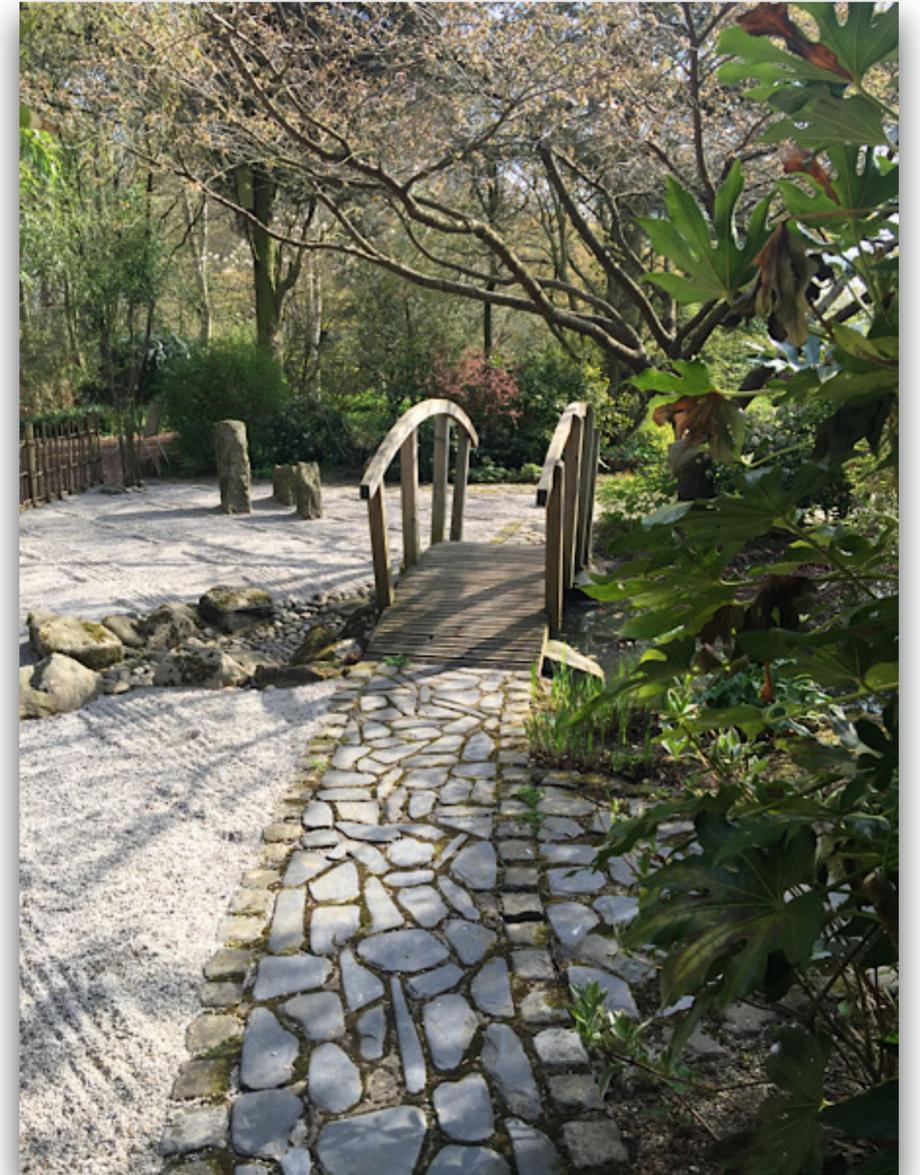


Footsteps in Prayer

Praying the Psalms
Month 3



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 over your life.
 - * Where have you found it easy to trust God?
 - * Where has it been harder to trust God?
- * You might like to ask for the grace of a deeper trust in God in all things.
- * You might like to pray the Lord's Prayer slowly and quietly.
- * You might instead like to listen to Liz Shea sing *Breath of Heaven* or to Maggi Dawn sing *I will wait* or to Nicola Benedetti play Hess's theme tune to *Ladies in Lavender*.



Leaf Collage made by Scarlett Ashley

You might like to listen to

- * **Mondays:** Vineyard Worship Faithful One so Unchanging.
- * **Tuesdays:** Fountainview Academy sing O Love that will not let me go.
- * **Wednesdays:** Steffany Gretzinger sing No one ever cared for me like Jesus.
- * **Thursdays:** Babbie Mason sing Trust in the Lord with all thy heart.
- * **Fridays:** John Kano sing The Lord is my Rock.
- * **Saturdays:** All to Jesus I surrender.
- * **Sundays:** Urban Rescue sing Provider.



Leaf Collage made by Scarlett Ashley

Day 1: Psalm 61 (NIV)

Hear my cry, O God;

listen to my prayer.

From the ends of the earth I call to you,

I call as my heart grows faint;

lead me to the rock that is higher than I.

For you have been my refuge,

a strong tower against the foe.

I long to dwell in your tent forever

and take refuge in the shelter of your wings.

For you, God, have heard my vows;

you have given me the heritage of those who fear your name.

Increase the days of the king's life,

his years for many generations.

May he be enthroned in God's presence forever;

appoint your love and faithfulness to protect him.

Then I will ever sing in praise of your name

and fulfill my vows day after day.



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A sung version of Psalm 61 can be found [here](#)

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

Day 2: Psalm 62 (NIV)

Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.
How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?
Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.
Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
My salvation and my honour depend on God;
he is my mighty rock, my refuge.



Grace by Kate Austin Used with permission

Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.
Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.
Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.
One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

A sung version of Psalm 62 can be found [here](#)

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

Day 3: Psalm 63 (NIV)

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.
Those who want to kill me will be destroyed;
they will go down to the depths of the earth.
They will be given over to the sword
and become food for jackals.
But the king will rejoice in God;
all who swear by God will glory in him,
while the mouths of liars will be silenced.

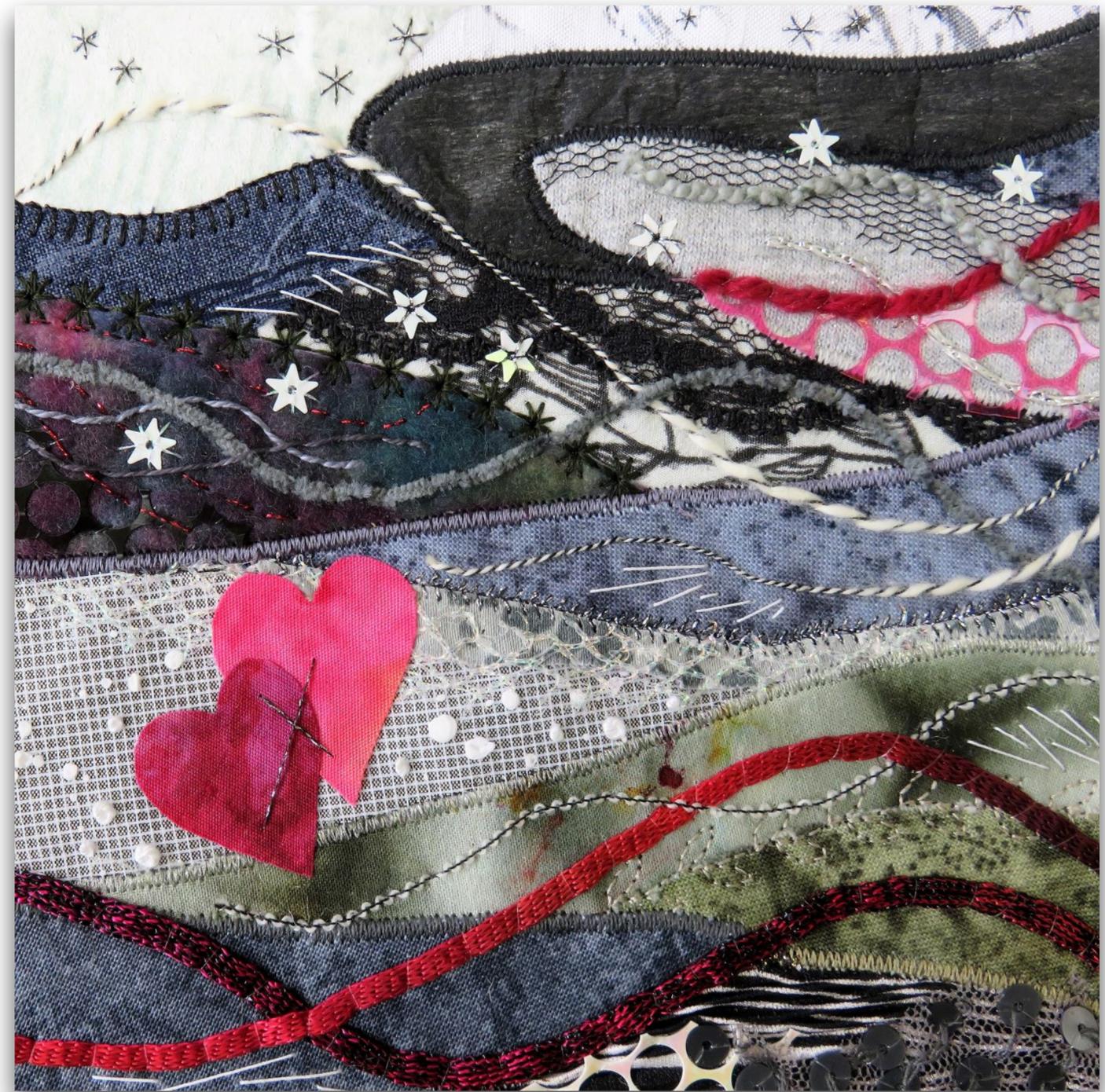


The Journey by Kate Austin Used with permission
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Day 4: Psalm 64 (ESVUK)

Hear my voice, O God, in my complaint;
preserve my life from dread of the enemy.
Hide me from the secret plots of the wicked,
from the throng of evildoers,
who whet their tongues like swords,
who aim bitter words like arrows,
shooting from ambush at the blameless,
shooting at him suddenly and without fear.
They hold fast to their evil purpose;
they talk of laying snares secretly,
thinking, "Who can see them?"
They search out injustice,
saying, "We have accomplished a diligent search."
For the inward mind and heart of a man are deep!
But God shoots his arrow at them;
they are wounded suddenly.
They are brought to ruin, with their own tongues turned against them;
all who see them will wag their heads.
Then all mankind fears;
they tell what God has brought about
and ponder what he has done.
Let the righteous one rejoice in the Lord
and take refuge in him!
Let all the upright in heart exult!

