I have avoided the ways of the violent.

My steps have held fast to your paths;
my feet have not slipped.

I call upon you, for you will answer me, O God;
incline your ear to me; hear my words.

Wondrously show your steadfast love,

O Saviour of those who seek refuge

from their adversaries at your right hand.

Keep me as the apple of your eye;

hide me in the shadow of your wings,

from the wicked who do me violence,

my deadly enemies who surround me.



They close their hearts to pity;
with their mouths they speak arrogantly.

They have now surrounded our steps;
they set their eyes to cast us to the ground.

He is like a lion eager to tear,
as a young lion lurking in ambush.

Arise, O Lord! Confront him, subdue him!

Deliver my soul from the wicked by your sword,
from men by your hand, O Lord,

from men of the world whose portion is in this life.

You fill their womb with treasure;

they are satisfied with children,

and they leave their abundance to their infants.

As for me, I shall behold your face in righteousness;
when I awake, I shall be satisfied with your likeness.

A sung version of Psalm 17 can be found [here](#)

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

Day 18: Psalm 18 part 1 (ESV)

I love you, O Lord, my strength.

The Lord is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation, my stronghold.

I call upon the Lord, who is worthy to be praised,
and I am saved from my enemies.

The cords of death encompassed me;
the torrents of destruction assailed me;^[a]

the cords of Sheol entangled me;
the snares of death confronted me.

In my distress I called upon the Lord;
to my God I cried for help.

From his temple he heard my voice,
and my cry to him reached his ears.

Then the earth reeled and rocked;
the foundations also of the mountains trembled
and quaked, because he was angry.

Smoke went up from his nostrils,
and devouring fire from his mouth;
glowing coals flamed forth from him.

He bowed the heavens and came down;
thick darkness was under his feet.

He rode on a cherub and flew;
he came swiftly on the wings of the wind.

He made darkness his covering, his canopy around him,
thick clouds dark with water.

Out of the brightness before him
hailstones and coals of fire broke through his clouds.



The Lord also thundered in the heavens,
and the Most High uttered his voice,
hailstones and coals of fire.

And he sent out his arrows and scattered them;
he flashed forth lightnings and routed them.

Then the channels of the sea were seen,
and the foundations of the world were laid bare
at your rebuke, O Lord,

at the blast of the breath of your nostrils.

He sent from on high, he took me;
he drew me out of many waters.

He rescued me from my strong enemy
and from those who hated me,
for they were too mighty for me.

They confronted me in the day of my calamity,
but the Lord was my support.

He brought me out into a broad place;
he rescued me, because he delighted in me.

The Lord dealt with me according to my righteousness;
according to the cleanness of my hands he rewarded me.

For I have kept the ways of the Lord,
and have not wickedly departed from my God.

For all his rules were before me,
and his statutes I did not put away from me.

I was blameless before him,
and I kept myself from my guilt.

Day 18: Psalm 18 part 2 (ESV)

So the Lord has rewarded me according to my righteousness,
according to the cleanness of my hands in his sight.
With the merciful you show yourself merciful;
with the blameless man you show yourself blameless;
with the purified you show yourself pure;
and with the crooked you make yourself seem tortuous.
For you save a humble people,
but the haughty eyes you bring down.
For it is you who light my lamp;
the Lord my God lightens my darkness.
For by you I can run against a troop,
and by my God I can leap over a wall.
This God—his way is perfect;^[d]
the word of the Lord proves true;
he is a shield for all those who take refuge in him.
For who is God, but the Lord?
And who is a rock, except our God?—
the God who equipped me with strength
and made my way blameless.
He made my feet like the feet of a deer
and set me secure on the heights.
He trains my hands for war,
so that my arms can bend a bow of bronze.
You have given me the shield of your salvation,
and your right hand supported me,
and your gentleness made me great.
You gave a wide place for my steps under me,
and my feet did not slip.



