

PRAYING THE
PSALMS

A 21 DAY
PRAYER
JOURNEY



21 DAY PRAYER JOURNEY

Welcome to the First McKinney Prayer & Fasting Guide. Over the next 21 days, we invite you to grow with us as we pray the Psalms. We will grow deeper in our relationship with God, deeper in our pursuit of godly wisdom, and deeper in our commitment to corporate unity as a faith family. These are exciting times in the life of our church as we celebrate all that God has done and all that He is going to do! We invite you to journey with us together, as we grow deeper together!

3 WAYS TO JOIN US IN PRAYING THE PSALMS

1) PRAYER DEVOTIONAL GUIDE

To unite us in prayer each day during the week, we have created this 21 Day Prayer Guide to help guide you through praying the Psalms each day. We have also loaded all of these devotions as well as other resources online at www.21dayprayer.com.

2) DANIEL FAST

We encourage you to participate in the Daniel fast for the next 21 days. The fast is based on the fasting experiences of the prophet Daniel along with standard Jewish fasting principles. The Daniel Fast is a partial fast, meaning that some foods are permitted and others are restricted. The fast is typically followed for 21 consecutive days. It is like a vegan eating plan with more restrictions and the only beverage on the fast is water. There is more information at the back of this guide or online at www.21dayprayer.com.

3) WORSHIP EXPERIENCES

Gather with us each week for a time of focused prayer as well as teaching on the Psalms. Each Sunday will feature a rich time of both prayer and worship as we celebrate where we have been and look forward to where God is leading us through prayer.

HOW TO USE THIS BOOK

HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time. The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective and enjoyable. To make your prayer time even more meaningful, you can write notes or prayer requests or play worship music. The important step is committing to regularly enter God's presence through prayer. While prayer requires discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. MARK 1:35 (NIV)

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God— whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer". This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

WHAT IS S.O.S.?

As you work through the devotional guide each day, you will notice an “S.O.S.” section. It is a very simple tool that can be used to establish a strong discipleship pattern. For the next 21 days we would like you to use it as you pray the Psalms. Following the 21-day journey we encourage you to implement it as a daily time with God. To begin, read a passage of scripture, highlight what the Holy Spirit points out to you, and then write out your personal S.O.S.:

1. **S** – God, what are you **SAYING** to me? Write the verse in your own words.
2. **O** – God, how do you want me to **OBEY**? Is there a command to obey? Is there an example to follow? Be specific in an application step that others can hold you accountable to.
3. **S** – God, who do you want me to **SHARE** this with? Who in your life can you share what God is teaching you as you seek to live and love like Jesus? “God taught me something today...”

Our goal is that our church and community would be changed over the next 21 days as we come together and humble ourselves before God. If you miss a day or start late, we encourage you to keep moving forward and be encouraged there are others on this same journey. Please feel free to share this devotion with others. The devotions and resources are also available online at www.21dayprayer.com

Psalm 1

READ

PSALM 1

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 1 by Sam Holm

My parents spent time alone with God. I remember watching them read their Bibles and pray. When Jesus became my Savior and Lord, I tried different things for my personal devotional. In my 20's, I asked a man I respected what he did for his quiet time. He eagerly took out his journal. Each page showed how he was prayerfully hearing from God through a Bible reading plan and intentionally asking God to show him a specific step of obedience each day. This continues to shape my time with God.

Prayer for today's time

God, thank you for loving me so much that you sent Jesus to rescue me. I want to follow you as a disciple. Help me to hear what you are saying as I read. Show me, specifically, how I can obey you today. Prompt in my mind someone with whom I can share what you share with me.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Sam's Example: Psalm 1:2 (ESV): but his delight is in the law of the LORD, and on his law he meditates day and night.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Sam's Example: Psalm 1:2: Helse finds pleasure in God's Word, and in the Bible helse marinates their life in the morning and evening.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Sam's Example: I will put a 6:00 am devotional time on my calendar every morning for the next three weeks.

Your turn: _____

SHARE

Who do you want me to share this with?

Sam's Example: The person I will be meeting for lunch today.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Sam's Example: Heavenly Father, I do not want to be a man that walks listening to the advice of wicked sinners. I desire to delight more in Your Word. I long to marinate my life in scripture both during the day and during the night. Will you increase this longing for prayerful time listening to Your Word? Will you show me how to have more intentional time with you? Thank you, Father. In Jesus' name I pray. Amen.

Psalm 5

READ

PSALM 5

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 5 by Grayson Kelly

Do you remember the feeling you had after taking a test in school? You either had complete confidence because you studied and knew the material, or you were anxious because you had no idea how it turned out. You had heard the answers before in class, but you couldn't remember exactly what your professor said. I have been on the latter end more times than I'd like to admit. I am guilty of having that same attitude towards prayer. Throwing up my woes to God saying, "Amen." Then immediately still filled with anxiety, standing saying, "Now what am I going to do?" Instead of waiting for our loving Father to provide I will decide to take the matter into my hands. Have you done this?

Prayer for today's time

Dad thank you that even though you are King over all creation, you call me child. When I come to you You bend over to hear me, listening intently with the care of a perfect father, knowing the answer to my cry. Teach me to wait expectantly on you.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Grayson's Example: Psalm 5:3 (NIV) In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Grayson's Example: Psalm 5:3 God answers prayer so I should not pray just to say amen with no change. I should pray without ceasing expecting his provision.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Grayson's Example: I will not say Amen as a punctuation mark on my conversation with God. Instead my Amen will mean "I have faith and I trust you."

Your turn: _____

SHARE

Who do you want me to share this with?

Grayson's Example: My friend that I only see three times a year, whose wife has left him.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Grayson's Example: Dad, hear my cry for help. When I come to you, remind me that you hear my voice. Thank you that you are such a caring King and that I get to come to you with my troubles. When I pray to you, help me wait in expectation for your answer. My God in you I find my refuge. In Jesus' Name, Amen.

Psalm 8

READ

PSALM 8

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 8 by Donna Kilgo

Did you know that Psalm 8 is on the moon? The Apollo 11 moon mission in 1969 delivered messages from the heads of state engraved on a silicon disk about the size of a fifty-cent piece. On that disk was Psalm 8:3. Have you, like me gazed with awe and wonder at the stars at night and felt astonished at the greatness of a God who could create such things with His fingers? It leads me to ponder what is man in the sight of a God who could make a universe like this. Psalm 8 describes how the creator of the universe feels about you and me.