A sung version of Psalm 64 can be found [here](#)

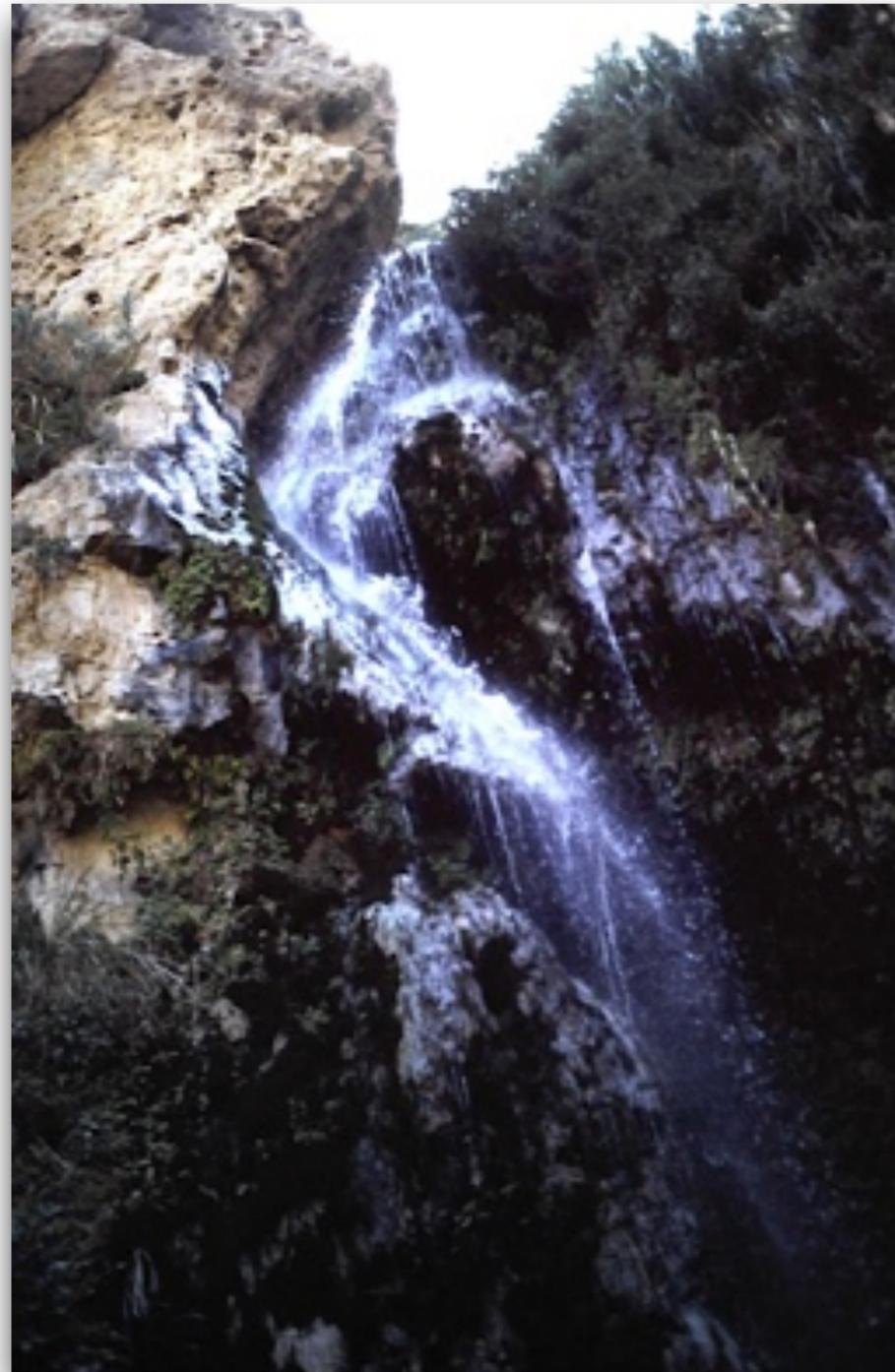


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Day 5: Psalm 65 (NIV)

Praise awaits you, our God, in Zion;
to you our vows will be fulfilled.
You who answer prayer,
to you all people will come.
When we were overwhelmed by sins,
you forgave our transgressions.
Blessed are those you choose
and bring near to live in your courts!
We are filled with the good things of your house,
of your holy temple.
You answer us with awesome and righteous deeds,
God our saviour,
the hope of all the ends of the earth
and of the farthest seas,
who formed the mountains by your power,
having armed yourself with strength,
who stilled the roaring of the seas,
the roaring of their waves,
and the turmoil of the nations.



The whole earth is filled with awe at your wonders;
where morning dawns, where evening fades,
you call forth songs of joy.
You care for the land and water it;
you enrich it abundantly.
The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.
You drench its furrows and level its ridges;
you soften it with showers and bless its crops.
You crown the year with your bounty,
and your carts overflow with abundance.
The grasslands of the wilderness overflow;
the hills are clothed with gladness.
The meadows are covered with flocks
and the valleys are mantled with grain;
they shout for joy and sing.

A sung version of Psalm 65 can be found [here](#)

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

Day 6: Psalm 66 (ESVUK)

Shout for joy to God, all the earth;

sing the glory of his name;

give to him glorious praise!

Say to God, "How awesome are your deeds!

So great is your power that your enemies come
cringing to you.

All the earth worships you

and sings praises to you;

they sing praises to your name."

Come and see what God has done:

he is awesome in his deeds towards the children of man.

He turned the sea into dry land;

they passed through the river on foot.

There did we rejoice in him,

who rules by his might for ever,

whose eyes keep watch on the nations—

let not the rebellious exalt themselves.

Bless our God, O peoples;

let the sound of his praise be heard,

who has kept our soul among the living

and has not let our feet slip.

For you, O God, have tested us;

you have tried us as silver is tried.

You brought us into the net;

you laid a crushing burden on our backs;



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you let men ride over our heads;
we went through fire and through water;
yet you have brought us out to a place of abundance.

I will come into your house with burnt offerings;

I will perform my vows to you,

that which my lips uttered

and my mouth promised when I was in trouble.

I will offer to you burnt offerings of fattened animals,

with the smoke of the sacrifice of rams;

I will make an offering of bulls and goats.

Come and hear, all you who fear God,

and I will tell what he has done for my soul.

I cried to him with my mouth,

and high praise was on my tongue.

If I had cherished iniquity in my heart,

the Lord would not have listened.

But truly God has listened;

he has attended to the voice of my prayer.

Blessed be God,

because he has not rejected my prayer

or removed his steadfast love from me

A sung version of Psalm 66 can be found [here](#)

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

Day 7: Psalm 67 (NIV)

May God be gracious to us and bless us
and make his face shine on us—
so that your ways may be known on earth,
your salvation among all nations.
May the peoples praise you, God;
may all the peoples praise you.
May the nations be glad and sing for joy,
for you rule the peoples with equity
and guide the nations of the earth.
May the peoples praise you, God;
may all the peoples praise you.
The land yields its harvest;
God, our God, blesses us.
May God bless us still,
so that all the ends of the earth will fear him.



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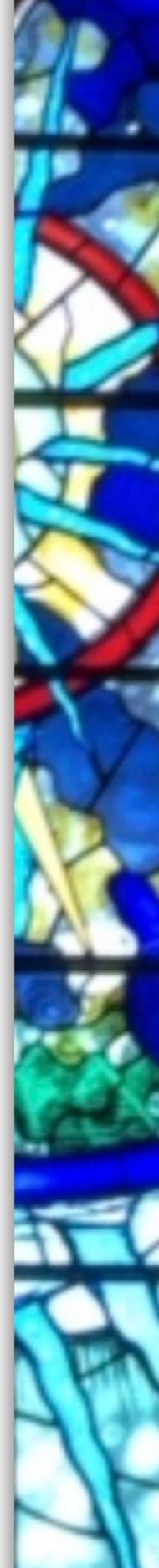
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Day 8: Psalm 68 (NRSV)

Let God rise up, let his enemies be scattered;
let those who hate him flee before him.
As smoke is driven away, so drive them away;
as wax melts before the fire,
let the wicked perish before God.
But let the righteous be joyful;
let them exult before God;
let them be jubilant with joy.
Sing to God, sing praises to his name;
lift up a song to him who rides upon the clouds—
his name is the Lord—
be exultant before him.
Father of orphans and protector of widows
is God in his holy habitation.
God gives the desolate a home to live in;
he leads out the prisoners to prosperity,
but the rebellious live in a parched land.
O God, when you went out before your people,
when you marched through the wilderness,
the earth quaked, the heavens poured down rain
at the presence of God, the God of Sinai,
at the presence of God, the God of Israel.
Rain in abundance, O God, you showered abroad;
you restored your heritage when it languished;
your flock found a dwelling in it;
in your goodness, O God, you provided for the needy.
The Lord gives the command;
great is the company of those who bore the tidings:
“The kings of the armies, they flee, they flee!”



The women at home divide the spoil,
though they stay among the sheepfolds—
the wings of a dove covered with silver,
its pinions with green gold.
When the Almighty scattered kings there,
snow fell on Zalmon.
O mighty mountain, mountain of Bashan;
O many-peaked mountain, mountain of Bashan!
Why do you look with envy, O many-peaked mountain,
at the mount that God desired for his abode,
where the Lord will reside forever?
With mighty chariotry, twice ten thousand,
thousands upon thousands,
the Lord came from Sinai into the holy place.
You ascended the high mount,
leading captives in your train
and receiving gifts from people,
even from those who rebel against the Lord God’s abiding there.
Blessed be the Lord,
who daily bears us up;
God is our salvation.
Our God is a God of salvation,
and to God, the Lord, belongs escape from death.
But God will shatter the heads of his enemies,
the hairy crown of those who walk in their guilty ways.
The Lord said,
“I will bring them back from Bashan,
I will bring them back from the depths of the sea,
so that you may bathe your feet in blood,
so that the tongues of your dogs may have their share from the foe.”
Your solemn processions are seen, O God,
the processions of my God, my King, into the sanctuary—



the singers in front, the musicians last,
between them girls playing tambourines:
“Bless God in the great congregation,
the Lord, O you who are of Israel’s fountain!”
There is Benjamin, the least of them, in the lead,
the princes of Judah in a body,
the princes of Zebulun, the princes of Naphtali.
Summon your might, O God;
show your strength, O God, as you have done for us before.
Because of your temple at Jerusalem
kings bear gifts to you.
Rebuke the wild animals that live among the reeds,
the herd of bulls with the calves of the peoples.
Trample under foot those who lust after tribute;
scatter the peoples who delight in war.
Let bronze be brought from Egypt;
let Ethiopia hasten to stretch out its hands to God.
Sing to God, O kingdoms of the earth;
sing praises to the Lord,
O rider in the heavens, the ancient heavens;
listen, he sends out his voice, his mighty voice.
Ascribe power to God,
whose majesty is over Israel;
and whose power is in the skies.
Awesome is God in his sanctuary,
the God of Israel;
he gives power and strength to his people.
Blessed be God!

A sung version of Psalm 68 can be found [here](#)

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

Save me, O God!

For the waters have come up to my neck.

I sink in deep mire,

where there is no foothold;

I have come into deep waters,

and the flood sweeps over me.

I am weary with my crying out;

my throat is parched.

My eyes grow dim

with waiting for my God.

More in number than the hairs of my head

are those who hate me without cause;

mighty are those who would destroy me,

those who attack me with lies.

What I did not steal

must I now restore?

O God, you know my folly;

the wrongs I have done are not hidden from you.

Let not those who hope in you be put to shame through me,

O Lord GOD of hosts;

let not those who seek you be brought to dishonor through me,

O God of Israel.

For it is for your sake that I have borne reproach,

that dishonour has covered my face.

I have become a stranger to my brothers,

an alien to my mother's sons.

For zeal for your house has consumed me,

and the reproaches of those who reproach you have fallen on me.

When I wept and humbled my soul with fasting,

it became my reproach.

When I made sackcloth my clothing,

I became a byword to them.

Day 9: Psalm 69 (ESV)

I am the talk of those who sit in the gate,

and the drunkards make songs about me.

But as for me, my prayer is to you, O LORD.

At an acceptable time, O God,

in the abundance of your steadfast love answer me i

n your saving faithfulness.

Deliver me

from sinking in the mire;

let me be delivered from my enemies

and from the deep waters.

Let not the flood sweep over me,

or the deep swallow me up,

or the pit close its mouth over me.