Another sung version of Psalm 18 can be found [here](#)

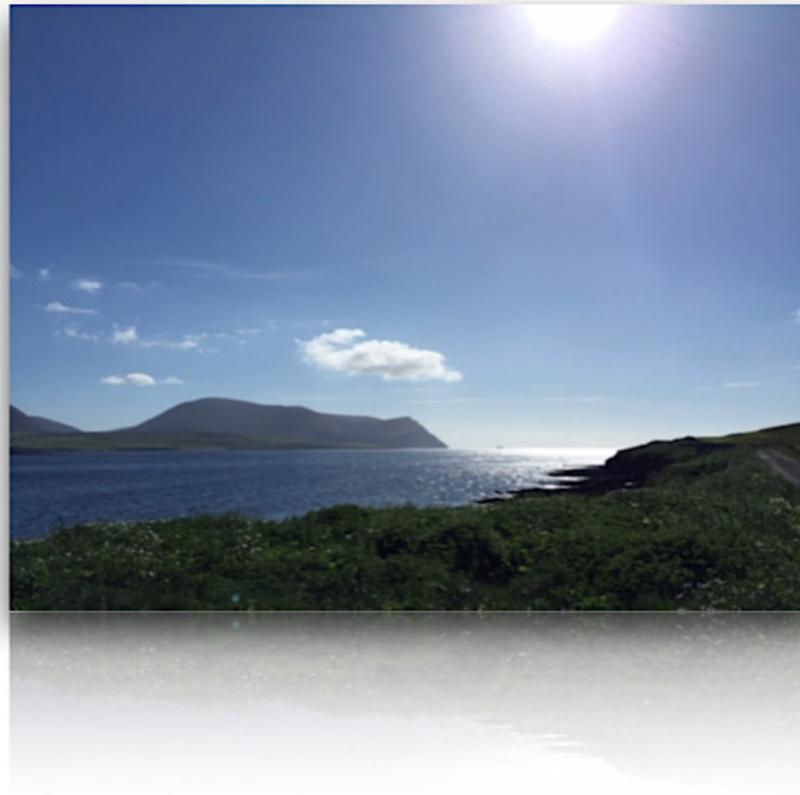
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I pursued my enemies and overtook them,
and did not turn back till they were consumed.
I thrust them through, so that they were not able to rise;
they fell under my feet.
For you equipped me with strength for the battle;
you made those who rise against me sink under me.
You made my enemies turn their backs to me,
and those who hated me I destroyed.
They cried for help, but there was none to save;
they cried to the Lord, but he did not answer them.
I beat them fine as dust before the wind;
I cast them out like the mire of the streets.
You delivered me from strife with the people;
you made me the head of the nations;
people whom I had not known served me.
As soon as they heard of me they obeyed me;
foreigners came cringing to me.
Foreigners lost heart
and came trembling out of their fortresses.
The Lord lives, and blessed be my rock,
and exalted be the God of my salvation
the God who gave me vengeance
and subdued peoples under me,
who rescued me from my enemies;
yes, you exalted me above those who rose against me;
you delivered me from the man of violence.
For this I will praise you, O Lord, among the nations,
and sing to your name.
Great salvation he brings to his king,
and shows steadfast love to his anointed,
to David and his offspring forever.

Day 19: Psalm 19 (TPT)

God's splendour is a tale that is told;
his testament is written in the stars.
Space itself speaks his story every day
through the marvels of the heavens.
His truth is on tour in the starry vault of the sky,
showing his skill in creation's craftsmanship.
Each day gushes out its message to the next,
night with night whispering its knowledge to all.
Without a sound, without a word, without a voice being heard,
Yet all the world can see its story.
Everywhere its gospel is clearly read so all may know.
What a heavenly home God has set for the sun,
shining in the superdome of the sky!
See how he leaves his celestial chamber each morning,
radiant as a bridegroom ready for his wedding,
like a day-breaking champion eager to run his course.
He rises on one horizon, completing his circuit on the other,
warming lives and lands with his heat.

God's Word is perfect in every way;
how it revives our souls!
His laws lead us to truth,
and his ways change the simple into wise.
His teachings make us joyful and radiate his light;
his precepts are so pure!
His commands, how they challenge us to keep close to his heart!
The revelation-light of his word makes my spirit shine radiant.
Every one of the Lord's commands is right;
following them brings cheer.



Nothing he says ever needs to be changed.
The rarest treasures of life are found in his truth.
That's why I prize God's word like others prize the finest gold.
Nothing brings the soul such sweetness
as seeking his living words.
For they warn us, his servants,
and keep us from following the wicked way,
giving a lifetime guarantee:
great success to every obedient soul!
Without this revelation-light,
how would I ever detect the waywardness of my heart?
Lord, forgive my hidden flaws whenever you find them.
Keep cleansing me, God,
and keep me from my secret, selfish sins;
may they never rule over me!
For only then will I be free from fault
and remain innocent of rebellion.
So may the words of my mouth, my meditation-thoughts,
and every movement of my heart be always pure and pleasing,
acceptable before your eyes,
my only Redeemer, my Protector-God.

