

DAY 1 -- Psalm 4:

Answer me when I call to you,

O God who declares me innocent.

Free me from my troubles.

Have mercy on me and hear my prayer.

²How long will you people ruin my reputation?

How long will you make groundless accusations?

How long will you continue your lies?

³You can be sure of this:

The LORD set apart the godly for himself.

The LORD will answer when I call to him.

⁴Don't sin by letting anger control you.

Think about it overnight and remain silent.

⁵Offer sacrifices in the right spirit,

and trust the LORD.

⁶Many people say, "Who will show us better times?"

Let your face smile on us, LORD.

⁷You have given me greater joy

than those who have abundant harvests of grain and new wine.

⁸In peace I will lie down and sleep,

for you alone, O LORD, will keep me safe.

QUESTIONS:

How do you feel when the passage says, "...be sure of this, The Lord will answer when you call him" ? Do you believe that? Why or why not?

Do you feel like sometimes you let anger control you? (verse 4) What do you think about when it says to think about it overnight and letting it sit? Is that something you do when you're angry, stressed or scared?

This passage talks a lot about in a difficult time, stopping, lying down, and taking some space. If you are going through a difficult time, what are some things you can do to quiet your mind? How can you give space to God to help calm you down in those moments?

What is one word you are thinking of after reading this passage? What is one word that stands out?

DAY 2 -- Psalm 5:

- ¹ O LORD, hear me as I pray;
pay attention to my groaning.
- ² Listen to my cry for help, my King and my God,
for I pray to no one but you.
- ³ Listen to my voice in the morning, LORD.
Each morning I bring my requests to you and wait expectantly.
- ⁴ O God, you take no pleasure in wickedness;
you cannot tolerate the sins of the wicked.
- ⁵ Therefore, the proud may not stand in your presence,
for you hate all who do evil.
- ⁶ You will destroy those who tell lies.
The LORD detests murderers and deceivers.
- ⁷ Because of your unfailing love, I can enter your house;
I will worship at your Temple with deepest awe.
- ⁸ Lead me in the right path, O LORD,
or my enemies will conquer me.
Make your way plain for me to follow.
- ⁹ My enemies cannot speak a truthful word.
Their deepest desire is to destroy others.
Their talk is foul, like the stench from an open grave.
Their tongues are filled with flattery.^[a]
- ¹⁰ O God, declare them guilty.
Let them be caught in their own traps.
Drive them away because of their many sins,
for they have rebelled against you.
- ¹¹ But let all who take refuge in you rejoice;
let them sing joyful praises forever.
Spread your protection over them,
that all who love your name may be filled with joy.
- ¹² For you bless the godly, O LORD;
you surround them with your shield of love.

QUESTIONS:

In verse 3 it talks about bringing your prayers to the Lord in the morning (or at least, King David does this). Do you have that practice built in, where you communicate with God every day? If so, how is that helpful to you? If not, how **could** that be helpful

In verse 8 it talks about God leading us to the right path? Is there a time in your life where you feel like God led you onto the right pathway? Describe that experience.

In verse 11, David asks God to spread His protection over His people (us!) and that we may be filled with joy! Let's talk about joy:

- a. What do you think the difference is between happiness and joy?

- b. What bring you joy? How is different than just what makes you happy?

DAY 3 -- Psalm 6:

- ¹O LORD, don't rebuke me in your anger
or discipline me in your rage.
- ²Have compassion on me, LORD, for I am weak.
Heal me, LORD, for my bones are in agony.
- ³I am sick at heart.
How long, O LORD, until you restore me?
- ⁴Return, O LORD, and rescue me.
Save me because of your unfailing love.
- ⁵For the dead do not remember you.
Who can praise you from the grave?^[b]
- ⁶I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears.
- ⁷My vision is blurred by grief;
my eyes are worn out because of all my enemies.
- ⁸Go away, all you who do evil,
for the LORD has heard my weeping.
- ⁹The LORD has heard my plea;
the LORD will answer my prayer.
- ¹⁰May all my enemies be disgraced and terrified.
May they suddenly turn back in shame.

QUESTIONS:

Do you ever feel worn out? What are the ways you are feeling worn out lately?

What do you do when you feel worn out?

Do you feel like you turn to God in these moments when you feel worn out?

DAY 4 -- Psalm 7: 1 - 9

¹I come to you for protection, O LORD my God.

Save me from my persecutors—rescue me!