Answer me, O LORD, for your steadfast love is good;

according to your abundant mercy, turn to me.

Hide not your face from your servant,

for I am in distress; make haste to answer me.

Draw near to my soul, redeem me;

ransom me because of my enemies!

You know my reproach,

and my shame and my dishonor;

my foes are all known to you.

Reproaches have broken my heart,

so that I am in despair.

I looked for pity, but there was none,

and for comforters, but I found none.

They gave me poison for food,

and for my thirst they gave me sour wine to drink.

A sung version of Psalm 69 can be found [here](#)

Let their own table before them become a snare;

and when they are at peace, let it become a trap.

Let their eyes be darkened, so that they cannot see,

and make their loins tremble continually.

Pour out your indignation upon them,

and let your burning anger overtake them.

May their camp be a desolation;

let no one dwell in their tents.

For they persecute him whom you have struck down,

and they recount the pain of those you have wounded.

Add to them punishment upon punishment;

may they have no acquittal from you.

Let them be blotted out of the book of the living;

let them not be enrolled among the righteous.

But I am afflicted and in pain;

let your salvation, O God, set me on high!

I will praise the name of God with a song;

I will magnify him with thanksgiving.

This will please the LORD more than an ox

or a bull with horns and hoofs.

When the humble see it they will be glad;

you who seek God, let your hearts revive.

For the LORD hears the needy

and does not despise his own people who are prisoners.

Let heaven and earth praise him,

the seas and everything that moves in them.

For God will save Zion

and build up the cities of Judah,

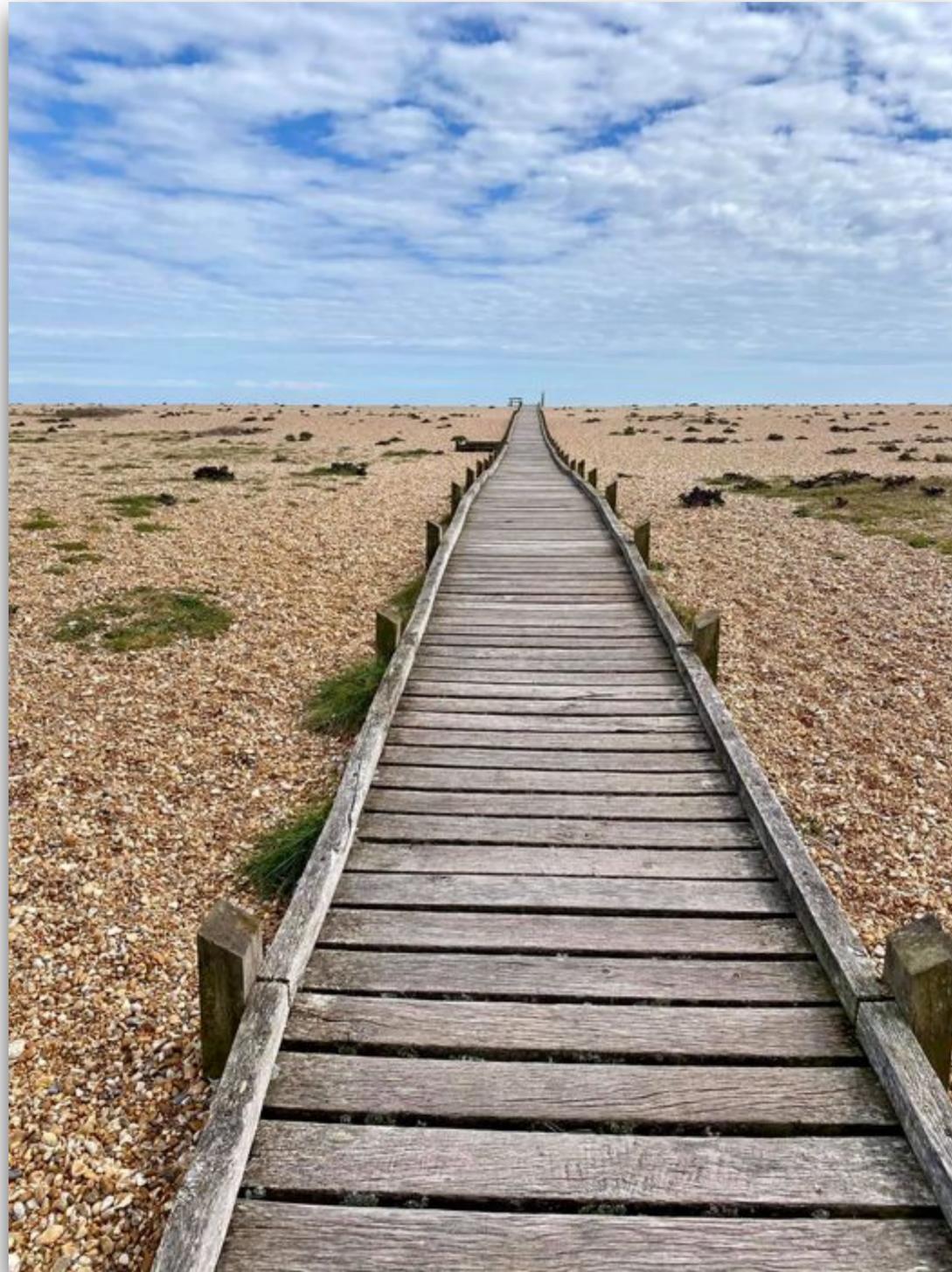
and people shall dwell there and possess it;

the offspring of his servants shall inherit it,

and those who love his name shall dwell in it.

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

Day 10: Psalm 70 (NIV)



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Hasten, O God, to save me;
come quickly, Lord, to help me.

May those who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.

May those who say to me, 'Aha! Aha!'
turn back because of their shame.

But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
'The Lord is great!'

But as for me, I am poor and needy;
come quickly to me, O God.
You are my help and my deliverer;
Lord, do not delay.

A sung version of Psalm 70 can be found [here](#)

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

In you, O LORD, do I take refuge;
let me never be put to shame!
In your righteousness deliver me and rescue me;
incline your ear to me, and save me!
Be to me a rock of refuge,
to which I may continually come;
you have given the command to save me,
for you are my rock and my fortress.

Rescue me, O my God, from the hand of the wicked,
from the grasp of the unjust and cruel man.
For you, O Lord, are my hope,
my trust, O LORD, from my youth.
Upon you I have leaned from before my birth;
you are he who took me from my mother's womb.
My praise is continually of you.

I have been as a portent to many,
but you are my strong refuge.
My mouth is filled with your praise,
and with your glory all the day.
Do not cast me off in the time of old age;
forsake me not when my strength is spent.
For my enemies speak concerning me;
those who watch for my life consult together
and say, "God has forsaken him;
pursue and seize him,
for there is none to deliver him."

O God, be not far from me;
O my God, make haste to help me!
May my accusers be put to shame and consumed;
with scorn and disgrace may they be covered
who seek my hurt.
But I will hope continually
and will praise you yet more and more.
My mouth will tell of your righteous acts,
of your deeds of salvation all the day,
for their number is past my knowledge.
With the mighty deeds of the Lord GOD I will come;
I will remind them of your righteousness, yours alone.
O God, from my youth you have taught me,
and I still proclaim your wondrous deeds.
So even to old age and gray hairs,
O God, do not forsake me,
until I proclaim your might to another generation,
your power to all those to come.
Your righteousness, O God,
reaches the high heavens.
You who have done great things,
O God, who is like you?
You who have made me see many troubles and calamities
will revive me again;
from the depths of the earth
you will bring me up again.
You will increase my greatness
and comfort me again.

Day 11: Psalm 71 (ESV)

I will also praise you with the harp
for your faithfulness, O my God;
I will sing praises to you with the lyre,
O Holy One of Israel.
My lips will shout for joy,
when I sing praises to you;
my soul also, which you have redeemed.
And my tongue will talk of your righteous help all the day long,
for they have been put to shame and disappointed
who sought to do me hurt.



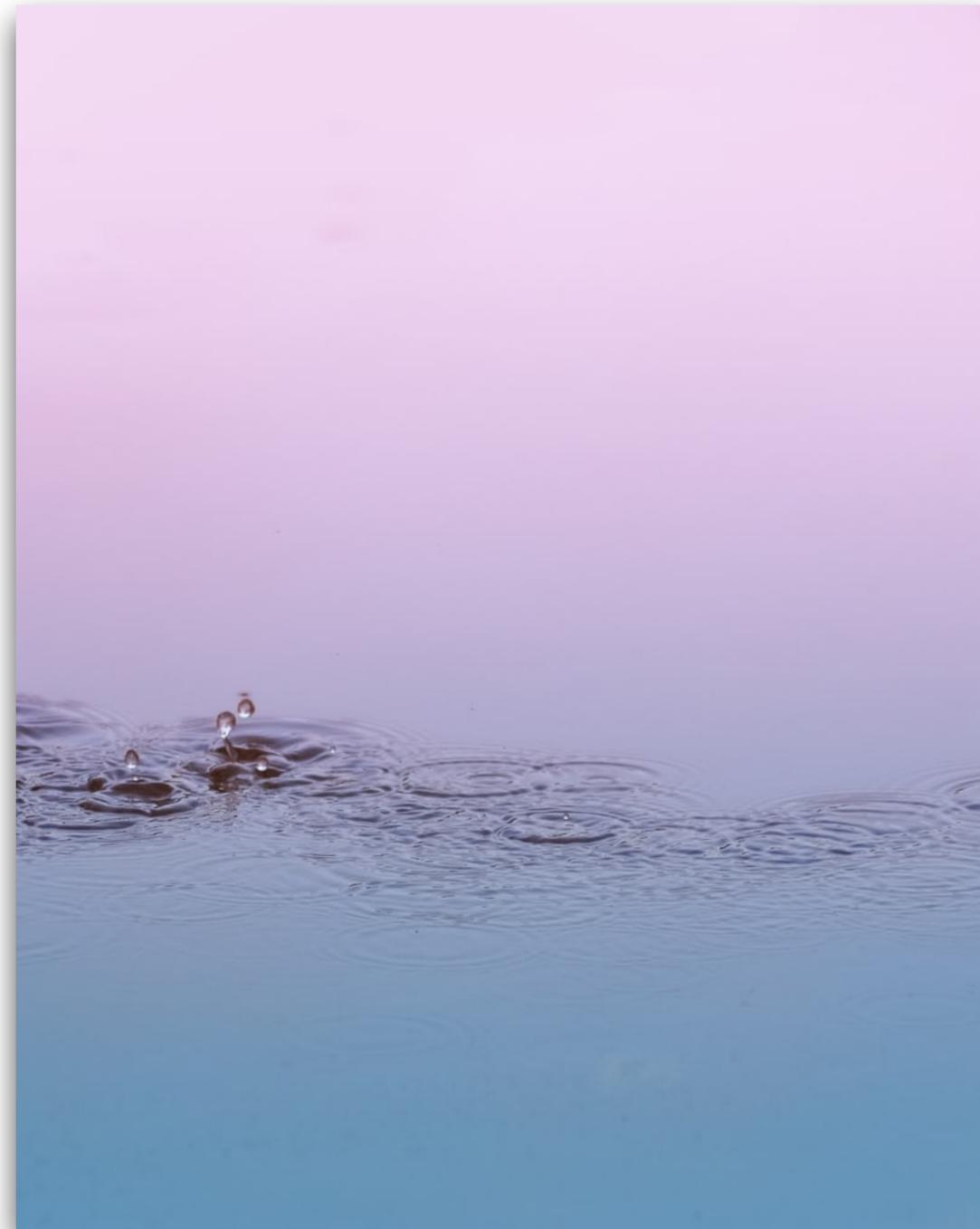
A sung version of Psalm 71 can be found [here](#)
Click [here](#) to go to the next slide.