Prayer for today's time

Father, I am in awe and wonder at what you have created. I am reminded that I was created for a divine purpose: to be the expression of you to those I encounter, the means by which the invisible God would be made visible to His creations. Lord help me daily to live in a way that brings you glory and honor as you live in and through me.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Donna's Example: Psalm 8:3-4 (ESV) - When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Donna's Example: Psalm 8:3-4 The same God who created the heavens and the earth created me. God sees me because of who I am in Christ and because of that as someone of great value. I was created for a purpose. God has a plan for my life.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Today, if I've listened to the lie that I'm worthless or not good enough, I'll decide to see myself differently. I was created by the God of creation. I choose to no longer look at my shortcomings, faults and fears. Instead, I choose to look to Jesus for my value as I see myself through God's eyes. He has crowned me with glory and honor and I am important to God's plan.

Your turn: _____

SHARE

Who do you want me to share this with?

Donna's Example: I will share this with my husband, and ask for accountability to take any negative thoughts captive and remember how God views me.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Donna's Example: Father I praise you that you set the moon and stars in place with the touch of your fingers. Dear God, help me to see with your eyes, to not settle for less than God's best. Help me live today in a way that fulfills your purpose for me to live and love like Jesus and bring you honor and glory. Today may whatever I do, in word or deed, be done in the name of Jesus, giving thanks to God the Father. In Jesus' name I pray, Amen.

Psalm 19

READ

PSALM 19

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 19 by Leroy R. Armstrong, Jr.

Psalm 19:11 promises that in keeping (obeying) God's Word there is great reward! With full knowledge of this great promise from our faithful God, unfortunately there have been too many times when I have willfully disobeyed God, incurring His loving discipline as a result. Can you identify with my experience? Is there any hope or help for us to avoid these occasions? Yes, there is! The Psalmist begins by reminding us God speaks without saying a word (vs. 1-6), then offers several benefits of God's Word (vs. 7-11) and ends with a powerful prayer we can use, including praying 'against' ourselves yet 'for' ourselves (vs. 12-14).

Prayer for today's time

Dear God, my heavenly Father, thank you that because of my faith in the finished work of Jesus Christ you have justified me, forgiven all my sins, given me positional holiness and adopted me into your royal family. Will you please help me see afresh how great you are, how beneficial your Word is and be encouraged to pray with a sincere heart, asking for your gracious help in my pursuit of practical holiness?

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Leroy's Example: Psalm 19:13 (NASB): Also keep back your servant from presumptuous sins; Let them not rule over me: Then I will be blameless, And I shall be acquitted of great transgression.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words..

Leroy's Example: Psalm 19:13: This verse is a prayer 'against' me yet 'for' me. In addition to hiding God's Word in my heart (Psalm 119:11), David offers a prayer to God which can keep me from willful / deliberate / presumptuous sins which will control / rule / dominate me if I submit to them. As I rely on God's gracious help, I will be blameless (not perfect) in my desire to experience practical holiness in life.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Leroy's Example: Since even as a Christian who desires to faithfully follow Jesus, I have the capacity to commit willful sins, I will remember to pray to God, asking him to keep me from willful / deliberate / presumptuous sins.

Your turn: _____

SHARE

Who do you want me to share this with?

Leroy's Example: I will share this with my wife Genena, asking her to join me in praying this prayer for me / us.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/ keep His Word.

Leroy's Example: Father I praise you that you speak without saying a word as the heavens declare your glory and display your craftsmanship. Dear God, I thank you that as I internalize your Word, there are many benefits to me. God you know me better than I know myself. Will you please keep me from committing willfull / deliberate / presumptuous sins which will rule / control / dominate me? Cleanse me from all my hidden faults. Help me to live blamelessly before you in progressive, practical holiness. May every word that I say and every thought that I ponder be pleasing in your sight. In Jesus' name I pray, Amen.

Psalm 23

READ

PSALM 23

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 23 by Mark Presley

Most of the time when we hear this Psalm it is being read at a funeral of a friend or a loved one. Today I want you to look at this Psalm in a new light. David, a shepherd boy, the author of this psalm and later to be known as the Shepherd King of Israel, writes as a sheep would think and feel about his/her shepherd. He is describing God's loving care for us. In verse 1, he identifies the Lord as "my shepherd". He's not merely shepherd or one of many shepherds, but a personal shepherd. This implies a close relationship between the sheep and the shepherd. These verses provide comfort for our everyday living and support for our daily journey of faith.

Prayer for today's time

God, today I pray for comfort and guidance as your rod and staff guide me in the good days and the bad ones too. I thank you for the comfort you provide as my shepherd. I pray you show me today how I can follow you better and trust in your Word. Lord please make this Psalm come alive for me today.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Mark's Example: Psalm 23:4(ESV) Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Mark's Example: Psalm 23:4 There are days and events that are tough. Many are tougher than I can handle, but I am not scared because you are always here. I don't fear the darkness because I can feel your presence as you guide me. You provide hope and purpose.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Mark's Example: Today I will focus on the guidance of God as I look to his leadership on dealing with rough seas in life.

Your turn: _____

SHARE

Who do you want me to share this with?

Mark's Example: I will share this with my wife and ask for her to join me in prayer.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Mark's Example: Lord I pray that you guide me today as I go throughout my day. Lead me by still waters and restore my soul. May you show me those things I need to change and how I can better live and love like you. May you fill my cup to the point it is overflowing, and may your goodness and mercy follow me today.

Psalm 30

READ

PSALM 30

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 30 by Randy Morlan

Psalm 30 is a short song that contains only twelve verses that David wrote as a song of dedication to the temple. During my years as a worship leader I sang a song many times that had this one line in the lyrics that I have never forgotten: ‘Only one life to live it soon will pass, only what’s done for Christ will last.’ Every day when I sit at my desk I look up and see those words as a guide for my day. The question then for each of us is: what are you ‘dedicating’ your life to during this season? Remember, ‘only one life to live it soon will pass, only what’s done for Christ will last.’

Prayer for today’s time

Lord Jesus, my prayer for myself and each person reading these words is that we will seek each day to be empowered with Holy Spirit. Father, may we realize that it is not by our might or our power but only through your Spirit that we will be all that you created us to be. Amen and Amen.