²If you don't, they will maul me like a lion,

tearing me to pieces with no one to rescue me.

³O LORD my God, if I have done wrong

or am guilty of injustice,

⁴if I have betrayed a friend

or plundered my enemy without cause,

⁵then let my enemies capture me.

Let them trample me into the ground

and drag my honor in the dust.

⁶Arise, O LORD, in anger!

Stand up against the fury of my enemies!

Wake up, my God, and bring justice!

⁷Gather the nations before you.

Rule over them from on high.

⁸ The LORD judges the nations.

Declare me righteous, O LORD,

for I am innocent, O Most High!

⁹End the evil of those who are wicked,

and defend the righteous.

For you look deep within the mind and heart,

O righteous God.

QUESTIONS:

How do you feel when the Bible talks about God getting angry? Do you think there are different types of anger?

What do you think the passage means what it says “you look deep withing the mind are heart”? What does this say about God?

What are some things that are hurting you right now? Where do you feel like you need God’s protection?

This passage talks a lot about asking for God’s protection but also repenting for messy stuff between us and God. Do you feel like there is anything between you and God right now?

DAY 5 -- Psalm 7: 10-17

- ¹⁰ God is my shield,
saving those whose hearts are true and right.
- ¹¹ God is an honest judge.
He is angry with the wicked every day.
- ¹² If a person does not repent,
God will sharpen his sword;
he will bend and string his bow.
- ¹³ He will prepare his deadly weapons
and shoot his flaming arrows.
- ¹⁴ The wicked conceive evil;
they are pregnant with trouble
and give birth to lies.
- ¹⁵ They dig a deep pit to trap others,
then fall into it themselves.
- ¹⁶ The trouble they make for others backfires on them.
The violence they plan falls on their own heads.
- ¹⁷ I will thank the LORD because he is just;
I will sing praise to the name of the LORD Most High.

QUESTIONS:

What word in this passage makes you feel comforted? Or encouraged?

This passage talks a lot about “the wicked” and what will come to them, kind of scary! Is there any part of this passage that makes you uncomfortable, or confused?

What does justice mean to you? How do you think God is Just? How might God's justice look different than our version of justice?

DAY 6 -- Psalm 8

¹O LORD, our Lord, your majestic name fills the earth!

Your glory is higher than the heavens.

²You have taught children and infants

to tell of your strength,

silencing your enemies

and all who oppose you.

³When I look at the night sky and see the work of your fingers—

the moon and the stars you set in place—

⁴what are mere mortals that you should think about them,

human beings that you should care for them?^[c]

⁵Yet you made them only a little lower than God^[d]

and crowned them^[e] with glory and honor.

⁶You gave them charge of everything you made,

putting all things under their authority—

⁷the flocks and the herds

and all the wild animals,

⁸the birds in the sky, the fish in the sea,

and everything that swims the ocean currents.

⁹O LORD, our Lord, your majestic name fills the earth!

QUESTIONS:

The passage talks about seeing God's work in the night sky... what are some other ways you can see God's work? Maybe some examples in nature?

How do you feel knowing God gave us humans so much power and honor? What do you think we should do with all this God-given power and honor?

What can you do today to care for God's creation and people?

DAY 7: CATCH UP AND REFLECTION!

Today, take the day to catch up on any days you may have missed! And, process through what you have learned with the activity below!

1. Look back through your answers and notes: what is something that sticks out to you or surprised you? Why do you think it sticks out?

2. What is something that you have learned about God?

3. Take the space below to write out a prayer--- leave yourself open to just write or draw that prayer. Let God lead the prayer with you and see where your mind goes!

DAY 8 -- Psalm 9: 1-10

- ¹ I will praise you, LORD, with all my heart;
I will tell of all the marvelous things you have done.
- ² I will be filled with joy because of you.
I will sing praises to your name, O Most High.
- ³ My enemies retreated;
they staggered and died when you appeared.
- ⁴ For you have judged in my favor;
from your throne you have judged with fairness.
- ⁵ You have rebuked the nations and destroyed the wicked;
you have erased their names forever.
- ⁶ The enemy is finished, in endless ruins;
the cities you uprooted are now forgotten.
- ⁷ But the LORD reigns forever,
executing judgment from his throne.
- ⁸ He will judge the world with justice
and rule the nations with fairness.
- ⁹ The LORD is a shelter for the oppressed,
a refuge in times of trouble.
- ¹⁰ Those who know your name trust in you,
for you, O LORD, do not abandon those who search for you.