Day 12: Psalm 72 (NRSV)

Give the king your justice, O God,
and your righteousness to a king's son.
May he judge your people with righteousness,
and your poor with justice.
May the mountains yield prosperity for the people,
and the hills, in righteousness.
May he defend the cause of the poor of the people,
give deliverance to the needy,
and crush the oppressor.

May he live while the sun endures,
and as long as the moon, throughout all generations.
May he be like rain that falls on the mown grass,
like showers that water the earth.
In his days may righteousness flourish
and peace abound, until the moon is no more.

May he have dominion from sea to sea,
and from the River to the ends of the earth.
May his foes bow down before him,
and his enemies lick the dust.
May the kings of Tarshish and of the isles
render him tribute,
may the kings of Sheba and Seba
bring gifts.
May all kings fall down before him,
all nations give him service.



Photograph by Ali Abdul Rahman Unsplash

For he delivers the needy when they call,
the poor and those who have no helper.
He has pity on the weak and the needy,
and saves the lives of the needy.
From oppression and violence he redeems their life;
and precious is their blood in his sight.

Long may he live!
May gold of Sheba be given to him.
May prayer be made for him continually,
and blessings invoked for him all day long.
May there be abundance of grain in the land;
may it wave on the tops of the mountains;
may its fruit be like Lebanon;
and may people blossom in the cities
like the grass of the field.
May his name endure for ever,
his fame continue as long as the sun.
May all nations be blessed in him;
may they pronounce him happy.

Blessed be the LORD, the God of Israel,
who alone does wondrous things.
Blessed be his glorious name for ever;
may his glory fill the whole earth.
Amen and Amen.

A sung version of Psalm 72 can be found [here](#)
Click [here](#) to go to the next slide.

Surely God is good to Israel,
to those who are pure in heart.

But as for me, my feet had almost slipped;
I had nearly lost my foothold.
For I envied the arrogant
when I saw the prosperity of the wicked.

They have no struggles;
their bodies are healthy and strong.
They are free from common human burdens;
they are not plagued by human ills.
Therefore pride is their necklace;
they clothe themselves with violence.
From their callous hearts comes iniquity;
their evil imaginations have no limits.
They scoff, and speak with malice;
with arrogance they threaten oppression.
Their mouths lay claim to heaven,
and their tongues take possession of the earth.
Therefore their people turn to them
and drink up waters in abundance.
They say, 'How would God know?
Does the Most High know anything?'

This is what the wicked are like –
always free of care, they go on amassing wealth.

Day 13: Psalm 73 (NIV)

Surely in vain I have kept my heart pure
and have washed my hands in innocence.
All day long I have been afflicted,
and every morning brings new punishments.

If I had spoken out like that,
I would have betrayed your children.
When I tried to understand all this,
it troubled me deeply
till I entered the sanctuary of God;
then I understood their final destiny.

Surely you place them on slippery ground;
you cast them down to ruin.
How suddenly are they destroyed,
completely swept away by terrors!
They are like a dream when one awakes;
when you arise, Lord,
you will despise them as fantasies.

When my heart was grieved
and my spirit embittered,
I was senseless and ignorant;
I was a brute beast before you.

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

You guide me with your counsel,
and afterwards you will take me into glory.
Whom have I in heaven but you?
And earth has nothing I desire besides you.
My flesh and my heart may fail,
but God is the strength of my heart
and my portion for ever.

Those who are far from you will perish;
you destroy all who are unfaithful to you.
But as for me, it is good to be near God.
I have made the Sovereign Lord my refuge;
I will tell of all your deeds.



A sung version of Psalm 73 can be found [here](#)

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

Day 14: Psalm 74 (ESV)

O God, why do you cast us off forever?

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

Remember your congregation, which you have purchased of old,
which you have redeemed to be the tribe of your heritage!

Remember Mount Zion, where you have dwelt.

Direct your steps to the perpetual ruins;

the enemy has destroyed everything in the sanctuary!

Your foes have roared in the midst of your meeting place;

they set up their own signs for signs.

They were like those who swing axes
in a forest of trees.

And all its carved wood

they broke down with hatchets and hammers.

They set your sanctuary on fire;

they profaned the dwelling place of your name,
bringing it down to the ground.

They said to themselves, "We will utterly subdue them";

they burned all the meeting places of God in the land.

We do not see our signs;

there is no longer any prophet,

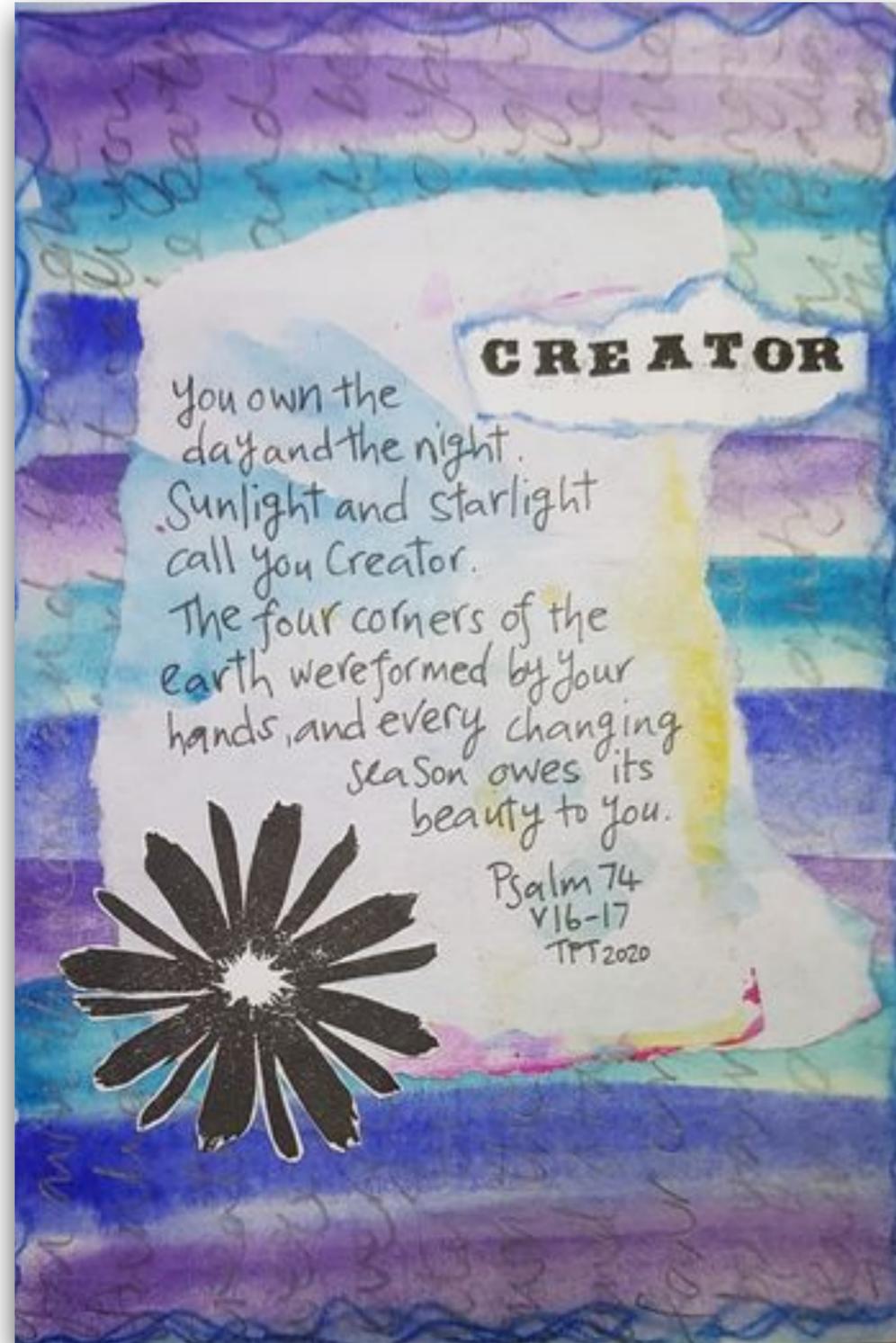
and there is none among us who knows how long.

How long, O God, is the foe to scoff?

Is the enemy to revile your name forever?

Why do you hold back your hand, your right hand?

Take it from the fold of your garment and destroy them!



Scripture Scribble by Deborah Gregg

Yet God my King is from of old,
working salvation in the midst of the earth.

You divided the sea by your might;
you broke the heads of the sea monsters on the waters.

You crushed the heads of Leviathan;
you gave him as food for the creatures of the wilderness.

You split open springs and brooks;
you dried up ever-flowing streams.

Yours is the day, yours also the night;
you have established the heavenly lights and the sun.

You have fixed all the boundaries of the earth;
you have made summer and winter.

Remember this, O LORD, how the enemy scoffs,
and a foolish people reviles your name.

Do not deliver the soul of your dove to the wild beasts;
do not forget the life of your poor forever.

Have regard for the covenant,
for the dark places of the land are full of the habitations of violence.

Let not the downtrodden turn back in shame;
let the poor and needy praise your name.

Arise, O God, defend your cause;
remember how the foolish scoff at you all the day!

Do not forget the clamour of your foes,
the uproar of those who rise against you, which goes up continually!

A sung version of Psalm 74 can be found [here](#)

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

Day 15: Psalm 75 (NRSV)