WRITE

Choose 1-2 verses from today’s Psalm and write them out, word for word.

Randy’s Example:

Psalm 30:1 (NIV) I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

Psalm 30:10 (NIV) Hear, Lord, and be merciful to me; Lord, be my help.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Randy's Example: We have been created by him and for him. We are to praise and worship the Lord daily for all that he has done for us and has protected us from many things that we often are not even aware of. The definition of a temple is simply a place devoted for a special purpose. The Bible tells us in 1 Corinthians 6:19 that our bodies are a "temple" of the Holy Spirit. We are to dedicate ourselves daily to Holy Spirit's empowering purpose and plan for our lives.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Randy's Example: That I will begin each day in an attitude of prayer and praise thanking God for his mercy upon my life as He guides me with his "light" and "truth" each day.

Your turn: _____

SHARE

Who do you want me to share this with?

Randy's Example: With those who I encounter each day who are struggling with sickness and the loss of a loved one.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Randy's Example: Lord Jesus, we do exalt you for your unfailing love, grace and mercy you have given to each of us. Because of your favor upon our lives we will sing and praise your name as long as you give us breath on earth. Then in heaven we will give eternal thanks to you forever. Amen.

Psalm 32

READ

PSALM 32

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 32 by McCall Yost

In high school I rebelled, chasing after my own agenda and desires. I grew bitter and numb, feeling like God had left me. Those I saw joyfully pursuing Christ infuriated and repulsed me. I had everything I wanted yet I was miserable. My sister - in love - kidnapped me, taking me on a 14-hour road trip. I couldn't escape the truth. I had to listen as this joy-filled woman of God spoke against the lies I'd believed. My heart began to beat again. That feeling of REAL life returned like breathing deep after being underwater for too long. I couldn't go back now. Even if this cost me all I'd fought so hard for, I needed to be close to my Savior again.

Prayer for today's time

God, thank you for conviction that won't let me settle for anything less than Your best. I confess that I have chased after things that are not of You. Thank You for forgiving me. Help me to trust You as my stronghold and counselor. Thank You again for saving me and pursuing me relentlessly.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

McCall's Example: Psalm 32:3-4 (ESV) For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

McCall's Example: Psalm 32:3-4: When I refused to talk with you, I tried doing it my own way, it cost me genuine life. You pressed down on my heart with a conviction that was inescapable.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

McCall's Example: I am going to stop trying to do things my own way, pursuing the security I think I need in a career and obey God's leading by stepping away from my contracting job.

Your turn: _____

SHARE

Who do you want me to share this with?

McCall's Example: When I talk with Brandon, my husband, I am going to share with him what I believe God may be calling us into.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

McCall's Example: God, thank you for your forgiveness and for seeing me, not as a broken, sinful, mess-up, but as your child because of your son. Thank you for the promise in conviction. You never stop pursuing me, even when I try to run away. I drag my sin out in the light and ask you to help me defeat it. I know that apart from you, I can do nothing, but with you, I will not be shaken. You are my hiding place in the midst of the storms and I'm clinging onto you. Give me a teachable and willing spirit. Instruct me and teach me in the way I should go. I know that I am prone to wander, please help me yearn for you. God, you are so good to me. Thank you for saving me and loving me relentlessly with a steadfast love. You are my God. Today is yours. I am yours. Use me.

Psalm 34

READ

PSALM 34

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 34 by Hollye Hornsby

David, the author of many of the Psalms, was a song writer. As a musician, I find composing a song to be very intimidating. How do I even begin? Usually, a great song is the result of some hard circumstances that only a melody could represent well. David wrote this Psalm from a cave, hiding from King Saul. The Lord heard his cries for help and delivered him. He acknowledged the difficult circumstances that surrounded him, but we can see his confidence in verse 17: “When the righteous cry for help, the Lord hears and delivers them out of all their troubles.” Where are you today? How would your song start if you had to write one?

Prayer for today’s time

God, I confess that the first thing on my lips in difficult circumstances isn’t always praise. I allow fear, anxiety, and lack of control to take the place of faith in your ability as Lord over my life. Show yourself to me, just like you did to David hiding out in that cave. Speak to me, as I take refuge in your Word as my comfort. Remind me that your promises in Psalm 34 apply to my life today and remain true.

WRITE

Choose 1-2 verses from today’s Psalm and write them out, word for word.

Hollye’s Example: Psalm 34:18 (ESV) The Lord is near to the brokenhearted and saves the crushed in spirit.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Hollye's Example: Psalm 34:18: God is always close when I am struggling, wallowing in anxiety, worrying about what others might think, or when I feel discouraged. He never leaves my side and his promise remains true to rescue me from these circumstances.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Hollye's Example: I will write this verse down, memorize it, and place it in strategic places where I know I can find it when I'm struggling (night stand, bathroom mirror, note card in my Bible, etc.). Consider writing a new song - a song that starts with praise, just like David's. Then, tell of God's deliverance and goodness in my life, remembering how He heard my cries for help, can see all that I am going through, has never left me, and will deliver me from the things I am experiencing. When finished, I will present this song to God, in the form of a prayer, believing these promises for the future.

Your turn: _____

SHARE

Who do you want me to share this with?

Hollye's Example: I will write this verse down to memorize, or journal a "song" of my own Psalm 34 to the Lord. Then, I will share this with my friend, Carol.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Hollye's Example: God, I praise you for being my deliverer. So many times, I have called out to you, in the middle of stress, and in return you have provided peace, comfort from your Word, and proved to always be faithful in my life. Thank you, Lord, that you are close to those who are broken and crushed in spirit. At times, things are difficult, but Psalm 34 says, "The Lord delivers him out of them all." Thank you for the sacrifice of your son, Jesus, so that I may have access to pray and in return, know you hear my prayers. Help me, today, to continue to be reminded of your faithfulness in my life, and to know that you are near in those moments that I'm struggling. In Jesus' name I pray, Amen.

Psalm 42

READ

PSALM 42

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 42 by Justin Hornsby

Psalm 42 is a Psalm of Lament. The psalmist is questioning the Lord, and for a time, feeling hopeless: My soul thirsts for God, my tears have been my food day and night, why are you downcast, and why are you in turmoil within me? Can you relate to these pleas? Humans are sufferers. Life is not the way it is supposed to be. Sin has affected everything. We often feel alone, afraid, and overwhelmed. Notice what the Psalmist does next. Instead of listening to his and others negative thoughts (where is your God?), he begins to rehearse what he knows to be true. He reminds himself of God's faithful promises. He asks himself: Why are you downcast? Then he answers with good news: Hope in God; for I shall again praise Him, my salvation and my God.