QUESTIONS:

What are some of the ways we can praise God? How do you praise God?

Do you feel like it is easy or hard to praise Him in bad times? What about good times?

What do you think the passage means when it states “the Lord is shelter for the oppressed?” How does relationship with God offer us protection and shelter?

The passage states “those who know your name trust in you”... do you feel lie you trust God? In what areas do you feel like you need to trust him more?

DAY 9 -- Psalm 9: 11 - 20

- ¹¹ Sing praises to the LORD who reigns in Jerusalem.^[a]
Tell the world about his unforgettable deeds.
- ¹² For he who avenges murder cares for the helpless.
He does not ignore the cries of those who suffer.
- ¹³ LORD, have mercy on me.
See how my enemies torment me.
Snatch me back from the jaws of death.
- ¹⁴ Save me so I can praise you publicly at Jerusalem's gates,
so I can rejoice that you have rescued me.
- ¹⁵ The nations have fallen into the pit they dug for others.
Their own feet have been caught in the trap they set.
- ¹⁶ The LORD is known for his justice.
The wicked are trapped by their own deeds. *Quiet Interlude*^[b]
- ¹⁷ The wicked will go down to the grave.^[c]
This is the fate of all the nations who ignore God.
- ¹⁸ But the needy will not be ignored forever;
the hopes of the poor will not always be crushed.
- ¹⁹ Arise, O LORD!
Do not let mere mortals defy you!
Judge the nations!
- ²⁰ Make them tremble in fear, O LORD.
Let the nations know they are merely human.

QUESTIONS:

This passage talks about how God is both just and kind... what are some examples of each that the passage uses?

The passage talks about praising God publicly, why do you think that is important?

What do you think the passage means when it says the “needy will not be ignored forever” – how do you think the Lord will care for and redeem the needy?

Do you feel like you are in need right now? In what ways does God need to take care of you right now?

DAY 10 -- Psalm 11

¹I trust in the LORD for protection.

So why do you say to me,

“Fly like a bird to the mountains for safety!

²The wicked are stringing their bows

and fitting their arrows on the bowstrings.

They shoot from the shadows

at those whose hearts are right.

³The foundations of law and order have collapsed.

What can the righteous do?”

⁴But the LORD is in his holy Temple;

the LORD still rules from heaven.

He watches everyone closely,

examining every person on earth.

⁵The LORD examines both the righteous and the wicked.

He hates those who love violence.

⁶He will rain down blazing coals and burning sulfur on the wicked,

punishing them with scorching winds.

⁷For the righteous LORD loves justice.

The virtuous will see his face.

QUESTIONS:

How does God offer us protection? Physically? Mentally? Emotionally?

Do you trust God for your protection? In what areas of your life do you struggle to trust him?

This passage talks a lot of about those who don't trust the Lord taking matters into their own hands and creating violence. What is an example of a difficult situation in your life where you were too scared to trust the Lord so you tried to control it and solve it without him? How did it turn out?

DAY 11 -- Psalm 15

¹Who may worship in your sanctuary, LORD?

Who may enter your presence on your holy hill?

²Those who lead blameless lives and do what is right,
speaking the truth from sincere hearts.

³Those who refuse to gossip
or harm their neighbors
or speak evil of their friends.

⁴Those who despise flagrant sinners,
and honor the faithful followers of the LORD,
and keep their promises even when it hurts.

⁵Those who lend money without charging interest,
and who cannot be bribed to lie about the innocent.

Such people will stand firm forever.

QUESTIONS:

Why do you think David asks the question of who can worship the Lord? What do you think would be God's answer? (hint: some clues are later in the passage) Why?

Look over some of the descriptions of righteous people—there are 10 of them! (Examples are: those who don't gossip, or those who don't harm their neighbors, those who keep their promises) Which one of these do you struggle with the most?

Why do you think God thinks gossiping is so harmful? How has gossiping hurt you?

Why is it important to God that we keep our promises? Do you think God breaks His promises? What are some promises God has made to us?