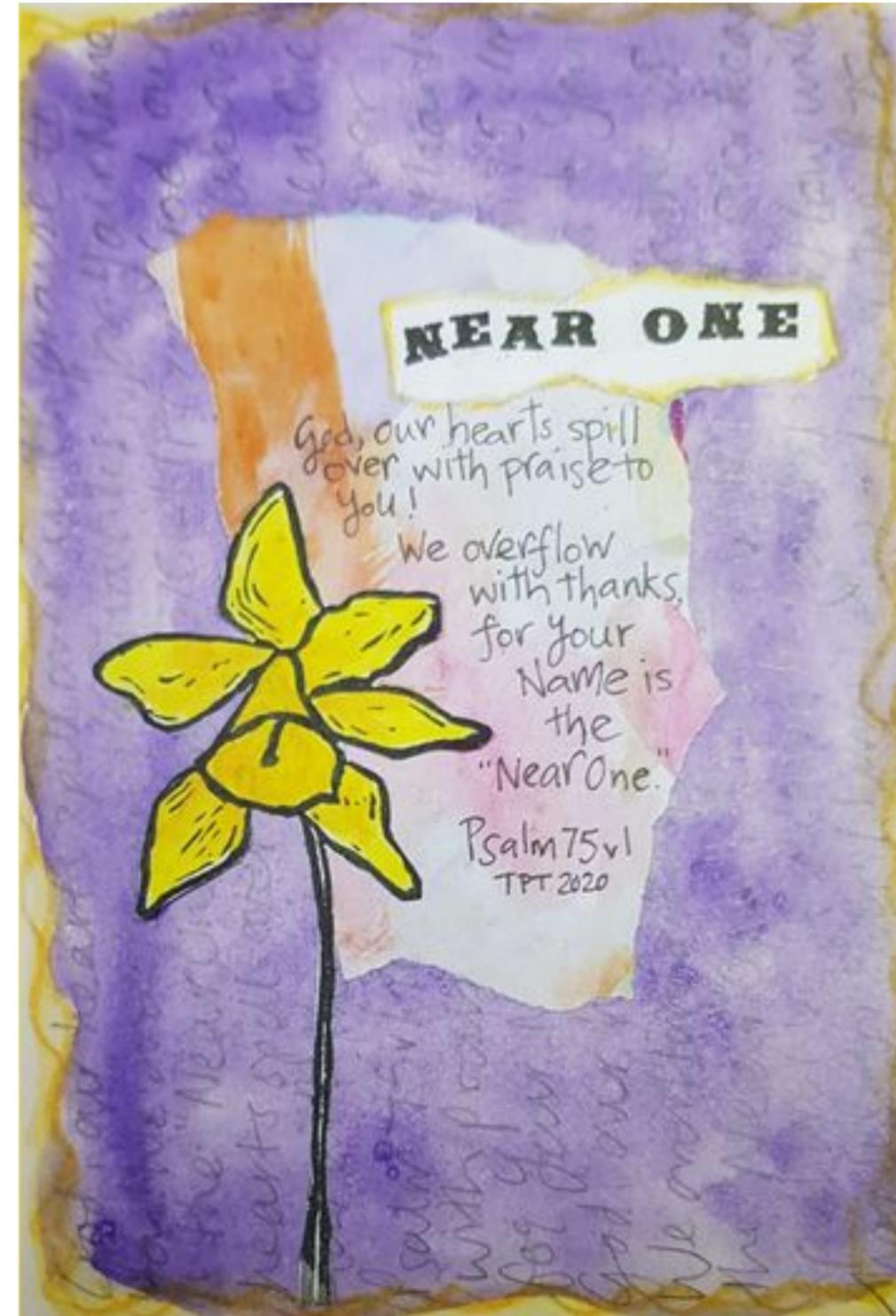
We give thanks to you, O God;
we give thanks; your name is near.
People tell of your wondrous deeds.

At the set time that I appoint
I will judge with equity.
When the earth totters, with all its inhabitants,
it is I who keep its pillars steady.
I say to the boastful, 'Do not boast',
and to the wicked, 'Do not lift up your horn;
do not lift up your horn on high,
or speak with insolent neck.'

For not from the east or from the west
and not from the wilderness comes lifting up;
but it is God who executes judgement,
putting down one and lifting up another.
For in the hand of the LORD there is a cup
with foaming wine, well mixed;
he will pour a draught from it,
and all the wicked of the earth
shall drain it down to the dregs.
But I will rejoice for ever;
I will sing praises to the God of Jacob.

All the horns of the wicked I will cut off,
but the horns of the righteous shall be exalted

A sung version of Psalm 75 can be found [here](#)



Scripture Scribble by Deborah Gregg

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Day 16: Psalm 76 (NRSV)

In Judah God is known,
his name is great in Israel.
His abode has been established in Salem,
his dwelling-place in Zion.
There he broke the flashing arrows,
the shield, the sword, and the weapons of war.
Glorious are you, more majestic
than the everlasting mountains.
The stout-hearted were stripped of their spoil;
they sank into sleep;
none of the troops
was able to lift a hand.
At your rebuke, O God of Jacob,
both rider and horse lay stunned.
But you indeed are awesome!
Who can stand before you
when once your anger is roused?
From the heavens you uttered judgement;
the earth feared and was still
when God rose up to establish judgement,
to save all the oppressed of the earth.
Human wrath serves only to praise you,
when you bind the last bit of your wrath around you.
Make vows to the LORD your God, and perform them;
let all who are around him bring gifts
to the one who is awesome,
who cuts off the spirit of princes,
who inspires fear in the kings of the earth.



I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.
I remembered you, God, and I groaned;
I meditated, and my spirit grew faint.
You kept my eyes from closing;
I was too troubled to speak.
I thought about the former days,
the years of long ago;
I remembered my songs in the night.
My heart meditated and my spirit asked:
'Will the Lord reject for ever?
Will he never show his favour again?
Has his unfailing love vanished for ever?
Has his promise failed for all time?
Has God forgotten to be merciful?
Has he in anger withheld his compassion?'
Then I thought, 'To this I will appeal:
the years when the Most High stretched out his
right hand.
I will remember the deeds of the Lord;
yes, I will remember your miracles of long ago.
I will consider all your works
and meditate on all your mighty deeds.'



Art work by Karen Herrick, [Harlequin Arts](#).

Day 17: Psalm 77 (NIV)

Your ways, God, are holy.
What god is as great as our God?
You are the God who performs miracles;
you display your power among the peoples.
With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.

The waters saw you, God,
the waters saw you and writhed;
the very depths were convulsed.
The clouds poured down water,
the heavens resounded with thunder;
your arrows flashed back and forth.
Your thunder was heard in the whirlwind,
your lightning lit up the world;
the earth trembled and quaked.
Your path led through the sea,
your way through the mighty waters,
though your footprints were not seen.
You led your people like a flock
by the hand of Moses and Aaron.

A sung version of Psalm 77 can be found [here](#)

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



My people, hear my teaching;
listen to the words of my mouth.
I will open my mouth with a parable;
I will utter hidden things, things from of old –
things we have heard and known,
things our ancestors have told us.
We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.
He decreed statutes for Jacob
and established the law in Israel,
which he commanded our ancestors
to teach their children,
so that the next generation would know them,
even the children yet to be born,
and they in turn would tell their children.
Then they would put their trust in God
and would not forget his deeds
but would keep his commands.
They would not be like their ancestors –
a stubborn and rebellious generation,
whose hearts were not loyal to God,
whose spirits were not faithful to him.
The men of Ephraim, though armed with bows,
turned back on the day of battle;
they did not keep God's covenant
and refused to live by his law.
They forgot what he had done,
the wonders he had shown them.
He did miracles in the sight of their ancestors
in the land of Egypt, in the region of Zoan.

He divided the sea and led them through;
he made the water stand up like a wall.
He guided them with the cloud by day
and with light from the fire all night.
He split the rocks in the wilderness
and gave them water as abundant as the seas;
he brought streams out of a rocky crag
and made water flow down like rivers.
But they continued to sin against him,
rebellious in the wilderness against the Most High.
They wilfully put God to the test
by demanding the food they craved.
They spoke against God;
they said, 'Can God really
spread a table in the wilderness?
True, he struck the rock,
and water gushed out,
streams flowed abundantly,
but can he also give us bread?
Can he supply meat for his people?'
When the Lord heard them, he was furious;
his fire broke out against Jacob,
and his wrath rose against Israel,
for they did not believe in God
or trust in his deliverance.
Yet he gave a command to the skies above
and opened the doors of the heavens;

Day 18: Psalm 78 (NIV) part I

he rained down manna for the people to eat,
he gave them the grain of heaven.
Human beings ate the bread of angels;
he sent them all the food they could eat.
He let loose the east wind from the heavens
and by his power made the south wind blow.
He rained meat down on them like dust,
birds like sand on the seashore.
He made them come down inside their camp,
all around their tents.
They ate till they were gorged –
he had given them what they craved.
But before they turned from what they craved,
even while the food was still in their mouths,
God's anger rose against them;
he put to death the sturdiest among them,
cutting down the young men of Israel.
In spite of all this, they kept on sinning;
in spite of his wonders, they did not believe.
So he ended their days in futility
and their years in terror.
Whenever God slew them, they would seek him;
they eagerly turned to him again.
They remembered that God was their Rock,
that God Most High was their Redeemer.
But then they would flatter him with their mouths,
lying to him with their tongues;

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their hearts were not loyal to him,
they were not faithful to his covenant.
Yet he was merciful;
he forgave their iniquities
and did not destroy them.
Time after time he restrained his anger
and did not stir up his full wrath.
He remembered that they were but flesh,
a passing breeze that does not return.
How often they rebelled against him in the wilderness
and grieved him in the wasteland!
Again and again they put God to the test;
they vexed the Holy One of Israel.
They did not remember his power –
the day he redeemed them from the oppressor,
the day he displayed his signs in Egypt,
his wonders in the region of Zoan.
He turned their river into blood;
they could not drink from their streams.
He sent swarms of flies that devoured them,
and frogs that devastated them.
He gave their crops to the grasshopper,
their produce to the locust.
He destroyed their vines with hail
and their sycamore-figs with sleet.
He gave over their cattle to the hail,
their livestock to bolts of lightning.



He unleashed against them his hot anger,
his wrath, indignation and hostility –
a band of destroying angels.
He prepared a path for his anger;
he did not spare them from death
but gave them over to the plague.
He struck down all the firstborn of Egypt,
the firstfruits of manhood in the tents of Ham.
But he brought his people out like a flock;
he led them like sheep through the wilderness.
He guided them safely, so they were unafraid;
but the sea engulfed their enemies.
And so he brought them to the border of his holy land,
to the hill country his right hand had taken.
He drove out nations before them
and allotted their lands to them as an inheritance;
he settled the tribes of Israel in their homes.
But they put God to the test
and rebelled against the Most High;
they did not keep his statutes.
Like their ancestors they were disloyal and faithless,
as unreliable as a faulty bow.
They angered him with their high places;
they aroused his jealousy with their idols.
When God heard them, he was furious;
he rejected Israel completely.
He abandoned the tabernacle of Shiloh,
the tent he had set up among humans.
He sent the ark of his might into captivity,
his splendour into the hands of the enemy.
He gave his people over to the sword;
he was furious with his inheritance.

Day 18: Psalm 78 (NIV) part 2

Fire consumed their young men,
and their young women had no wedding songs;
their priests were put to the sword,
and their widows could not weep.

Then the Lord awoke as from sleep,
as a warrior wakes from the stupor of wine.

He beat back his enemies;
he put them to everlasting shame.

Then he rejected the tents of Joseph,
he did not choose the tribe of Ephraim;
but he chose the tribe of Judah,
Mount Zion, which he loved.

He built his sanctuary like the heights,
like the earth that he established for ever.

He chose David his servant
and took him from the sheepfolds;
from tending the sheep he brought him
to be the shepherd of his people Jacob,
of Israel his inheritance.

And David shepherded them with integrity of heart;
with skilful hands he led them.

A sung version of Psalm 78 can be found [here](#)
Click [here](#) to go to the next slide.

Day 19: Psalm 79 (NRSV)

O God, the nations have come into your inheritance;
they have defiled your holy temple;
they have laid Jerusalem in ruins.

They have given the bodies of your servants
to the birds of the air for food,
the flesh of your faithful to the wild animals of the earth.

They have poured out their blood like water
all around Jerusalem,
and there was no one to bury them.

We have become a taunt to our neighbours,
mocked and derided by those around us.

How long, O Lord? Will you be angry forever?
Will your jealous wrath burn like fire?

Pour out your anger on the nations
that do not know you,
and on the kingdoms
that do not call on your name.

For they have devoured Jacob
and laid waste his habitation.

Do not remember against us the iniquities of our ancestors;
let your compassion come speedily to meet us,
for we are brought very low.



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Help us, O God of our salvation,
for the glory of your name;
deliver us, and forgive our sins,
for your name's sake.

Why should the nations say,
“Where is their God?”

Let the avenging of the outpoured blood of your servants
be known among the nations before our eyes.

Let the groans of the prisoners come before you;
according to your great power preserve those doomed to die.

Return sevenfold into the bosom of our neighbours
the taunts with which they taunted you, O Lord!

Then we your people, the flock of your pasture,
will give thanks to you forever;
from generation to generation we will recount your praise.