Prayer for today's time

Lord, when my spirit is in turmoil, help me not listen to my doubts and fears but instead help me remember the truth of who You are and who You've promised to be. I cry out to You. I need You. Remind me of the hope I have in Jesus. Remind me of Your good and faithful promises!

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Justin's Example: Psalm 42:1 (ESV) - As a deer pants for flowing streams, so pants my soul for You, O God.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Justin's Example: Psalm 42:1 Just like animals need water to survive, I need You to survive Lord. I'm longing for You.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Justin's Example: Your Word is my food and drink. Just like I have set aside times for meals, I will set aside time daily to be in your Word to satisfy my soul's longings.

Your turn: _____

SHARE

Who do you want me to share this with?

Justin's Example: I will share this with my son, Kaimon.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Justin's Example: Father, I often struggle with doubts and fear. Thank you for always listening to me and never turning me away. Help me to see your faithful hand working in my life even in the hardest of times. Remind me of the hope I have in You when I am downcast in my soul. Thank you that because of Jesus, You are always with me. In His name, Amen.

Psalm 46

READ

PSALM 46

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 46 by Leann McCown

On our fifth wedding anniversary in Maui, my husband and I faced the threat of an actual tsunami. Fear overwhelmed me. When the news finally came that the threat of the tsunami had passed, relief flooded my thoughts. The sad thing is that I failed to trust God. Stormy life circumstances, as well as these types of natural disasters can surge into our lives and create all kinds of rippling fear. Had I turned to God that day in Maui, fear may not have overtaken me. Have you experienced a natural disaster or stormy life circumstance such as a serious health issue, or a family member that has disappointed and broken your heart or maybe you have struggled with job loss or finances. How will you respond in the storm?

Prayer for today's time

God, I am guilty of saying I trust you but then I try to grab the steering wheel to take control. There is nothing compared to the love by which you comfort me, no freedom like the freedom to trust you and no confidence like the confidence to trust in you. Lord, help me to trust and obey today.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Leann's Example: Psalm 46:1 (NIV) God is our refuge and strength, an ever-present help in trouble.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Leann's Example: Psalm 46:1 God is more than a temporary retreat, He can save (rescue) us and give us strength to persevere through any circumstance.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Leann's Example: Don't just remember that GOD is in control, believe it. Memorize scripture such as Psalm 46:1 that reminds me of this truth.

Your turn: _____

SHARE

Who do you want me to share this with?

Leann's Example: My neighbor whose spouse just filed for divorce.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Leann's Example: Almighty God, how I praise You for Your Word and its truths. Thank You that You are my ever-present rock of refuge even in the face of destruction. I pray you will equip me to stand fast in the days of evil when war and destruction are inevitable, assured of Your final victory. Help me to trust in Your Word, though the earth be moved, and the mountains be thrown into the midst of the sea. May I be assured and comforted in knowing with faith and knowledge, and regardless of what I may go through in this life, I can be still in my mind and know You are in control, for You alone are God. In Jesus' name I pray, AMEN.

Psalm 51

READ

PSALM 51

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 51 by Joanne Eaton

Have you ever been overwhelmed by the weight of your sin? I surrendered my life to Christ when I was 24 years old and I remember having a very difficult time accepting God's forgiveness for my past sins. The enemy wanted me to believe that God would never forgive me for THAT...That my sins were unforgiveable...That I just wasn't good enough. But guess what? I learned that God WILL forgive THAT sin. There is NOTHING too big for God to handle. The truth is I'm NOT good enough on my own. That's why I needed a Savior. You see, God knows me, and He knows you – every tiny detail of our lives. And He loves us anyway. Isn't that amazing?

Prayer for today's time

God, at times I still struggle with accepting your forgiveness. Help me to understand how wide, and long, and high, and deep your love is. Open my mind and my heart as I read your Word. Help me to have a clear understanding of your direction, and to apply your wisdom to my life.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Joanne's Example: Psalm 51:1 (NIV) Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Joanne's Example: Psalm 51:1: Show me favor God, according to your perfect love. In your immeasurable kindness, erase my sin.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Joanne's Example: I will remember that your sacrifice was sufficient and that your forgiveness is always available.

Your turn: _____

SHARE

Who do you want me to share this with?

Joanne's Example: My friend, Naomi

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Joanne's Example: Heavenly Father, you alone are God. You are my Rock, my strength and my Redeemer. I praise you for the grace and mercy you so freely give. Your love is perfect, and your kindness is immeasurable. I ask that you always create in me a pure heart and renew a steadfast spirit within me. Father, restore to me the joy of your salvation and grant me a willing spirit to sustain me. Use me, Lord to help others return to you. I ask this in the name of Jesus. Amen.

Psalm 63

READ

PSALM 63

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 63 by Grant T. Byrd

Reflect on Thanksgiving season last year and then look at verse 5. Did you have a big feast for Thanksgiving like my family did? I never get very much of anything but after taking a little of everything on the big buffet, my plate is piled high. The problem then becomes, how can you offend someone by not eating their special dish? After feasting, you are forced to stand up, walk to the couch and watch football. That is punishment! This psalm states how God's love is more satisfying than the 'richest feast'. Wow, that is some love! The only response we can have is to sing songs of joy to Him. Have you ever been so filled with God's love you had to sing songs of Joy? Why not now?

Prayer for today's time

God, I want to understand more about your amazing love for me. When I do, I will know that it is better than life itself. Help me to be satisfied by You and not go searching for temporary things that lose their shine so quickly. God, You are who I need to cling to!

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Grant's Example: Psalm 63:5 (NLT) - You satisfy me more than the richest feast. I will praise you with songs of joy.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Grant's Example: Psalm 63:5 God, You satisfy me. Things don't satisfy me. People don't satisfy me. You are the one that satisfies the longings in my life. More than the richest feast ever tasted, God you fill my life with joy, so much that I must lift my hands in praise to You! I don't care who knows it because you are the one that makes my life complete. I can't help it when I think about you. My hands go up in praise to you when I think about how great you are to me!