DAY 12 -- Psalm 16

- ¹ Keep me safe, O God,
for I have come to you for refuge.
- ² I said to the LORD, "You are my Master!
Every good thing I have comes from you."
- ³ The godly people in the land
are my true heroes!
I take pleasure in them!
- ⁴ Troubles multiply for those who chase after other gods.
I will not take part in their sacrifices of blood
or even speak the names of their gods.
- ⁵ LORD, you alone are my inheritance, my cup of blessing.
You guard all that is mine.
- ⁶ The land you have given me is a pleasant land.
What a wonderful inheritance!
- ⁷ I will bless the LORD who guides me;
even at night my heart instructs me.
- ⁸ I know the LORD is always with me.
I will not be shaken, for he is right beside me.
- ⁹ No wonder my heart is glad, and I rejoice.^[b]
My body rests in safety.
- ¹⁰ For you will not leave my soul among the dead^[c]
or allow your holy one^[d] to rot in the grave.
- ¹¹ You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.

QUESTIONS:

This passage mentions godly people as heroes! Who are some people in your life you would consider heroes?

What do you think the writer means when he says “troubles multiply for those who chase after other gods”? How do you think that relates to us even as Christians?

What are some other “gods” we might accidently worship, even if we are not thinking of them as gods? What are some thing we worship more than God?

Look at verse 11—how do you think God will show us the way of life?

DAY 13 -- Psalm 18: 1 - 6

¹I love you, LORD;

you are my strength.

²The LORD is my rock, my fortress, and my savior;

my God is my rock, in whom I find protection.

He is my shield, the power that saves me,

and my place of safety.

³I called on the LORD, who is worthy of praise,

and he saved me from my enemies.

⁴The ropes of death entangled me;

floods of destruction swept over me.

⁵The grave^[a] wrapped its ropes around me;

death laid a trap in my path.

⁶But in my distress I cried out to the LORD;

yes, I prayed to my God for help.

He heard me from his sanctuary;

my cry to him reached his ears.

QUESTIONS:

How do you receive strength and encouragement from the Lord?

Do you feel like God is your rock right now? Is anything weighing heavy on your heart? If so, take a minute and write out a prayer to God to release it some!

Look at verse 6 again, do you tend to pray to God or not pray when you are stressed? What is the first thing you do when you are stressed (be honest!) Is that helpful or not helpful?

How could you connect with God more when you are stressed?

DAY 14: CATCH UP AND REFLECTION!

Today, take the day to catch up on any days you may have missed! And, process through what you have learned with the activity below!

1. Look back through your answers and notes: what is something that sticks out to you or surprised you? Why do you think it sticks out?

2. What is something that you have learned about God?

3. Take the space below to write out a prayer--- leave yourself open to just write or draw that prayer. Let God lead the prayer with you and see where your mind goes!

DAY 15 -- Psalm 18: 16-20, 28-9

¹⁶He reached down from heaven and rescued me;
he drew me out of deep waters.

¹⁷He rescued me from my powerful enemies,
from those who hated me and were too strong for me.

¹⁸They attacked me at a moment when I was in distress,
but the LORD supported me.

¹⁹He led me to a place of safety;
he rescued me because he delights in me.

²⁰The LORD rewarded me for doing right;
he restored me because of my innocence.

²⁸You light a lamp for me.
The LORD, my God, lights up my darkness.

²⁹In your strength I can crush an army;
with my God I can scale any wall.

QUESTIONS:

What is your ideal place of safety? What does it look like? Can you describe it?

When it talks about the Lord rewarding us for doing right, what do you think that means? How might God “reward” us? How does it maybe look different than human rewards we are used to seeing?

Do you have an example of when God “lit a lamp for you”? What dark places has God lit up for you in your life? What dark place are you still struggling with that you need God to light up? Have you invited him into it?

DAY 16 -- Psalm 18: 30 - 36

³⁰ God's way is perfect.

All the LORD's promises prove true.

He is a shield for all who look to him for protection.

³¹ For who is God except the LORD?

Who but our God is a solid rock?

³² God arms me with strength,

and he makes my way perfect.

³³ He makes me as surefooted as a deer,

enabling me to stand on mountain heights.

³⁴ He trains my hands for battle;

he strengthens my arm to draw a bronze bow.

³⁵ You have given me your shield of victory.

Your right hand supports me;

your help has made me great.

³⁶ You have made a wide path for my feet

to keep them from slipping.

QUESTIONS:

Do you feel like God's way is perfect? What does perfection look like for you? Do you think God has the same definition?

The passage talks about how God has equipped us with a shield and other strengths... What are some skills and strengths that God has given you? How have you used your strengths in your life?

How have you used the skills God has given you for other people?

In the passage it talks about how as we use our strengths, God supports us (verse 35) – how do you feel supported by God? Can you think of an example of a time where God helped you use your skills to do good?