Another sung version of Psalm 19 can be found [here](#)

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

Day 20: Psalm 20 (ESV)

May the Lord answer you in the day of trouble!

May the name of the God of Jacob protect you

May he send you help from the sanctuary

and give you support from Zion!

May he remember all your offerings

and regard with favour your burnt sacrifices!

May he grant you your heart's desire

and fulfil all your plans!

May we shout for joy over your salvation,

and in the name of our God set up our banners!

May the Lord fulfil all your petitions!

Now I know that the Lord saves his anointed;

he will answer him from his holy heaven

with the saving might of his right hand.

Some trust in chariots and some in horses,

but we trust in the name of the Lord our God.

They collapse and fall,

but we rise and stand upright.

O Lord, save the king!

May he answer us when we call.



A sung version of Psalm 20 can be found [here](#)

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

Day 21: Psalm 21 (ESV)

O Lord, in your strength the king rejoices,
and in your salvation how greatly he exults!
You have given him his heart's desire
and have not withheld the request of his lips. Selah
For you meet him with rich blessings;
you set a crown of fine gold upon his head.
He asked life of you; you gave it to him,
length of days forever and ever.
His glory is great through your salvation;
splendour and majesty you bestow on him.
For you make him most blessed forever;
you make him glad with the joy of your presence.
For the king trusts in the Lord,
and through the steadfast love of the Most High
he shall not be moved.
Your hand will find out all your enemies;
your right hand will find out those who hate you.
You will make them as a blazing oven
when you appear.
The Lord will swallow them up in his wrath,
and fire will consume them.
You will destroy their descendants from the earth,
and their offspring from among the children of man.
Though they plan evil against you,
though they devise mischief, they will not succeed.
For you will put them to flight;
you will aim at their faces with your bows.
Be exalted, O Lord, in your strength!
We will sing and praise your power.



Day 22: Psalm 22 (NIV)

My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

O my God, I cry by day, but you do not answer,
and by night, but I find no rest.

Yet you are holy,
enthroned on the praises of Israel.

In you our fathers trusted;
they trusted, and you delivered them.

To you they cried and were rescued;
in you they trusted and were not put to shame.

But I am a worm and not a man,
scorned by mankind and despised by the people.

All who see me mock me;
they make mouths at me; they wag their heads;

“He trusts in the Lord; let him deliver him;
let him rescue him, for he delights in him!”

Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.

On you was I cast from my birth,
and from my mother's womb you have been my God.

Be not far from me,
for trouble is near,
and there is none to help.

Many bulls encompass me;
strong bulls of Bashan surround me;
they open wide their mouths at me,
like a ravening and roaring lion.



I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.

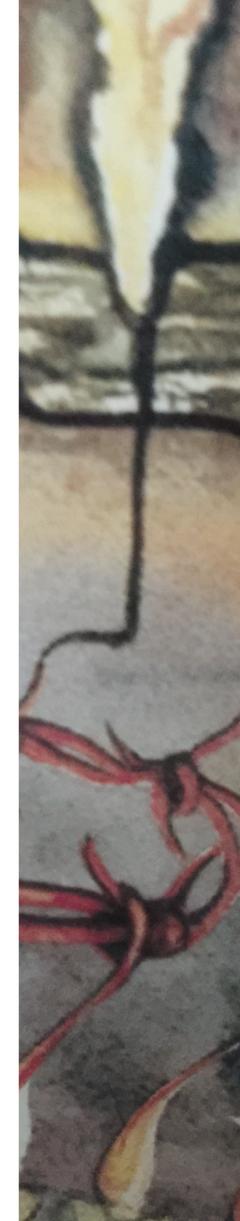
For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet—

I can count all my bones—
they stare and gloat over me;
they divide my garments among them,
and for my clothing they cast lots.

But you, O Lord, do not be far off!
O you my help, come quickly to my aid!
Deliver my soul from the sword,
my precious life from the power of the dog!
Save me from the mouth of the lion!