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Grant's Example: Today I want to stop and take some time and think about how God has blessed me. I want to stop and remember how great He is and how He shows love to me by meeting my needs and satisfying, not only the needs in my life but also, the wants. I will write out a list of things that God has given me and remember how great He has been to me. Satisfying me more than the richest feast!

Your turn: _____

SHARE

Who do you want me to share this with?

Grant's Example: I will share this with my mom, Cookie. She has lived a great life and God has been good to her and when you think back on how He has led her and blessed her, you can't help but stop and praise Him!

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Grant's Example: Dear Heavenly Father, You are so good to me. You satisfy my life better than the richest man in the world. You take such good care of me and make me want to sing your praises. When I get too busy, I forget how much you have done. Help me to slow down and see how good my life is and how much you satisfy me like a great meal. I am so thankful to know you. I praise you because I am yours!

Psalm 73

READ

PSALM 73

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 73 by John Wills

Have you ever gone through a period of doubt and disillusionment where you seem to lose your way and you start looking around (rarely do we look up), comparing and envying? I find myself there on occasion and this Psalm reminds me of what's important and real.

Prayer for today's time

God, thanks for reminding me who I belong to and who holds me (Psalm 73:23). Thanks for guiding me and giving me a fresh perspective - an eternal one! FORGIVE ME for looking around instead of looking up - this world is broken and rarely are things as good as they "seem"! You never change and you are mine forever and I am yours.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

John's Example: Psalm 73:25-26 (NLT) Whom have I in heaven but you? I desire you more than anything on earth. My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

John's Example: Psalm 73:25-26 My heart will fail, my spirit does grow weak, but God you remain and are the strength of my heart. You are my home and I will tell the world what you do. I almost always get into trouble and lose my perspective when I start comparing and envying!

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

John's Example: Fight the urge to look around and choose to look up! I will remind myself of 1 John 2:15-16 which says: don't love the world's ways, don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting my own way, wanting everything for myself, wanting to appear important—has nothing to do with the Father. It just isolates me from him. The world and all its wanting, wanting, wanting is on the way out—but whoever does what God wants is set for eternity (The Message).

Your turn: _____

SHARE

Who do you want me to share this with?

John's Example: Share with my friend Michael, who recently lost his wife to cancer suddenly.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

John's Example: Father, when I'm not really walking with you and spending time with you (in your sanctuary) I default to looking around with my physical eyes. That always gets me into trouble! I get lost so easily when I am not in fellowship with you! Please forgive me! I need you to guide me - you are mine and I am yours. Thank you!

Psalm 90

READ

PSALM 90

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 90 by Bobby Waite

This Mosaic Psalm reminds us that the LORD God is the Creator and Director of ALL THINGS. He is beyond time and perfect. In contrast, we are on a journey defined by time and disobedience.

Beginning in verse 12, Moses requests of the LORD God asking Him:

- To teach us to number our days, seeing each day as important and purposeful
- To be merciful to His flawed servants
- To satisfy us with His love
- For happiness beyond human comprehension; showing His magnificent work and favor

We live in a time when people look at life as events and moments. The LORD God, creator of all things, connects all things eternally. Our lives in relationship with Him should show that we have meaning, hope and joy.

Prayer for today's time

Mighty and everlasting God, You bountifully provide for us. You don't change and never give up on us. Help us to see life beyond present circumstances, events, failures and struggles. I ask that You shine in our actions, words, and demeanor, that You are glorified, and the story of Jesus is magnified.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Bobby's Example: Psalm 90:12 (NASB): SO teach us to number our days, That we may present to You a heart of wisdom.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Bobby's Example: Psalm 90:12 I ask the LORD God to provide me the guidance so that I might wisely use each opportunity for Him.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Bobby's Example: When I wake in the morning, I should start by turning over my calendar to God.

Your turn: _____

SHARE

Who do you want me to share this with?

Bobby's Example: My co-worker with whom I share a calendar

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Bobby's Example: LORD God, You are in charge of all things and You know us from the inside out. I ask You to give me knowledge and wisdom so that I will make each moment count. As You alone satisfy me, may I sing with joy throughout the day. God, work through my hands so that others may see Your work.! In Jesus' Name, Amen.

Psalm 100

READ

PSALM 100

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 100 by Rick Schnell

Psalm 100 instructs us to come before Him with gladness and sing joyfully to the LORD. This reminds us we can worship Him in ALL circumstances. The psalm declares the LORD is good! He is what is best for us, His love is persistent and unending. He is ALWAYS faithful to His people. We can serve God with gladness in every season, because the truth of who He is never changes. It is difficult to love and worship a God we do not know. This Psalm reinforces that if we want the ability to praise God in every season, we must truly KNOW Him.

Prayer for today's time

God, I confess that in both trying circumstances and good circumstances, I turn my thoughts to other things for consolation, comfort, or validation before turning to you. In all circumstances, I truly desire to give you the glory and praise you deserve. Today, help me to know you more deeply.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Rick's Example: Psalm 100:3(NIV) Know that the LORD, is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Rick's Example: Psalm 100:3(NIV) God reigns over all! He is the great architect of all that we are. He knows us, and we belong to Him. He has chosen us to be His people. God cares for us like a shepherd cares for his sheep. His call to worship Him extends to all the world, to all His creation.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Rick's Example: I must worship God in everything. I must know Him more. I will set aside at least 30 minutes of Bible study & prayer each day for the next month.

Your turn: _____

SHARE

Who do you want me to share this with?

Rick's Example: My immediate family - my wife and children.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Rick's Example: Father, I humbly come before you now to pray. You are holy, just, sovereign and good, and I praise your name! You are worthy of my worship and my obedience. Help me to serve you in all things, especially doing so with a joyful heart. Please remind me continually of your faithfulness and provision! God, help me to know you more deeply, to understand more of your character, and to trust your love for me. You are LORD over all things, and you know even the smallest details about me. Thank you for continually calling me to yourself. I am humbled to be a member of your family through your son, Jesus. I give you thanks and worship you joyfully in every season. You are so gracious to me, Father. Thank you for your steadfast love and unending faithfulness. May praise for you always be on my heart. In Jesus' name I pray, Amen.