A sung version of Psalm 79 can be found [here](#)
Click [here](#) to go to the next slide.

Day 20: Psalm 80 (NIV)

Hear us, Shepherd of Israel,
you who lead Joseph like a flock.
You who sit enthroned between the cherubim,
shine forth before Ephraim, Benjamin and Manasseh.
Awaken your might;
come and save us.
Restore us, O God;
make your face shine on us,
that we may be saved.
How long, Lord God Almighty,
will your anger smoulder
against the prayers of your people?
You have fed them with the bread of tears;
you have made them drink tears by the bowlful.
You have made us an object of derision to our neighbours,
and our enemies mock us.
Restore us, God Almighty;
make your face shine on us,
that we may be saved.
You transplanted a vine from Egypt;
you drove out the nations and planted it.
You cleared the ground for it,
and it took root and filled the land.



The mountains were covered with its shade,
the mighty cedars with its branches.
Its branches reached as far as the Sea,
its shoots as far as the River.
Why have you broken down its walls
so that all who pass by pick its grapes?
Boars from the forest ravage it,
and insects from the fields feed on it.
Return to us, God Almighty!
Look down from heaven and see!
Watch over this vine,
the root your right hand has planted,
the son you have raised up for yourself.
Your vine is cut down, it is burned with fire;
at your rebuke your people perish.
Let your hand rest on the man at your right hand,
the son of man you have raised up for yourself.
Then we will not turn away from you;
revive us, and we will call on your name.
Restore us, Lord God Almighty;
make your face shine on us,
that we may be saved.

A sung version of Psalm 80 can be found [here](#)
Click [here](#) to go to the next slide.

Day 21: Psalm 81 (NIV)

Sing for joy to God our strength;
shout aloud to the God of Jacob!
Begin the music, strike the timbrel,
play the melodious harp and lyre.
Sound the ram's horn at the New Moon,
and when the moon is full, on the day
of our festival;
this is a decree for Israel,
an ordinance of the God of Jacob.
When God went out against Egypt,
he established it as a statute for Joseph.
I heard an unknown voice say:
"I removed the burden from their shoulders;
their hands were set free from the basket.
In your distress you called and I rescued you,
I answered you out of a thundercloud;
I tested you at the waters of Meribah.
Hear me, my people, and I will warn you—
if you would only listen to me, Israel!
You shall have no foreign god among you;
you shall not worship any god other than me.



I am the Lord your God,
who brought you up out of Egypt.
Open wide your mouth and I will fill it.
"But my people would not listen to me;
Israel would not submit to me.
So I gave them over to their stubborn hearts
to follow their own devices.
"If my people would only listen to me,
if Israel would only follow my ways,
how quickly I would subdue their enemies
and turn my hand against their foes!
Those who hate the Lord would cringe before him,
and their punishment would last forever.
But you would be fed with the finest of wheat;
with honey from the rock I would satisfy you

A sung version of Psalm 81 can be found [here](#)
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Day 22: Psalm 82(ESV)

God has taken his place in the divine council;
in the midst of the gods he holds judgment:
“How long will you judge unjustly
and show partiality to the wicked?
Give justice to the weak and the fatherless;
maintain the right of the afflicted and the destitute.
Rescue the weak and the needy;
deliver them from the hand of the wicked.”
They have neither knowledge nor understanding,
they walk about in darkness;
all the foundations of the earth are shaken.
I said, “You are gods,
sons of the Most High, all of you;
nevertheless, like men you shall die,
and fall like any prince.”
Arise, O God, judge the earth;
for you shall inherit all the nations!



The Gulf Stream
A journey in nature with a message of hope
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A sung version of Psalm 82 can be found [here](#)

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God, you have to do something!
Don't be silent and just sit idly by.
Can't you see what they're doing?

All your enemies are stirred up in an uproar!
They despise you, Lord.

In their defiant arrogance they rise up
to host their secret council against your people.
They conspire together to come and harm
your cherished ones—your hidden ones.

Our enemies keep saying,

“Now is the time to wipe Israel off the map.
We'll destroy even the memory of her existence!”

They've made their pact, consulting and conspiring,
aligning together in their covenant against God.

All the sons of Ishmael, the desert sheiks and the nomadic tribes,
Amalekites, Canaanites, Moabites,
and all the nations that surround us,
Philistines, Phoenicians, Gadarenes, and Samaritans;
allied together they're ready to attack!

Do to them all what you did to the Midianites
who were defeated by Gideon.

Or what you did to Sisera and Jabin
when Deborah and Barak defeated them by the Kishon River.

Do to your enemies what you did at Endor,
whose rotting corpses fertilized the land.



Day 23: Psalm 83(TPT)

Repeat history, God! Make all their “noble ones”
die like Oreb, Zebah, and Zalmunna, who said in their pride,
“We will seize God’s people along with all their pleasant lands!”

Blow them away, God, like straw in the wind,
like a tumbleweed in the wilderness!

Burn them up like a raging fire roaring down the mountainside;
consume them all until only charred sticks remain!

Chase them away like before a mighty storm and terrifying tempest.

O Lord, disgrace them until their faces fill with shame,
and make them acknowledge the glory of your name.

Make them utter failures in everything they do
until they perish in total disgrace and humiliation,
so they will know that you, and you alone,
are Yahweh, the only Most High God exalted over all the earth!

A sung version of Psalm 83 can be found [here](#)

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

Day 24: Psalm 84(NIV)

How lovely is your dwelling place, Lord Almighty!

My soul yearns, even faints,

for the courts of the Lord;

my heart and my flesh cry out

for the living God.

Even the sparrow has found a home,

and the swallow a nest for herself,

where she may have her young—

a place near your altar,

Lord Almighty, my King and my God.

Blessed are those who dwell in your house;

they are ever praising you.

Blessed are those whose strength is in you,

whose hearts are set on pilgrimage.

As they pass through the Valley of Baka,

they make it a place of springs;

the autumn rains also cover it with pools.

They go from strength to strength,

till each appears before God in Zion.

Hear my prayer, Lord God Almighty;

listen to me, God of Jacob.

Look on our shield, O God;

look with favour on your anointed one.

Better is one day in your courts

than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God

than dwell in the tents of the wicked.

For the Lord God is a sun and shield;

the Lord bestows favour and honour;

no good thing does he withhold

from those whose walk is blameless.

Lord Almighty, blessed is the one who trusts in you.



A sung version of Psalm 84 can be found [here](#)

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

Day 25: Psalm 85 (NIV)

You, Lord, showed favour to your land;
you restored the fortunes of Jacob.
You forgave the iniquity of your people
and covered all their sins.
You set aside all your wrath
and turned from your fierce anger.
Restore us again, God our Savior,
and put away your displeasure toward us.
Will you be angry with us forever?
Will you prolong your anger through all generations?
Will you not revive us again,
that your people may rejoice in you?
Show us your unfailing love, Lord,
and grant us your salvation
I will listen to what God the Lord says;
he promises peace to his people, his faithful servants—
but let them not turn to folly.
Surely his salvation is near those who fear him,
that his glory may dwell in our land.
Love and faithfulness meet together;
righteousness and peace kiss each other.
Faithfulness springs forth from the earth,
and righteousness looks down from heaven.
The Lord will indeed give what is good,
and our land will yield its harvest.
Righteousness goes before him
and prepares the way for his steps.



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A sung version of Psalm 85 can be found [here](#)

Day 26: Psalm 86 (NRSVA)

Incline your ear, O Lord, and answer me,
for I am poor and needy.
Preserve my life, for I am devoted to you;
save your servant who trusts in you.
You are my God; be gracious to me, O Lord,
for to you do I cry all day long.
Gladden the soul of your servant,
for to you, O Lord, I lift up my soul.
For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call on you.
Give ear, O Lord, to my prayer;
listen to my cry of supplication.
In the day of my trouble I call on you,
for you will answer me.
There is none like you among the gods, O Lord,
nor are there any works like yours.
All the nations you have made shall come
and bow down before you, O Lord,
and shall glorify your name.
For you are great and do wondrous things;
you alone are God.



Scripture Scribble by Deborah Gregg

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Teach me your way, O Lord,
that I may walk in your truth;
give me an undivided heart to revere your name.
I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name for ever.
For great is your steadfast love towards me;
you have delivered my soul from the depths of Sheol.
O God, the insolent rise up against me;
a band of ruffians seeks my life,
and they do not set you before them.
But you, O Lord, are a God merciful and gracious,
slow to anger and abounding in steadfast love and faithfulness.
Turn to me and be gracious to me;
give your strength to your servant;
save the child of your serving-maid.
Show me a sign of your favour,
so that those who hate me may see it and be put to shame,
because you, Lord, have helped me and comforted me.

A sung version of Psalm 86 can be found [here](#)

Day 27: Psalm 87 (NIV)

He has founded his city on the holy mountain.
The Lord loves the gates of Zion
more than all the other dwellings of Jacob.
Glorious things are said of you,
city of God
“I will record Rahab and Babylon
among those who acknowledge me—
Philistia too, and Tyre, along with Cush—
and will say, ‘This one was born in Zion.’”
Indeed, of Zion it will be said,
“This one and that one were born in her,
and the Most High himself will establish her.”
The Lord will write in the register of the peoples:
“This one was born in Zion.”
As they make music they will sing,
“All my fountains are in you.”



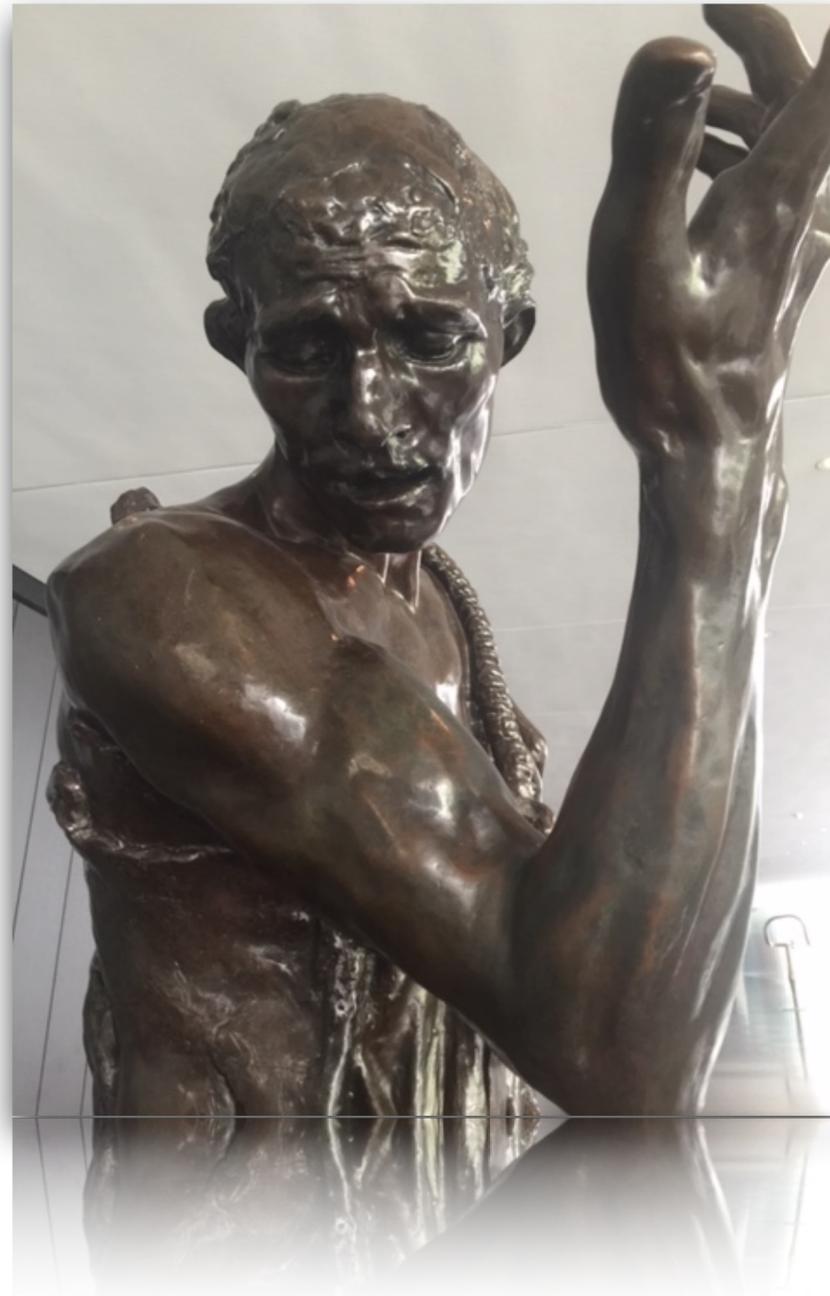
Art work New Wine 2019 Journey with Jesus