You have rescued me from the horns of the wild oxen!

I will tell of your name to my brothers;
in the midst of the congregation I will praise you:



You who fear the Lord, praise him!
All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!

For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.
From you comes my praise in the great congregation;
my vows I will perform before those who fear him.

The afflicted shall eat and be satisfied;
those who seek him shall praise the Lord!

May your hearts live forever!
All the ends of the earth shall remember
and turn to the Lord,
and all the families of the nations
shall worship before you.

For kingship belongs to the Lord,
and he rules over the nations.

All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.

Posterity shall serve him;
it shall be told of the Lord to the coming generation;
they shall come and proclaim his righteousness to a people yet unborn,
that he has done it.

A sung version of Psalm 22 can be found [here](#)

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

Day 23: Psalm 23 (TPT)

Yahweh is my best friend and my shepherd

I always have more than enough

He offers a resting place for me in his luxurious love

His tracks take me to an oasis of peace near the quiet brook of bliss.

That's where he restores and revives my life.

He opens before me the right path

and leads me along in his footsteps of righteousness

so that I can bring honour to his name.

Even when your path takes me through

the valley of deepest darkness,

fear will never conquer me, for you already have!

Your authority is my strength and my peace

The comfort of your love takes away my fear.

I'll never be lonely, for you are near.

You become my delicious feast

even when my enemies dare to fight.

You anoint me with the fragrance of your Holy Spirit;

you give me all I can drink of you until my cup overflows.

So why would I fear the future?

Only goodness and tender love pursue me all the days of my life.

Then afterward, when my life is through,

I'll return to your glorious presence to be forever with you!



A sung version of Psalm 23 can be found [here](#)

Photograph of Easter Sunrise by Julia Curtis used with permission

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Day 24: Psalm 24 (NIV)

The earth is the Lord's and the fullness thereof,
the world and those who dwell therein,
for he has founded it upon the seas
and established it upon the rivers.

Who shall ascend the hill of the Lord?

And who shall stand in his holy place?

He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.

He will receive blessing from the Lord
and righteousness from the God of his salvation.

Such is the generation of those who seek him,
who seek the face of the God of Jacob.

Lift up your heads, O gates!

And be lifted up, O ancient doors,
that the King of glory may come in.

Who is this King of glory?

The Lord, strong and mighty,
the Lord, mighty in battle!

Lift up your heads, O gates!

And lift them up, O ancient doors,
that the King of glory may come in.

Who is this King of glory?

The Lord of hosts,
he is the King of glory!



Ancient Canaanite Gate , Tel Dan, Israel.

A sung version of Psalm 24 can be found [here](#)

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

Day 25: Psalm 25 (NIV)

In you, Lord my God,

I put my trust.

I trust in you;

do not let me be put to shame,
nor let my enemies triumph over me.

No one who hopes in you

will ever be put to shame,

but shame will come on those

who are treacherous without cause.

Show me your ways, Lord,

teach me your paths.

Guide me in your truth and teach me,

for you are God my saviour,

and my hope is in you all day long.

Remember, Lord, your great mercy and love,

for they are from of old.

Do not remember the sins of my youth

and my rebellious ways;

according to your love remember me,

for you, Lord, are good.

Good and upright is the Lord;

therefore he instructs sinners in his ways.

He guides the humble in what is right

and teaches them his way.

All the ways of the Lord are loving and faithful

toward those who keep the demands of his covenant.

For the sake of your name, Lord,

forgive my iniquity, though it is great.

Who, then, are those who fear the Lord?



Image by Joanna Campbell Used with permission . Website link [here](#).

He will instruct them in the ways they should choose.

They will spend their days in prosperity,
and their descendants will inherit the land.

The Lord confides in those who fear him;
he makes his covenant known to them.

My eyes are ever on the Lord,
for only he will release my feet from the snare.

Turn to me and be gracious to me,
for I am lonely and afflicted.

Relieve the troubles of my heart
and free me from my anguish.

Look on my affliction and my distress
and take away all my sins.

See how numerous are my enemies
and how fiercely they hate me!

Guard my life and rescue me;
do not let me be put to shame,

for I take refuge in you.

May integrity and uprightness protect me,
because my hope, Lord, is in you.

Deliver Israel, O God,
from all their troubles!