Psalm 103

READ

PSALM 103

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 103 by Kayla Cradit

I am fascinated by the ocean. It is crazy to me that 95% of the ocean and 99% of the ocean floor has yet to be discovered to this day. When I start thinking about how deep the Father's love is for me, I am quickly humbled to know that He cares for me that much. When I was young, people would tell me God cares for you and loves you. I remember believing it, but I seldom took the time to stop and worship Him for this gift. What a beautiful mystery God has given us, to love us as high as the heavens and forgive us as far as the east is from the west.

Prayer for today's time

God, thank you that you love me as high as the heavens are above the earth and as far as the east is from the west. Today, help me to look for opportunities to be reminded of this. Let me look for opportunities to praise your holy name. I don't deserve you, yet you still choose to pursue me. Thank you, Father!

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Kayla's Example: Psalm 103:11-12(ESV) For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Kayla's Example: Psalm 103:11-12: His love for me is never ending. He does not repay me for the things I deserve. Instead, God is slow to anger and is merciful.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Kayla's Example: I will sit down at least once a day and write down how God showed His love for me each day.

Your turn: _____

SHARE

Who do you want me to share this with?

Kayla's Example: My friend I graduated college with, Audrey

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Kayla's Example: Father, I do not deserve You, yet You love me far greater than I can ever imagine. Help me look for opportunities to demonstrate this love towards others. May I not take for granted this love You have given me. God, I ask for forgiveness from the sin in my life. Help me to seek after You in everything I do. Thank You for choosing me to help build your Kingdom here. You are a mighty God whom I never want to stop praising even during pain. Thank you, Father. AMEN.

Psalm 119:1-56

READ

PSALM 119:1-56

Read the selected verses at least twice and consider using multiple translations.

Introduction to Psalm 119:1-56 by Ryan Tew

You are about to journey through Psalm 119 over the next three days. This is the longest Psalm, and it is beautifully structured like an acrostic using the Hebrew alphabet. Today's reading covers the first seven letters, and the writer is calling out to God for more of His goodness and guidance. In some translations, verse one begins with "Happy are those whose way is perfect." While we know that we are not perfect, we do know who is - Jesus! And for those who believe in him, they receive his perfection. Now that is something to rejoice about and be happy! As you read today's passage, rest in that truth and hear what God wants to tell you today through his Word.

Prayer for today's time

Lord, you are good, and your word is true. Holy Spirit, please help me be still and restful in this time. I know you want to speak to me, but I am often too busy to listen. May this time be for my good and your glory. I come to you with open hands for more of your grace. Amen.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Ryan's Example: Psalm 119:11 (ESV) I have stored up your word in my heart, that I might not sin against you.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Ryan's Example: Psalm 119:11 I must cherish and remember God's wisdom and promises given to me in the scriptures, because through His word and Holy Spirit, He speaks to me, guides me, and makes me more like Jesus.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Ryan's Example: I will meditate on, and memorize, at least a verse a week this year.

Your turn: _____

SHARE

Who do you want me to share this with?

Ryan's Example: My weekly discipleship group.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Ryan's Example: Lord, you are over all things and are worthy to be praised. Your word is good and stands forever. I know that I fall short, but you love me and have saved me. From this love, may I truly delight in your word. Please lead me in continued obedience, so that I may glorify you, and show your goodness and grace to others. It is by your great name that I ask these things. Amen.

Psalm 119:57-120

READ

PSALM 119:57-120

Read the selected verses at least twice and consider using multiple translations.

Introduction to Psalm 119:57-120 by Melissa Ewing

When I go through difficult seasons, I often struggle to see the purpose in the pain. It seems so unfair. Three years ago, I was walking through a particularly difficult journey, and God prompted me to read through the Psalms. Psalm 119 reminded me that God uses pain for my good. He created me. He knows every thought and sees every tear. During that season of pain, my prayer life grew deeper, and my walk with Him was sweeter. I pored over His words for comfort, for direction and for guidance. As a result of the pain, my heart became so much more sensitive to the whispers of the Spirit. I found that my faith blossomed like a flower out of the rocks of adversity.

Prayer for today's time

God, I confess that I often focus on my pain rather than your promises. It is hard to see the purpose behind the struggle. Help me to remember that You use suffering for good. Thank you for your tender mercies and your unfailing love. Teach me to walk in your commands.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Melissa's Example: Psalm 119:71-73 (NLT) My suffering was good for me, for it taught me to pay attention to your decrees. Your instructions are more valuable to me than millions in gold and silver. You made me; you created me. Now give me the sense to follow your commands.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Melissa's Example: Psalm 119:71-73 God uses difficulties for good—to teach me to pay attention to His words. God's word is more valuable than anything. You have created me. Help me to be wise enough to follow what you say.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Melissa's Example: I will journal my concerns and difficulties each week. Then I will make note of God's promises from scriptures and the answers to my prayers so I can remember God's goodness.

Your turn: _____

SHARE

Who do you want me to share this with?

Melissa's Example: My accountability partner

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Melissa's Example: Heavenly Father, I thank you for your instructions for my life. I am grateful that you walk with me in the midst of suffering. Thank you for reminding me that there is always a purpose in my suffering. Thank you that through suffering you teach me to pay attention to all of your commands. Help me to obey your words and to follow you every day. Remind me of the value of your words and lead me in the way that I should go. Thank you for creating me. May my life bring glory to your Name. In your son's Name I pray, Amen.

Psalm 119:121-176

READ

PSALM 119:121-176

Read the selected verses at least twice and consider using multiple translations.

Introduction to Psalm 119:121-176 by Rob Bowsher

Can you think of a time when you were searching for an answer, peace or guidance in life? I recall a time when God was prompting change in our lives, years ago. Each day, we woke up seeking clarity and direction. We longed for God to reveal His direction for us. Can you think of a time when circumstances caused you to long for or yearn for God? Or the bigger question, do you desire to hear from God through His Word?

Prayer for today's time

Forgive me God for just coming to you when I need something from you. Holy Spirit, will you speak to me today, in such a way, that it will create a daily longing in me to read your Word.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Rob's Example:

Psalm 119:131 (NIV): I open my mouth and pant, longing for your commands.

Psalm 119:164 (NIV): Seven times a day I praise you for your righteous laws.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Rob's Example: God is saying to me that I need to praise Him more for the guidance the Bible gives me, and that I should have a longing to spend time in His word daily.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Rob's Example: God is asking me to write out a statement of praise in my journal each week about what God has revealed to me.

Your turn: _____

SHARE

Who do you want me to share this with?