DAY 17 -- Psalm 19: 1 - 6

¹The heavens proclaim the glory of God.

The skies display his craftsmanship.

²Day after day they continue to speak;
night after night they make him known.

³They speak without a sound or word;
their voice is never heard.^[a]

⁴Yet their message has gone throughout the earth,
and their words to all the world.

God has made a home in the heavens for the sun.

⁵It bursts forth like a radiant bridegroom after his wedding.
It rejoices like a great athlete eager to run the race.

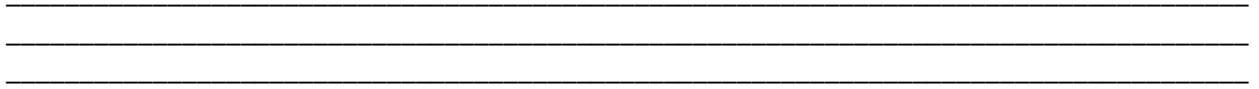
⁶The sun rises at one end of the heavens
and follows its course to the other end.
Nothing can hide from its heat.

QUESTIONS:

How does the natural world around us point to God? How do you see God in the world around you or nature?

The verse talks a lot about the sun, why do you think that is? The sun, this huge, massive, super important thing in the universe—it praises and has connection to God—what does that say about God?

If God has such connection and care for the sun and our natural world, what do you think that says about us? How much do you think He loves us?



DAY 18 -- Psalm 19: 7 - 10

⁷The instructions of the LORD are perfect,
reviving the soul.

The decrees of the LORD are trustworthy,
making wise the simple.

⁸The commandments of the LORD are right,
bringing joy to the heart.

The commands of the LORD are clear,
giving insight for living.

⁹Reverence for the LORD is pure,
lasting forever.

The laws of the LORD are true;
each one is fair.

¹⁰They are more desirable than gold,
even the finest gold.

They are sweeter than honey,
even honey dripping from the comb.

QUESTIONS:

Do you think the instructions of the Lord are perfect? What do you think the passage means when it says that His instructions revive the soul?

Be real, is it easy or hard to keep God's commandments? Which ones are easy to keep? Which ones are hard?

The passage compares God's commands to being more valuable than gold – why do you think that is?

What is the difference between God's commandments and "rules"?

DAY 19 -- Psalm 20

¹In times of trouble, may the LORD answer your cry.

May the name of the God of Jacob keep you safe from all harm.

²May he send you help from his sanctuary

and strengthen you from Jerusalem.^[a]

³May he remember all your gifts

and look favorably on your burnt offerings.

⁴May he grant your heart's desires

and make all your plans succeed.

⁵May we shout for joy when we hear of your victory

and raise a victory banner in the name of our God.

May the LORD answer all your prayers.

⁶Now I know that the LORD rescues his anointed king.

He will answer him from his holy heaven

and rescue him by his great power.

⁷Some nations boast of their chariots and horses,

but we boast in the name of the LORD our God.

⁸Those nations will fall down and collapse,

but we will rise up and stand firm.

⁹Give victory to our king, O LORD!

Answer our cry for help.

QUESTIONS:

Who is Jacob? Can you do some of your own research to learn what "God of Jacob" means?

What are some of your heart's desires? How are those different than just 'things you want'?

Verse 7 talks about a successful nation (for instance) is one that is proud of their connection to God....
Do you think you are proud of your faith? Is it easy or hard for you to talk about your faith or God? Why is that?

What are some ways you can creatively talk more openly about your faith?

DAY 20 -- Psalm 22: 1 - 8

¹ My God, my God, why have you abandoned me?

Why are you so far away when I groan for help?

² Every day I call to you, my God, but you do not answer.

Every night I lift my voice, but I find no relief.

³ Yet you are holy,

enthroned on the praises of Israel.

⁴ Our ancestors trusted in you,

and you rescued them.

⁵ They cried out to you and were saved.

They trusted in you and were never disgraced.

⁶ But I am a worm and not a man.

I am scorned and despised by all!

⁷ Everyone who sees me mocks me.

They sneer and shake their heads, saying,

⁸ "Is this the one who relies on the LORD?

Then let the LORD save him!

If the LORD loves him so much,

let the LORD rescue him!"

QUESTIONS:

Have you ever felt abandoned by God? What was that time? What was it like?