A sung version of Psalm 87 can be found [here](#)

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

Day 28: Psalm 88 (TPT)

Yahweh is the God who continually saves me.
I weep before you night and day.
Please bend down and listen to my sobbing,
for my life is riddled with troubles
and death is just around the corner!
Everyone sees my life ebbing out.
They consider me a hopeless case and see me as a dead man.
They've all left me here to die, helpless,
like one who is doomed for death.
They're convinced you've forsaken me,
certain that you've forgotten me completely—
abandoned, pierced, with nothing to look forward to but death.
They have discarded me and thrown me down
into the deepest darkness as into a bottomless pit.
I feel your wrath and it's a heavy weight upon me,
drowning me beneath a sea of sorrow.
Why did you turn all my friends against me?
You've made me like a cursed man in their eyes.
No one wants to be with me now.
You've caught me in a trap with no way out.
Every day I beg for your help. Can't you see my tears?
My eyes are swollen with weeping.



A sung version of Psalm 88 can be found [here](#)

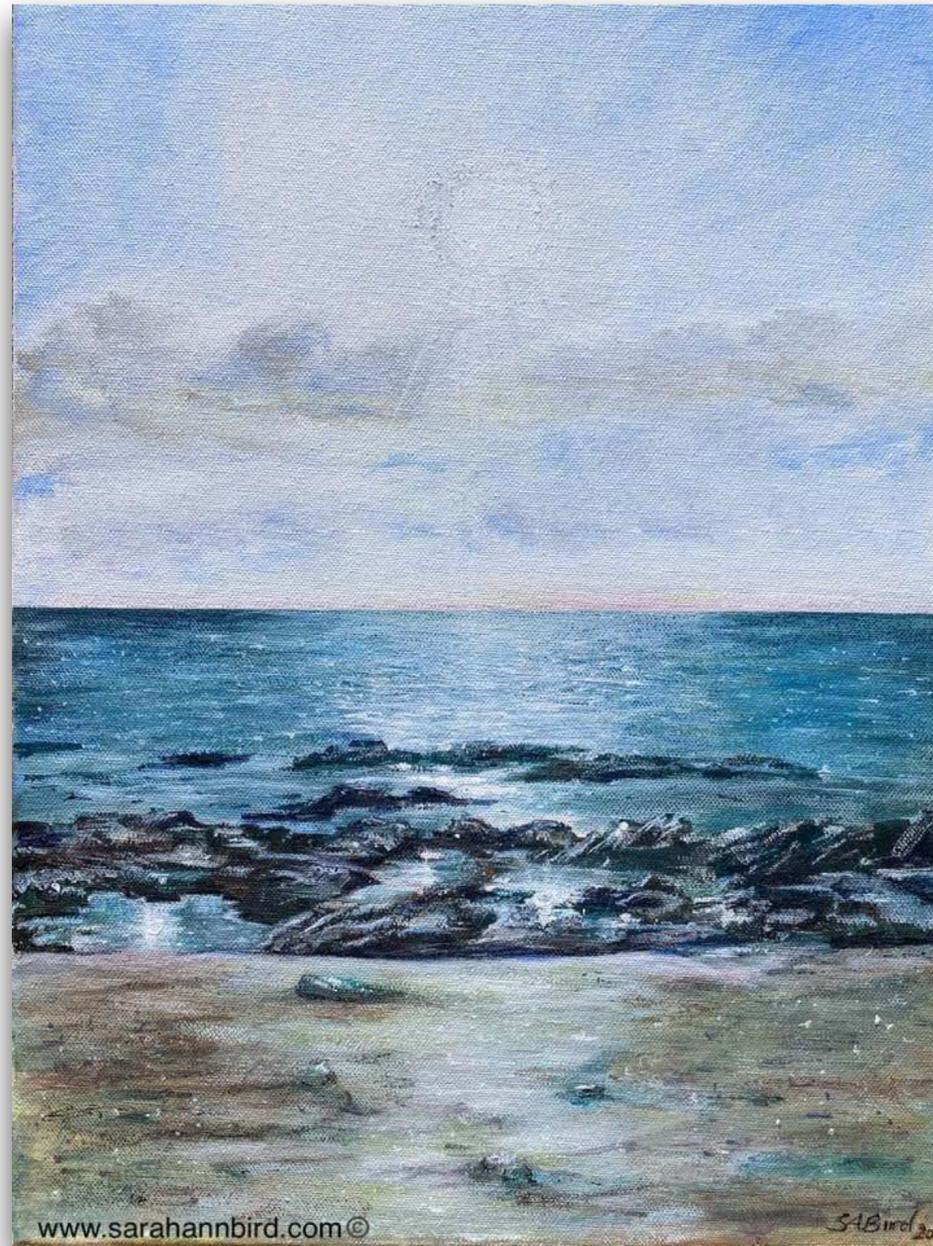
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My arms are wide, longing for mercy,
but you're nowhere to be found.
How can those who are cut off from your care
even know that you are there?
How can I rise up to praise you if I'm dead and gone?
Who can give thanks for your love in the graveyard?
Who preaches your faithfulness in the place of destruction?
Does death's darkness declare your miracles?
How can anyone who's in the grave, where all is forgotten,
remember how you keep your promises?
Lord, you know my prayer before I even whisper it.
At each and every sunrise you will
continue to hear my cry until you answer.
O Lord, why have you thrown my life away?
Will you keep turning the other way every time I call out to you?
I've had to live in poverty and trouble all my life.
Now I'm humiliated, broken, and helpless before your terrors
and I can't take it anymore.
I'm overwhelmed by your burning anger.
I've taken the worst you could give me
and I'm speechless before you.
I'm drowning beneath the waves of this sorrow,
cut off with no one to help.
All my loved ones and friends keep far away from me,
leaving me all alone with only darkness as my friend.

Day 29: Psalm 89 (NIV) part I

I will sing of the Lord's great love forever;
with my mouth I will make your faithfulness known
through all generations.

I will declare that your love stands firm forever,
that you have established your faithfulness in heaven itself.
You said, "I have made a covenant with my chosen one,
I have sworn to David my servant,
'I will establish your line forever
and make your throne firm through all generations.'"
The heavens praise your wonders, Lord,
your faithfulness too, in the assembly of the holy ones.
For who in the skies above can compare with the Lord?
Who is like the Lord among the heavenly beings?
In the council of the holy ones God is greatly feared;
he is more awesome than all who surround him.
Who is like you, Lord God Almighty?
You, Lord, are mighty, and your faithfulness surrounds you.

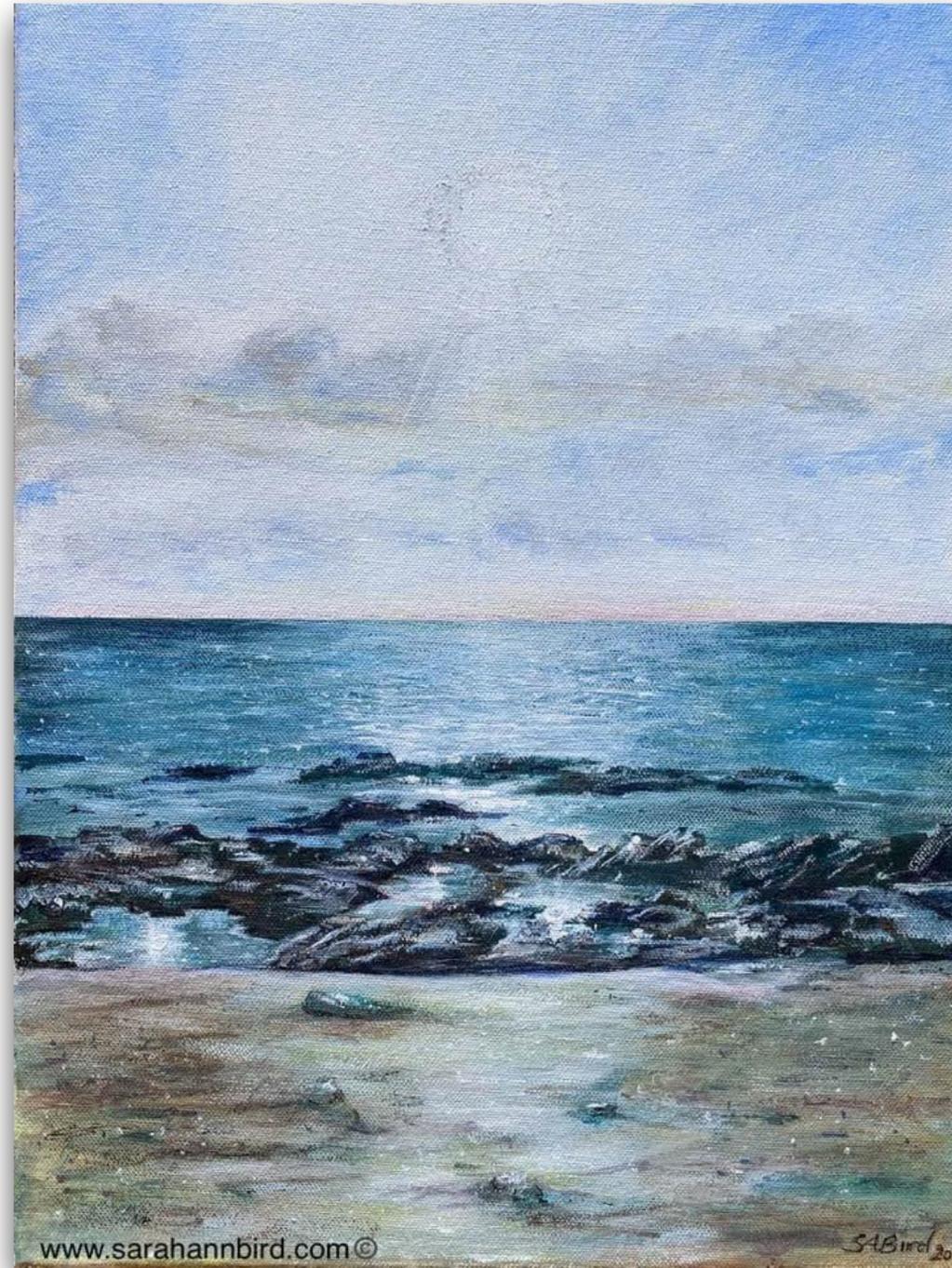


You rule the raging of the sea;
When its waves rise, You still them.
You have broken Rahab in pieces, as one who is slain;
You have scattered Your enemies with Your mighty arm.
The heavens are Yours, the earth also is Yours;
The world and all its fullness, You have founded them.
The north and the south, You have created them;
Tabor and Hermon rejoice in Your name.
You have a mighty arm;
Strong is Your hand, and high is Your right hand.
Righteousness and justice
are the foundation of Your throne;
Mercy and truth go before Your face.
Blessed are the people who know the joyful sound!
They walk, O Lord, in the light of Your countenance.
In Your name they rejoice all day long,
And in Your righteousness they are exalted.
For You are the glory of their strength,
And in Your favour our horn is exalted.
For our shield belongs to the Lord,
And our king to the Holy One of Israel