A sung version of the Psalm 25 can be found [here](#)

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

Day 26: Psalm 26 (ESV)

Vindicate me, O Lord,
for I have walked in my integrity,
and I have trusted in the Lord without wavering.
Prove me, O Lord, and try me;
test my heart and my mind
For your steadfast love is before my eyes,
and I walk in your faithfulness.
I do not sit with men of falsehood,
nor do I consort with hypocrites.
I hate the assembly of evildoers,
and I will not sit with the wicked.
I wash my hands in innocence
and go around your altar, O Lord,
proclaiming thanksgiving aloud,
and telling all your wondrous deeds.
O Lord, I love the habitation of your house
and the place where your glory dwells.
Do not sweep my soul away with sinners,
nor my life with bloodthirsty men,
in whose hands are evil devices,
and whose right hands are full of bribes.
But as for me, I shall walk in my integrity;
redeem me, and be gracious to me.
My foot stands on level ground;
in the great assembly I will bless the Lord.

A sung version of Psalm 26 can be found [here](#)

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



The Lord is my light and my salvation;
whom shall I fear?

The Lord is the stronghold of my life;
of whom shall I be afraid?

When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.

Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet will be confident.

One thing have I asked of the Lord,
that will I seek after:
that I may dwell in the house of the Lord
all the days of my life,
to gaze upon the beauty of the Lord
and to inquire in his temple.

For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.

And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;

Day 27: Psalm 27 (ESV)

