

A scenic mountain landscape with a cabin on a forested ridge. The cabin is a small, rustic structure with a gabled roof, nestled among dark evergreen trees on a steep slope. In the background, rolling mountains are visible, some with patches of snow or light-colored rock, under a soft, overcast sky. The overall color palette is muted, with various shades of blue, green, and grey.

# PSALMS

PRAYING THROUGH THE SEASONS OF LIFE

2017 DEVOTIONAL

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# PSALMS: Praying Through the Seasons of Life

The Psalms are the first prayer book and the first hymnbook of Israel and the Church. Here we find the very prayers that were memorized and prayed by our Lord Jesus himself. Here we find a “School of Prayer” for those who hunger and thirst for God, but who often feel like they simply don’t know what to say, or how to begin, when they try to pray. The Psalms don’t simply talk *about* prayer; they teach us *how* to pray. They were never meant to be studied intellectually, or analyzed from a detached distance. They were meant to be prayed, with all our heart and soul, alone, as well as in the Community of faith, along with God’s people: “Oh, magnify the Lord with me; let us exalt his name together” (Psalm 34:3).

*“Our habit is to talk about God, not to him. We love discussing God. The Psalms resist these discussions. They are not provided to teach us about God but to train us in responding to him. We don’t learn the Psalms until we are praying them”* (Eugene Peterson, *Answering God*).

Here we find prayers for every season of life – in times of joy and celebration, and in times of sorrow and suffering; in times of sheer delight, and in times of haunting loneliness. *“Doubt, paranoia, giddiness, meanness, delight, hatred, joy, praise, vengefulness, betrayal – you can find it all in Psalms . . . From Psalms I have learned that I can rightfully bring to God whatever I feel about him. I need not paper over my failures and try to clean up my own rottenness; far better to bring those weaknesses to God, who alone has the power to heal”* (Philip Yancey, *The Bible Jesus Read*).

As we go through these Psalms together, we are intentionally and specifically praying for our upcoming *Experiencing God* sermon series and Life Group Bible study kicking off January 14, 2018!

Please join us as we prepare our hearts for what God has for us and move into a place of receptivity to His activity.

The Psalms can be divided into five books:

**Book 1: *Psalms 1-41*; Book 2: *Psalms 42-72*; Book 3: *Psalms 73-89*;  
Book 4: *Psalms 90-106*; Book 5: *Psalms 107-150***

Books 1-2 emphasize God's deliverance of Israel, especially of David as the king of Israel. Book 3, however, seems to correlate best with Israel's exile when Davidic kings no longer reigned. Book 4 begins by reflecting on the time of Moses, and points us to a new exodus. Finally, Book 5 celebrates the salvation that will come with a new David, when the exile will end, and Israel, and all of God's people, will experience the glorious blessing promised to Abraham.

For the next six weeks leading up to Thanksgiving Sunday (November 26), we will be praying the Psalms daily together – an ancient and sacred tradition in the life of the early church. Every day you will be given a Morning Psalm as you rise, and an Evening Psalm to reflect upon before retiring for the night. Here are some suggestions to assist you:

1. As much as possible, choose a set time in the morning and evening when you will pray. It may be necessary to adjust your daily routines to make time for prayer, by getting up earlier, and, possibly, by going to bed earlier. Make a sacred appointment to meet with the Lord during these times, and keep your appointment
2. Find a consistent, inviting place of solitude where you can be quiet and still. Turn off your phone! Leave your Bible open to the next Psalm you will be praying.
3. Pray each psalm slowly (preferably out loud). Seek to enter into the heart of the psalm, and into the experience it comes out of. If a phrase or word catches you, stay with it, meditate on it, and savor its meaning before moving on. You will find your own prayer emerging out of the prayer of the psalmist. The same Spirit who inspired the psalmist will inspire you as you pray. He will teach you to pray.
4. Whatever Psalm you read, pray it as the word of God addressed specifically to you for that day. Hide whatever words or phrases the Holy Spirit high-lights as you pray, and take it with you throughout the day. In the evening, let the selected Psalm help you review your day and examine your heart as you close your eyes and find your rest in Christ.

## FOR EXAMPLE:

### MORNING PRAYER: PSALM 1

#### Hide God's Word in your heart

Write down the specific word, or verse, or phrase you will take with you, and then reflect on it continuously throughout your day.