Rob's Example: I am going to share this with my men's group and my family. I am going to challenge them to try this for a month.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Rob's Example: God, thank you for providing what we need daily: The Bible. God, I ask for an excitement and anticipation that you will lead me daily to become more of who you called me to be.

Psalm 139

READ

PSALM 139

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 139 by Charla Milligan

Psalm 139 is my favorite scripture for Children's Ministry. The concepts of God's love are remarkable, such as:

- God loves us so much. He knows everything about us.
- God is always with us. He never leaves us.
- God wonderfully created us in our mother's womb for a purpose.

Recently, I was sitting next to my mother's hospital bed. She had just suffered a stroke. The comforting words of Psalm 139 came rushing back. Even before she was born, God knew her life and trials. He loves my Mama even more than I do. Nothing ever happens without God knowing and He never leaves us alone in our pain. He has loved us from the beginning. God is good.

Prayer for today's time

Dear Heavenly Father, thank you for creating us for a purpose. Thank you for loving us so well that you know everything about us, even down to the number of hairs on our head. You never leave us in our pain. Help us to feel your presence and trust your will for our lives, even when we can't see your plan.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

Charla's Example: Psalm 139:15-16 (CEV) Nothing about me is hidden from you! I was secretly woven together out of human sight, but with your own eyes you saw my body being formed. Even before I was born, you had written in your book everything about me.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

Charla's Example: Psalm 139:15-16 God, nothing is hidden from you. You watched me being formed and know everything about me.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

Charla's Example: Make a list of talents, spiritual growth and life experiences where God has grown or used me. Thank Him and give Him the glory for each opportunity.

Your turn: _____

SHARE

Who do you want me to share this with?

Charla's Example: I will share this with my kids and encourage them that God knows everything about them and created them to glorify Him with their whole lives.

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

Charla's Example: Lord, you have searched me, and you know me. You know everything about me, and you love me anyway. I was created to honor and glorify your name and I thank you for choosing me to be an instrument of your love. Lord, help me to remember that everywhere I go and everything I experience, you will always be with me. You never leave me. You will protect and guide me with your powerful arm. You know me so well. You created me and you love me. For this, I am grateful. In Jesus' name, Amen.

Psalm 145

READ

PSALM 145

Read the whole Psalm at least twice and consider using multiple translations.

Introduction to Psalm 145 by John Shapiro

One of the natural reactions of experiencing something amazing is to want to share what we have experienced with others. We see this happen when people share about a movie they enjoyed, a trip where they got to see an important historical place, or an incredible sporting event. When we are moved by something, it is natural to want to share about what moved us. The writer of Psalm 145 had this same type of reaction to what he had experienced with God that led him to want to share it with others.

Prayer for today's time

Father, I am grateful for who You are and all that You have done for me. As I am reminded of who You are and what You have done for me, may my heart be moved with gratitude that leads to action toward others.

WRITE

Choose 1-2 verses from today's Psalm and write them out, word for word.

John's Example: Psalm 145:4 (ESV) One generation shall commend your works to another, and shall declare your mighty acts.

Your turn: _____

S.O.S.

SAY

God, what are you saying to me? Write out the verse(s) in your own words.

John's Example: Psalm 145:4 I will share what God has done in my life with others so they can better understand who God is.

Your turn: _____

OBEY

How do you want me to obey? Write a specific action step to help you better follow Jesus.

John's Example: I will share one thing that God has done in my life each night at dinner this week and thank him as we pray before our meal.

Your turn: _____

SHARE

Who do you want me to share this with?

John's Example: My family

Your turn: _____

PRAY

Take the words of the Psalm and make them the basis for your own prayer to God to end your time with Him. This is scripture praying as we infuse our prayer with the power of God's Word. Remember, God has promised to honor/keep His Word.

John's Example: Father, I am thankful for who You are and what You have done in my life. It is overwhelming for me to think of all You have done for me through the grace of Christ. You have been good to me in the difficult times and the easy times. Thank You for allowing me to catch glimpses of who You are and what You are like. May those experiences continue to keep my heart soft toward You and help me to have greater compassion for others. Amen.

Daniel Fast

21dayprayer.com

As part of this 21-day journey we are challenging you to fast using the Daniel Fast. Several types of fasts exist. If you choose to follow another type of fast during this 21-day period, it's perfectly acceptable. The Daniel Fast is suggested because it is a biblically-based partial fast that almost anyone can participate in. Susan Gregory is a recognized contemporary champion of The Daniel Fast. The following description of The Daniel Fast is excerpted from her website:

The fast is based on the fasting experiences of the prophet Daniel along with standard Jewish fasting principles. The Daniel Fast is a partial fast, meaning that some foods are permitted and others are restricted. The fast is typically followed for 21 consecutive days and is like a vegan eating plan with more restrictions and the only beverage on the fast is water.

First and foremost, the fast is a spiritual discipline where followers of Jesus Christ can draw nearer to God and focus more of their attention on Him and His ways. In today's busy and distracting culture, entering a fasting experience is like pushing the pause button on a hectic life and centering more on the rest that Jesus offers. This quieter and more focused time allows you to hear the still small voice of the Holy Spirit as He reveals God's truth and direction for your life.

Fasting was designed by God, not to change Him, but rather to change us! Fasting doesn't show God that you are good or deserving. Only Jesus Christ does that for us. However, fasting does bring us into an experience where our hearts are more open to what the Lord wants to show us for our individual lives.

While you will pay more attention to the foods you eat during the fast, only focusing on the food element of fasting keeps you from experiencing the richness that's available to you. Focusing on the food element keeps you attending to your flesh rather than to your spirit that connects with the Spirit of God.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.
Romans 8:5 (ESV)

You can still enjoy your meals; however, this is a time to be simple and more basic so that food and feeding the flesh is in balance with your spiritual experience of fasting.

For more information and links to recipes visit www.21dayprayer.com. If you have any health concerns with fasting be sure to talk to your doctor before you start.

DANIEL FASTING TIPS

PRAY, PRAY AND PRAY AGAIN. The focus of a fast should not be on what foods you are denying yourself, but instead focusing on developing a deeper connect with God...because the distractions are being eliminated.

QUICK AND EASY WILL NOT BE COMMON. You will quickly find that most of the prepared meals you find in grocery stores contain ingredients that are not acceptable for the Daniel Fast. Consequently, you will need to prepare most of your meals from scratch! Meal preparation can take more time during the Daniel Fast, but you can also adopt some habits to streamline this essential part of your fasting experiences.