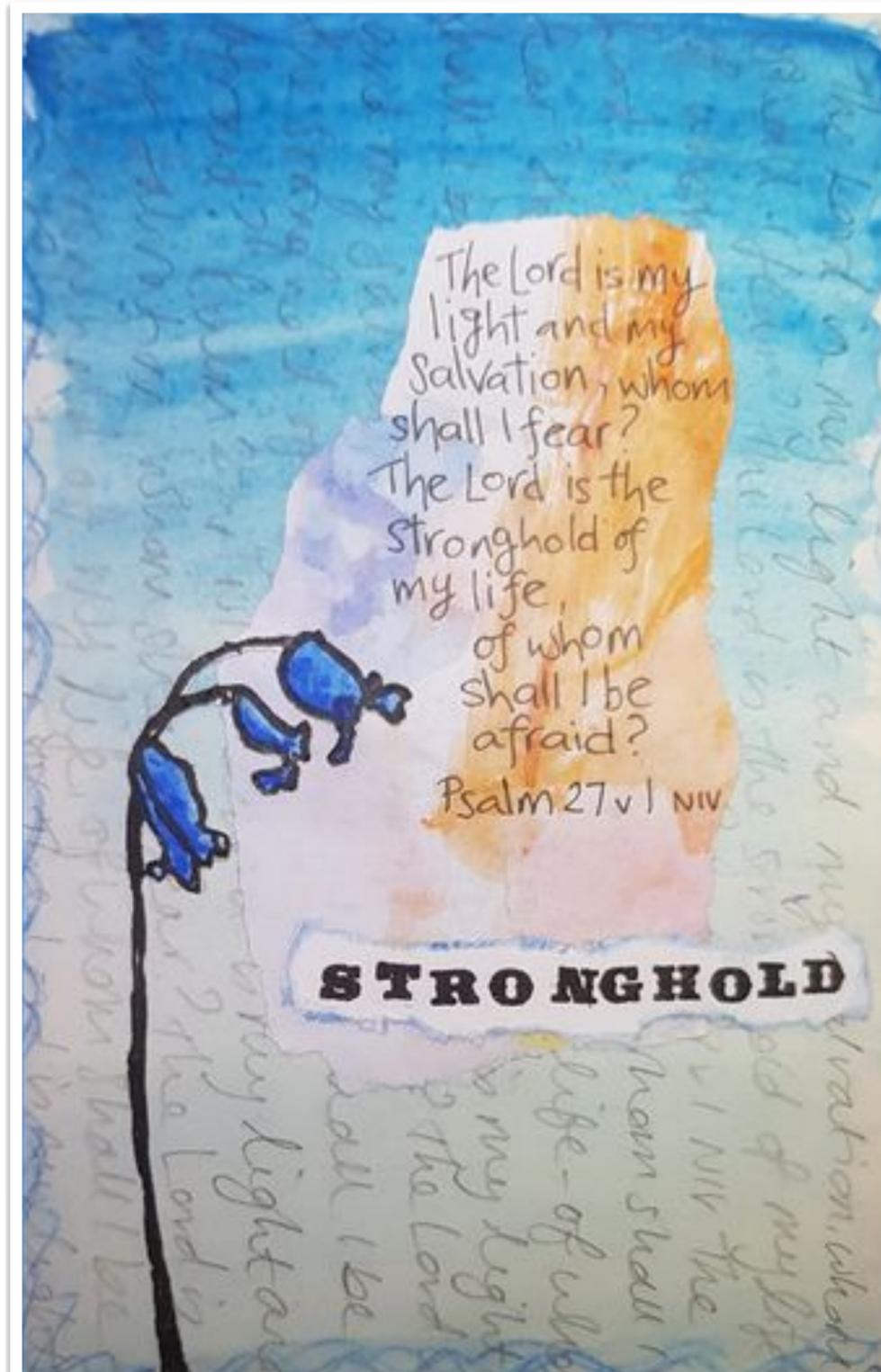


Image by Deborah Gregg - used with permission,

I will sing and make melody to the Lord.

Hear, O Lord, when I cry aloud;
be gracious to me and answer me!

You have said, "Seek my face."

My heart says to you,
"Your face, Lord, do I seek."

Hide not your face from me.

Turn not your servant away in anger,

O you who have been my help.

Cast me not off; forsake me not,

O God of my salvation!

For my father and my mother have forsaken me,

but the Lord will take me in.

Teach me your way, O Lord,
and lead me on a level path
because of my enemies.

Give me not up to the will of my adversaries;

for false witnesses have risen against me,
and they breathe out violence.

I believe that I shall look upon the goodness of the Lord
in the land of the living!

Wait for the Lord;

be strong, and let your heart take courage;

wait for the Lord.

A sung version of Psalm 27 can be found [here](#)

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

Day 28: Psalm 28 (ESV)

To you, O Lord, I call;
my rock, be not deaf to me,
lest, if you be silent to me,
I become like those who go down to the pit.
Hear the voice of my pleas for mercy,
when I cry to you for help,
when I lift up my hands
toward your most holy sanctuary.[a]
Do not drag me off with the wicked,
with the workers of evil,
who speak peace with their neighbours
while evil is in their hearts.
Give to them according to their work
and according to the evil of their deeds;
give to them according to the work of their hands;
render them their due reward.
Because they do not regard the works of the Lord
or the work of his hands,
he will tear them down and build them up no more.
Blessed be the Lord!
For he has heard the voice of my pleas for mercy.
The Lord is my strength and my shield;
in him my heart trusts, and I am helped;
my heart exults,
and with my song I give thanks to him.
The Lord is the strength of his people;
he is the saving refuge of his anointed.
Oh, save your people and bless your heritage!
Be their shepherd and carry them forever.

A sung version of Psalm 28 can be found [here](#)



Sunrise over Galilee

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

Day 29: Psalm 29 (NIV)

Ascribe to the Lord, O heavenly beings,
ascribe to the Lord glory and strength.
Ascribe to the Lord the glory due his name;
worship the Lord in the splendour of holiness
The voice of the Lord is over the waters;
the God of glory thunders,
the Lord, over many waters.
The voice of the Lord is powerful;
the voice of the Lord is full of majesty.
The voice of the Lord breaks the cedars;
the Lord breaks the cedars of Lebanon.
He makes Lebanon to skip like a calf,
and Sirion like a young wild ox.
The voice of the Lord flashes forth flames of fire.
The voice of the Lord shakes the wilderness;
the Lord shakes the wilderness of Kadesh
The voice of the Lord makes the deer give birth
and strips the forests bare,
and in his temple all cry, "Glory!"
The Lord sits enthroned over the flood;
the Lord sits enthroned as king forever.
May the Lord give strength to his people!
May the Lord bless his people with peace!



A sung version of Psalm 29 can be found [here](#)

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

Day 30: Psalm 30 (NIV)

I will extol you, O Lord, for you have drawn me up
and have not let my foes rejoice over me.

O Lord my God, I cried to you for help,
and you have healed me.

O Lord, you have brought up my soul from Sheol;
you restored me to life from among those who go down to the pit.

Sing praises to the Lord, O you his saints,
and give thanks to his holy name.