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

Day 29: Psalm 89 (NIV) part 2

Once you spoke in a vision,
to your faithful people you said:
“I have bestowed strength on a warrior;
I have raised up a young man from among the people.
I have found David my servant;
with my sacred oil I have anointed him.
My hand will sustain him;
surely my arm will strengthen him.
The enemy will not get the better of him;
the wicked will not oppress him.
I will crush his foes before him
and strike down his adversaries.
My faithful love will be with him,
and through my name his horn will be exalted.
I will set his hand over the sea,
his right hand over the rivers.
He will call out to me, ‘You are my Father,
my God, the Rock my Saviour.’
And I will appoint him to be my firstborn,
the most exalted of the kings of the earth.
I will maintain my love to him forever,
and my covenant with him will never fail.
I will establish his line forever,
his throne as long as the heavens endure.
If his sons forsake my law
and do not follow my statutes,
if they violate my decrees
and fail to keep my commands,
I will punish their sin with the rod,
their iniquity with flogging;
but I will not take my love from him,
nor will I ever betray my faithfulness.
I will not violate my covenant
or alter what my lips have uttered.
Once for all, I have sworn by my holiness—
and I will not lie to David—



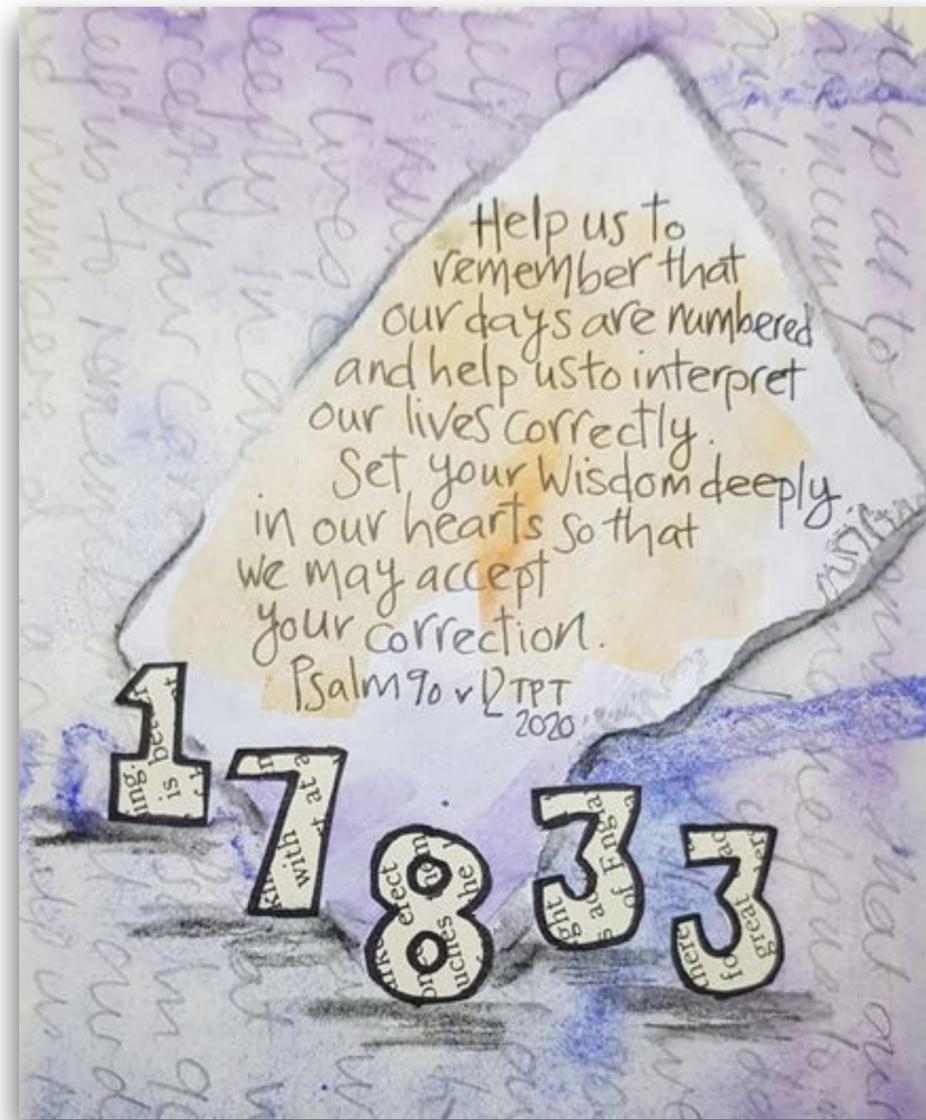
Happy Place by Sarah Bird, used with permission
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that his line will continue forever
and his throne endure before me like the sun;
it will be established forever like the moon,
the faithful witness in the sky.”
But you have rejected, you have spurned,
you have been very angry with your anointed one.
You have renounced the covenant with your servant
and have defiled his crown in the dust.
You have broken through all his walls
and reduced his strongholds to ruins.
All who pass by have plundered him;
he has become the scorn of his neighbours.
You have exalted the right hand of his foes;
you have made all his enemies rejoice.
Indeed, you have turned back the edge of his sword
and have not supported him in battle.
You have put an end to his splendour
and cast his throne to the ground.
You have cut short the days of his youth;
you have covered him with a mantle of shame.
How long, Lord? Will you hide yourself forever?
How long will your wrath burn like fire?
Remember how fleeting is my life.
For what futility you have created all humanity!
Who can live and not see death,
or who can escape the power of the grave?
Lord, where is your former great love,
which in your faithfulness you swore to David?
Remember, Lord, how your servant has been mocked,
how I bear in my heart the taunts of all the nations,
the taunts with which your enemies, Lord, have mocked,
with which they have mocked every step of your anointed one.
Praise be to the Lord forever!
Amen and Amen.

A sung version of Psalm 89 can be found [here](#)

Day 30: Psalm 90 (NIV)

Lord, you have been our dwelling place
throughout all generations.
Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.
You turn people back to dust,
saying, "Return to dust, you mortals."
A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Yet you sweep people away in the sleep of death—
they are like the new grass of the morning:
In the morning it springs up new,
but by evening it is dry and withered.
We are consumed by your anger
and terrified by your indignation.
You have set our iniquities before you,
our secret sins in the light of your presence.
All our days pass away under your wrath;
we finish our years with a moan.
have afflicted us,



Scripture Scribble by Deborah Gregg

Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.
If only we knew the power of your anger!
Your wrath is as great as the fear that is your due.

Teach us to number our days,
that we may gain a heart of wisdom.
Relent, Lord! How long will it be?
Have compassion on your servants.
Satisfy us in the morning with your unfailing love,
that we may sing for joy and be glad all our days.
Make us glad for as many days as you have afflicted us,
for as many years as we have seen trouble.
May your deeds be shown to your servants,
your splendour to their children.
May the favour of the Lord our God rest on us;
establish the work of our hands for us—
yes, establish the work of our hands

A sung version of Psalm 90 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 Kings Return sing **Ubi
Caritas et Amor, Deus ibi est** or congregational
version of **Lead me Lord**.

Footsteps in Prayer

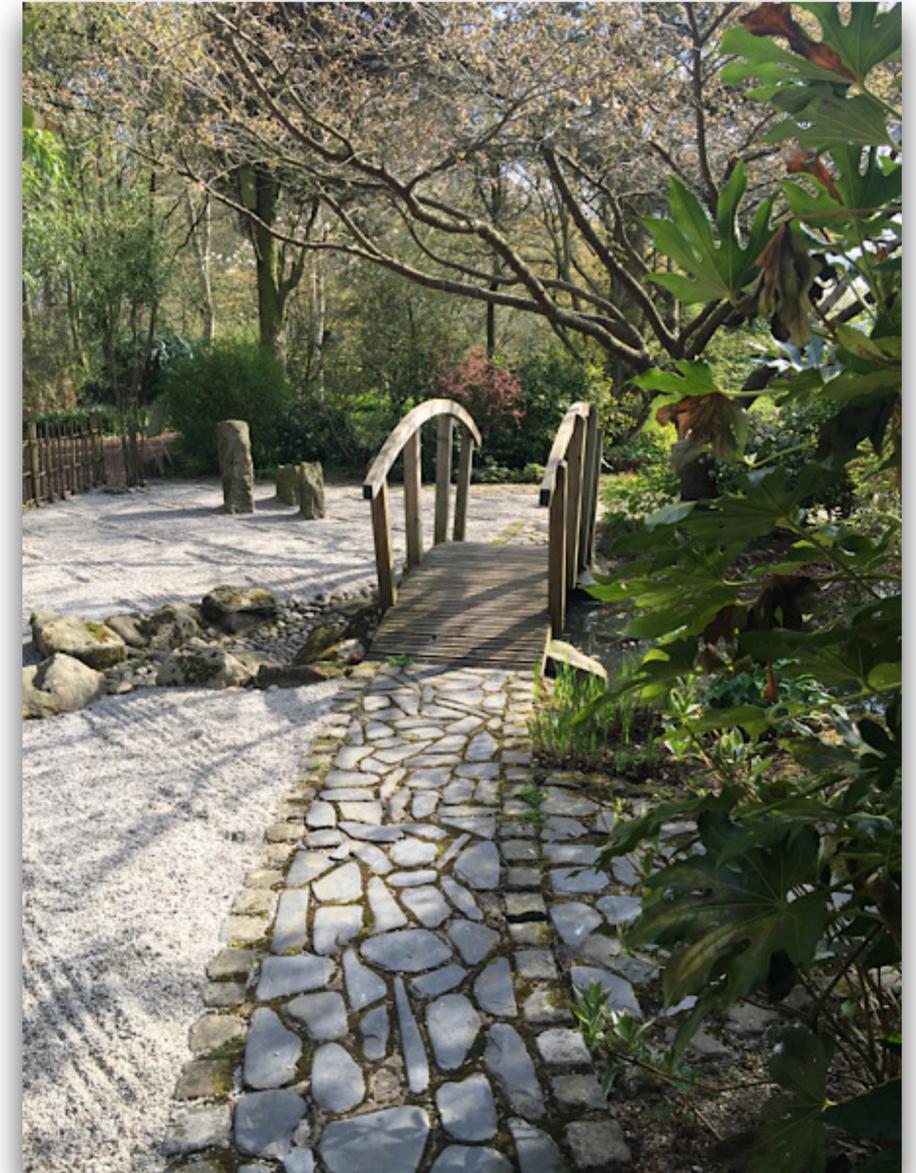
Praying the Psalms

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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.