MEAL PLANNING. Plan all of your meals for one week. Make sure you have all the ingredients you need along with snack foods!

DURING THE FAST

YOUR BODY IS ASKING WHAT'S GOING ON? While the Daniel Fast will certainly benefit you physically, your body may do some kicking and screaming during the first few days! So don't be alarmed if you experience light headaches, hunger pangs, or slight weakness. Your body might release an "unpleasant aroma," both through the pores and your breath. (Contact your doctor if you are experiencing anything severe.)

MINIMIZE THE SIDE EFFECTS

Vitamin C – an antioxidant that supports detox. It may also help to decrease some of the side effects of the fast, such as mild headaches.

Lemon – Lemon supports liver cleansing and is also refreshing to your mouth. Add lemon juice to salad dressings and include lemon slices in some of your water.

Dry Skin – Using a body brush in the shower will help eliminate the dry flakes and actually promote blood flow.

Water – Keeping well-hydrated has many benefits including flushing your body and reducing the physical feelings of hunger.

Meanwhile, the withdrawal and detoxification symptoms should pass in a few days. Even your level of hunger will subside after your body becomes more accustomed to few calories and less food consumption.

First McKinney Prayer Ministry

www.firstmckinney.com/prayer

What's Next?

First McKinney is a church built on the foundation of prayer and discipleship. We would love for you to continue to join us as we pray for our church and our community. After finishing your 21 Day Pray the Psalms Journey here are some next steps you can take.

BIBLE READING PLAN (STARTS FEB 3)

Go to www.firstmckinney.com/bible to find out more details. You can join others at First McKinney in the “Read the Bible for Life 4+1 Plan” on the YouVersion mobile app or print a hard copy of the plan. In just a little over 300 days you will read through the entire Bible by reading from 4 different places each day. By starting in February 3 and spending around 13 minutes each day reading the 5 entries for that day, at the end of the year, you will have read the whole Bible and Psalms two times. The advantage of this type of plan is that you will be exposed to various parts of the Old and New Testaments simultaneously, which will keep your reading fresh and remind you of “the whole counsel of God!”

PRAYER ROOM

The First McKinney Prayer Room is open for prayer each day. The Prayer Room is located just outside the Student Center entrance and you can sign up for a time by calling the church office, 972.542.0041. The Prayer Room was recently renovated and redesigned as a quiet reverent space to pray.

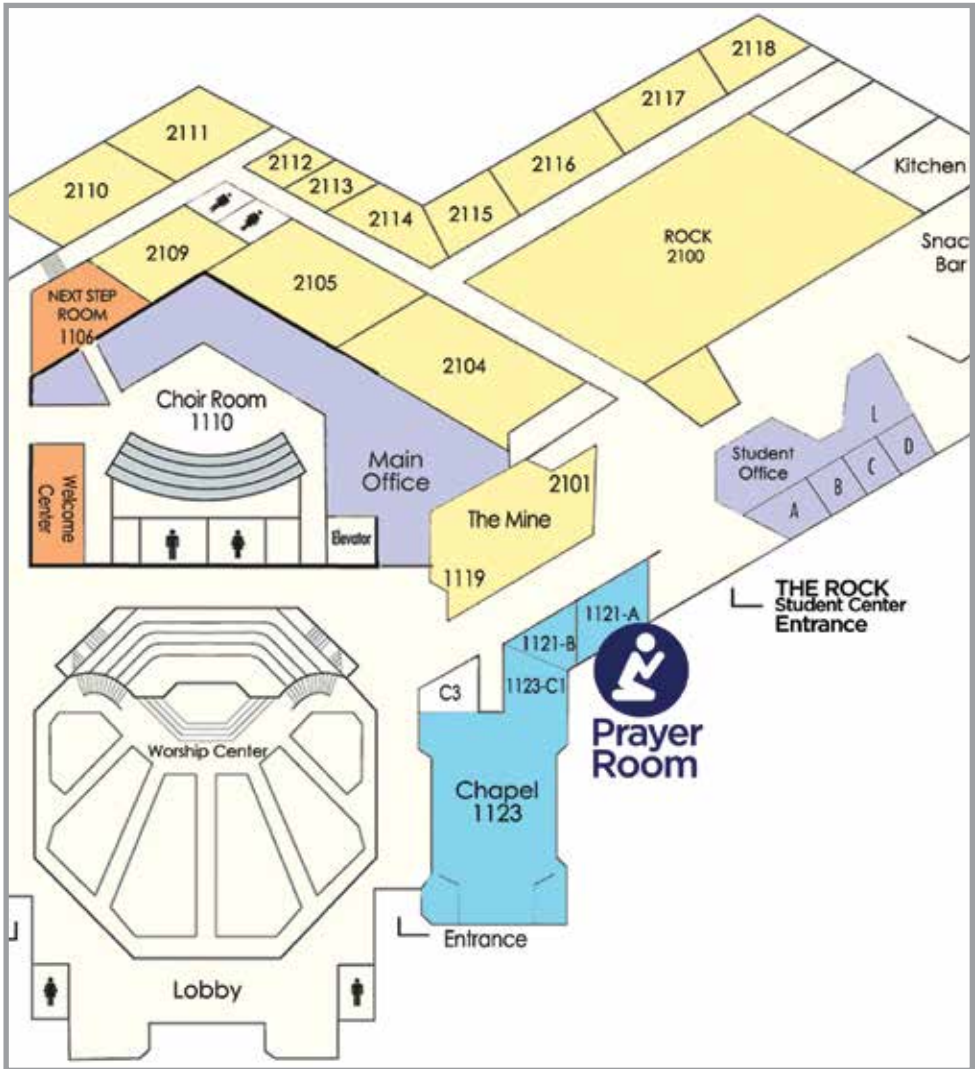
REGULAR FASTING

Join others in our church who are fasting for revival on the first Wednesday of each month. We start our fast after dinner on Tuesday night and continue until dinner on Wednesday night.

LIFE GROUPS

The primary way you engage in the prayer ministry of First McKinney is becoming part of an on or off campus Life Group. As we do life together, we support each other through prayer. For information on groups go to: www.firstmckinney.com/life-groups

MAP TO PRAYER ROOM





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