For his anger is but for a moment,
and his favour is for a lifetime.

Weeping may tarry for the night,
but joy comes with the morning.

As for me, I said in my prosperity,
“I shall never be moved.”

By your favour, O Lord,
you made my mountain stand strong;
you hid your face;
I was dismayed.

To you, O Lord, I cry,
and to the Lord I plead for mercy:

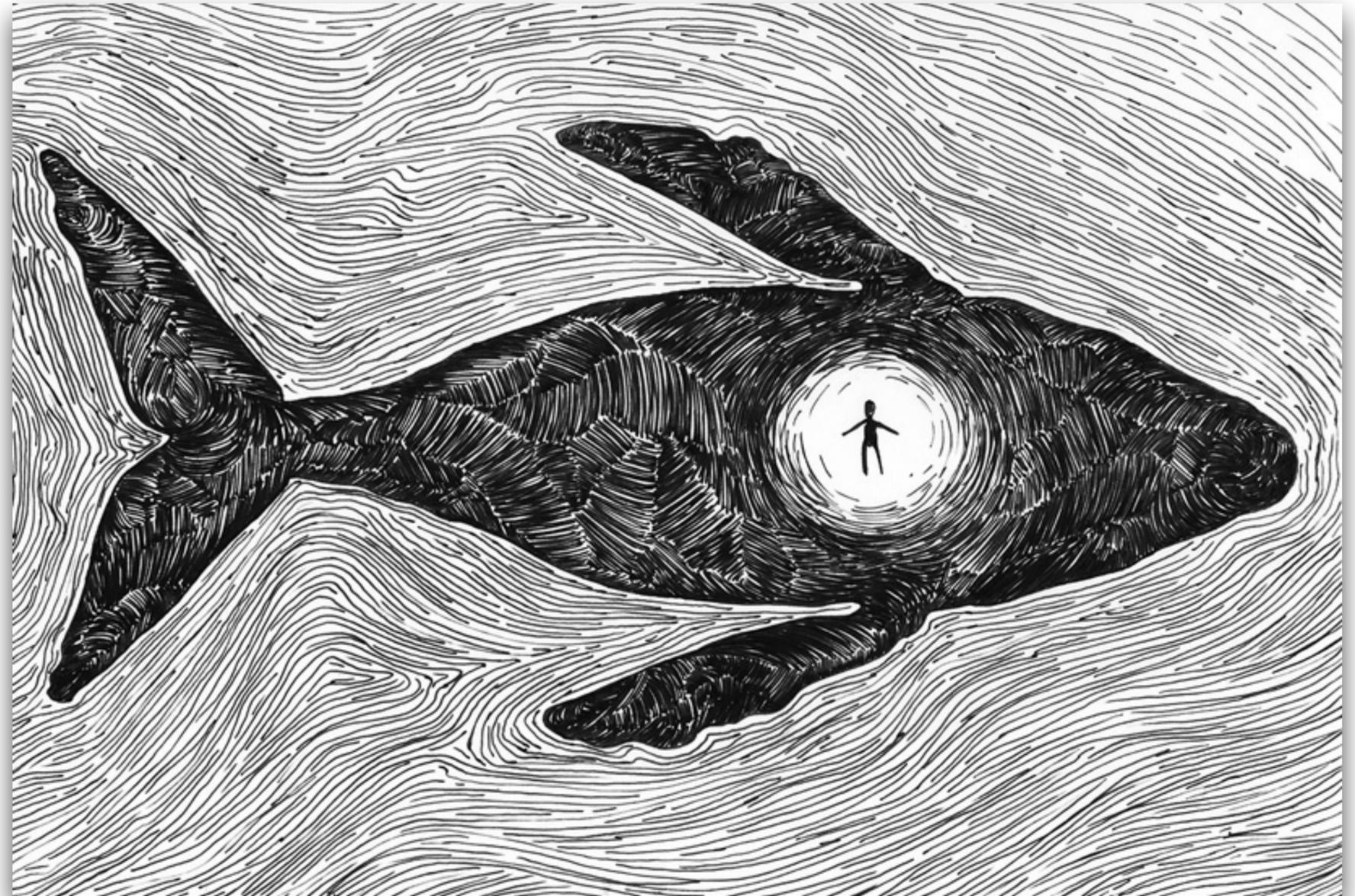
“What profit is there in my death,
if I go down to the pit?