David, who wrote this passage, was a very very Godly man, and yet he is very sad and confused by God in this passage... do you think you can be a Christian and still struggle with stress, anxiety, and doubt? How do you think you can process those moments with God, even when you are mad at Him?

Have you ever felt mocked or made fun of? Write down a few words of how you felt in those moments?
Do you think God thinks these are true of you?

Now write down some words you think God would use to describe you....

DAY 21: CATCH UP AND REFLECTION!

Today, take the day to catch up on any days you may have missed! And, process through what you have learned with the activity below!

1. Look back through your answers and notes: what is something that sticks out to you or surprised you? Why do you think it sticks out?

2. What is something that you have learned about God?

3. Take the space below to write out a prayer--- leave yourself open to just write or draw that prayer. Let God lead the prayer with you and see where your mind goes!

DAY 22 -- Psalm 22: 25 - 31

- 25 I will praise you in the great assembly.
I will fulfill my vows in the presence of those who worship you.
- 26 The poor will eat and be satisfied.
All who seek the LORD will praise him.
Their hearts will rejoice with everlasting joy.
- 27 The whole earth will acknowledge the LORD and return to him.
All the families of the nations will bow down before him.
- 28 For royal power belongs to the LORD.
He rules all the nations.
- 29 Let the rich of the earth feast and worship.
Bow before him, all who are mortal,
all whose lives will end as dust.
- 30 Our children will also serve him.
Future generations will hear about the wonders of the Lord.
- 31 His righteous acts will be told to those not yet born.
They will hear about everything he has done.

QUESTIONS:

What do you think it means when the author proclaims he will praise God in the “great assembly”? (feel free to search it!) What would that look like in our modern times?

In verse 27 it talks about how one day the whole earth will acknowledge God. When do you think that will happen? Or, what will it look like do you think?

Verse 28 talks about how God rules the nations—does it feel like that? How could God still be in control even when things are crazy in the world?

The passage talks about the next generation will know God— what role do we play in making sure the next generation still is connected to God? What should we do now?

DAY 23 -- Psalm 24

- ¹The earth is the LORD's, and everything in it.
The world and all its people belong to him.
- ²For he laid the earth's foundation on the seas
and built it on the ocean depths.
- ³Who may climb the mountain of the LORD?
Who may stand in his holy place?
- ⁴Only those whose hands and hearts are pure,
who do not worship idols
and never tell lies.
- ⁵They will receive the LORD's blessing
and have a right relationship with God their savior.
- ⁶Such people may seek you
and worship in your presence, O God of Jacob.
- ⁷Open up, ancient gates!
Open up, ancient doors,
and let the King of glory enter.
- ⁸Who is the King of glory?
The LORD, strong and mighty;
the LORD, invincible in battle.
- ⁹Open up, ancient gates!
Open up, ancient doors,
and let the King of glory enter.
- ¹⁰Who is the King of glory?
The LORD of Heaven's Armies—
he is the King of glory.

QUESTIONS:

Verse 4 talks about idols... what are idols in your own words? What are some idols we sometimes we worship in our culture?

Verse 5 talks about having right relationship with God – what are some things that create a “right relationship” with God?

Do you feel like God and you are on the same page? What are some things that are going well in your relationship? What are some things you need to focus on more with Him?

Circle all the words that describe God—which one sticks out to you? Why?

DAY 24 -- Psalm 25

¹O LORD, I give my life to you.

² I trust in you, my God!

Do not let me be disgraced,

or let my enemies rejoice in my defeat.

³No one who trusts in you will ever be disgraced,

but disgrace comes to those who try to deceive others.

⁴Show me the right path, O LORD;

point out the road for me to follow.

⁵Lead me by your truth and teach me,

for you are the God who saves me.

All day long I put my hope in you.

⁶Remember, O LORD, your compassion and unfailing love,

which you have shown from long ages past.

⁷Do not remember the rebellious sins of my youth.

Remember me in the light of your unfailing love,

for you are merciful, O LORD.

⁸The LORD is good and does what is right;

he shows the proper path to those who go astray.

⁹He leads the humble in doing right,

teaching them his way.

¹⁰The LORD leads with unfailing love and faithfulness

all who keep his covenant and obey his demands.

QUESTIONS:

This passage again talks a lot about trusting God. What is one thing you need to trust God with more?

Verse 5 states that all day long we should put our hope in God... but praying all day sounds hard! What are some different things you could do throughout the day that could connect you back to God and help

give you hope?

This passage talks a lot about how God shows us the proper path – what do you think it’s like when we are NOT on God’s path? What does it look like and feel like when we ARE on God’s perfect path? Do have examples of either?

What does it mean for love to be unfailing?

DAY 25 -- Psalm 27

¹The LORD is my light and my salvation—
so why should I be afraid?

The LORD is my fortress, protecting me from danger,
so why should I tremble?

²When evil people come to devour me,
when my enemies and foes attack me,
they will stumble and fall.

³Though a mighty army surrounds me,
my heart will not be afraid.

Even if I am attacked,
I will remain confident.

⁴The one thing I ask of the LORD—
the thing I seek most—

is to live in the house of the LORD all the days of my life,
delighting in the LORD's perfections
and meditating in his Temple.

⁵For he will conceal me there when troubles come;
he will hide me in his sanctuary.
He will place me out of reach on a high rock.

⁶Then I will hold my head high
above my enemies who surround me.

At his sanctuary I will offer sacrifices with shouts of joy,
singing and praising the LORD with music.

QUESTIONS:

FEAR! Let's talk about it—what is scaring you right now? Do you feel like God is present in that fear?
Why or why not?

What does it mean for God to be our fortress? What does that word mean in your own words? How does God act like our fortress?

In verse 3 it talks about “even if I am attacked I will remain confident” -- when things get really hard, what happens to your confidence? How do you think you can get confidence from God?

The author prioritizes his time and relationship with God as the most important thing—how do you need to prioritize God more in your life? What will that require?

Day 26 -- Psalm 29

- ¹ Honor the LORD, you heavenly beings^[a];
honor the LORD for his glory and strength.
- ² Honor the LORD for the glory of his name.
Worship the LORD in the splendor of his holiness.
- ³ The voice of the LORD echoes above the sea.
The God of glory thunders.
The LORD thunders over the mighty sea.
- ⁴ The voice of the LORD is powerful;
the voice of the LORD is majestic.
- ⁵ The voice of the LORD splits the mighty cedars;
the LORD shatters the cedars of Lebanon.
- ⁶ He makes Lebanon's mountains skip like a calf;
he makes Mount Hermon^[b] leap like a young wild ox.
- ⁷ The voice of the LORD strikes
with bolts of lightning.
- ⁸ The voice of the LORD makes the barren wilderness quake;
the LORD shakes the wilderness of Kadesh.
- ⁹ The voice of the LORD twists mighty oaks^[c]
and strips the forests bare.
- In his Temple everyone shouts, "Glory!"
- ¹⁰ The LORD rules over the floodwaters.
The LORD reigns as king forever.
- ¹¹ The LORD gives his people strength.
The LORD blesses them with peace.

QUESTIONS:

Circle all the places or words you didn't know—Look up and learn about one of them or more!

This passage talks a lot about the voice of the Lord – do you think people hear the voice of the Lord? Have you? Do you think you can hear from God without it being an actual sound?

Write out in your own words what the word GLORY means? How do we give God glory? What does it look like?

How can God bring you peace right now? What would that look like?

Day 27 -- Psalm 30: 1 - 5

¹ I will exalt you, LORD, for you rescued me.

You refused to let my enemies triumph over me.

² O LORD my God, I cried to you for help,

and you restored my health.

³ You brought me up from the grave,^[a] O LORD.

You kept me from falling into the pit of death.

⁴ Sing to the LORD, all you godly ones!

Praise his holy name.

⁵ For his anger lasts only a moment,

but his favor lasts a lifetime!

Weeping may last through the night,

but joy comes with the morning.

QUESTIONS:

What does the word "exalt" mean? Look it up and learn about it! How does that relate to God?

This passage talks about singing to God; often this looks like singing worship. How do you sing to God? Why do you think it is important to sing to God?

Take a minute, and if you can, bring up a worship song of your choice and just spend some time worshipping God!

Read the last two lines again, what do you think it means that weeping only lasts one night but joy lasts forever? What do you think is the larger point the author is trying to make?

DAY 28 - CATCH UP AND REFLECTION!

Today, take the day to catch up on any days you may have missed! And, process through what you have learned with the activity below!

- 1. Look back through your answers and notes: what is something that sticks out to you or surprised you? Why do you think it sticks out?**

- 2. What is something that you have learned about God?**

- 3. Take the space below to write out a prayer--- leave yourself open to just write or draw that prayer. Let God lead the prayer with you and see where your mind goes!**