Will the dust praise you?
Will it tell of your faithfulness?

Hear, O Lord, and be merciful to me!
O Lord, be my helper!”

You have turned for me my mourning into dancing;
you have loosed my sackcloth
and clothed me with gladness,

that my glory may sing your praise and not be silent.
O Lord my God, I will give thanks to you forever!



A Stone Cold Jonah by Alma Sheppard-Matsuo taken from The Tablet (Fair Use)

A sung version of Psalm 30 can be found [here](#)

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

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

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

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

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



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

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

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

Prayer from the Northumbria Community

You can listen here to Tony Alonso sing In the arms of God or to Kari Jobe sing Let your Glory Fall to Hillsong

Footsteps in Prayer

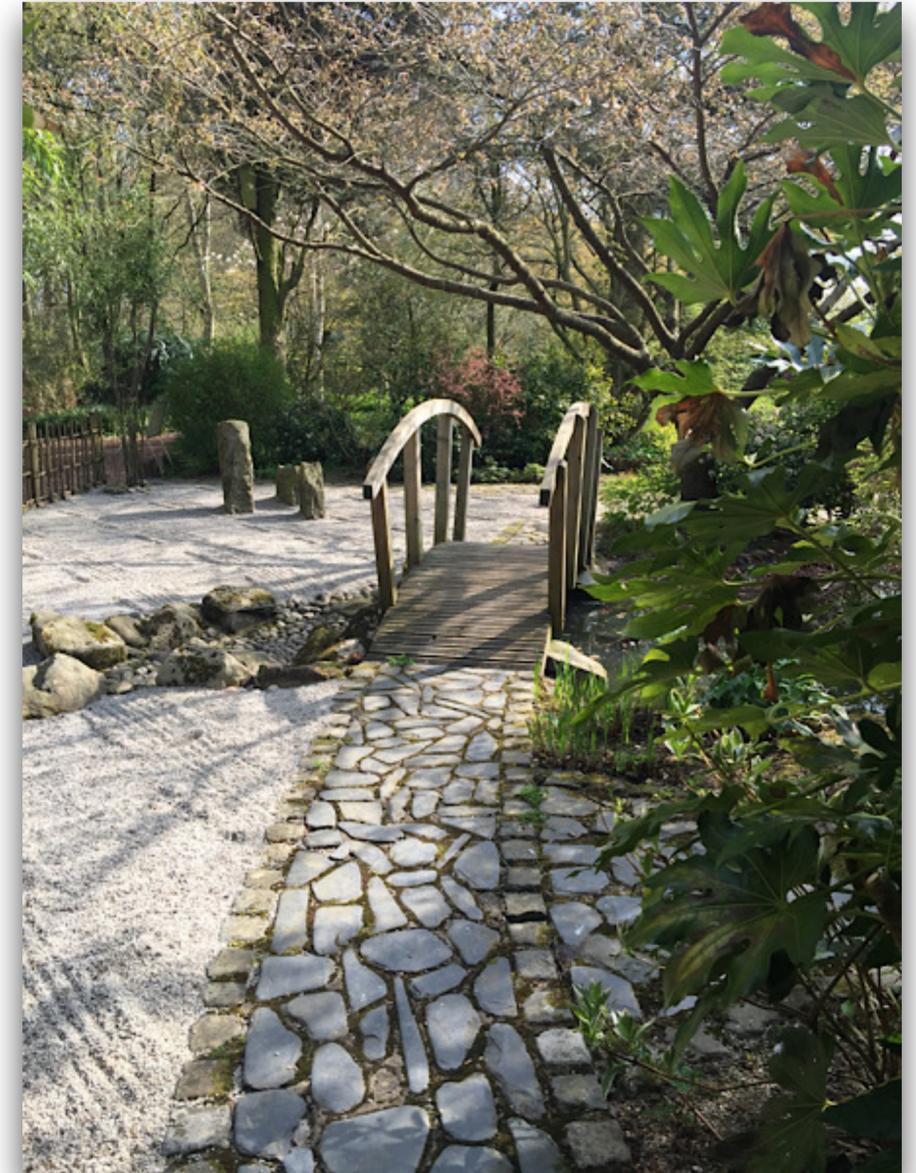
Praying the Psalms

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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.