Meditate on it. Memorize it. Pray it.

*Blessed are those who do not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but who delight in the law of the Lord and meditate on His law day and night. Psalm 1:1-2*

#### My prayer for today

Write your own personal prayer (just a sentence or two) inspired by this Psalm:

*Father, I want to be blessed. Help me to meditate on Your word today. Bring it to my mind as I go about the business of the day and help me to be always thinking of You – not just remembering, but meditating on Your word.*

### EVENING PRAYER: PSALM 4

#### Review your day (“God Sightings”)

Before you go to sleep, ask the Holy Spirit to help you review your day. Where was God today? How did He speak to you, guide you, use you, or meet with you? What unexpected Divine appointments occurred today?

How did you respond?

*Thank you Lord that just when I began to lose my temper with my wife today, You sent a church member to visit out of the blue and gave me peace and a kind word for my wife instead. What a wonderful surprise to see You show up like that. Thank You that You hear me when I call for help.*

#### Prayers of Thanksgiving and Intercession

Thank God for his wonderful gifts of grace and life today, and then spend a few moments praying for others as the Lord guides you.

You may want to close with the Lord's Prayer.

*Our Father who art in Heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread and forgive us our debts as we forgive our debtors. Lead us not into temptation, but deliver us from evil, for Thine is the kingdom and the power and the glory forever and ever. Amen.*

*MONDAY, OCTOBER 23*

**MORNING PRAYER: PSALM 1**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 4**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*TUESDAY, OCTOBER 24*

**MORNING PRAYER: PSALM 5**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 16**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*WEDNESDAY, OCTOBER 25*

**MORNING PRAYER: PSALM 8**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 12**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**



*THURSDAY, OCTOBER 26*

**MORNING PRAYER: PSALM 18**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 25**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*FRIDAY, OCTOBER 27*

**MORNING PRAYER: PSALM 19**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 32**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SATURDAY, OCTOBER 28*

**MORNING PRAYER: PSALM 42**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 22**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SUNDAY, OCTOBER 29*

**MORNING PRAYER: PSALM 122**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 6**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*MONDAY, OCTOBER 30*

**MORNING PRAYER: PSALM 92**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 51**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*TUESDAY, OCTOBER 31*

**MORNING PRAYER: PSALM 20**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 34**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*WEDNESDAY, NOVEMBER 1*

**MORNING PRAYER: PSALM 27**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 39**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*THURSDAY, NOVEMBER 2*

**MORNING PRAYER: PSALM 30**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 55**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**



*FRIDAY, NOVEMBER 3*

**MORNING PRAYER: PSALM 67**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 63**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SATURDAY, NOVEMBER 4*

**MORNING PRAYER: PSALM 23**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 46**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SUNDAY, NOVEMBER 5*

**MORNING PRAYER: PSALM 50**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 62**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*MONDAY, NOVEMBER 6*

**MORNING PRAYER: PSALM 84**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 86**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*TUESDAY, NOVEMBER 7*

**MORNING PRAYER: PSALM 33**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 131**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*WEDNESDAY, NOVEMBER 8*

**MORNING PRAYER: PSALM 108**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 111**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*THURSDAY, NOVEMBER 9*

**MORNING PRAYER: PSALM 143**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 139**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*FRIDAY, NOVEMBER 10*

**MORNING PRAYER: PSALM 103**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 85**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**



*SATURDAY, NOVEMBER 11*

**MORNING PRAYER: PSALM 58**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 109**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SUNDAY, NOVEMBER 12*

**MORNING PRAYER: PSALM 113**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 130**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*MONDAY, NOVEMBER 13*

**MORNING PRAYER: PSALM 90**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 91**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*TUESDAY, NOVEMBER 14*

**MORNING PRAYER: PSALM 44**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 141**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*WEDNESDAY, NOVEMBER 15*

**MORNING PRAYER: PSALM 145**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 61**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*THURSDAY, NOVEMBER 16*

**MORNING PRAYER: PSALM 120**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 121**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*FRIDAY, NOVEMBER 17*

**MORNING PRAYER: PSALM 116**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 134**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SATURDAY, NOVEMBER 18*

**MORNING PRAYER: PSALM 73**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 71**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**



*SUNDAY, NOVEMBER 19*

**MORNING PRAYER: PSALM 45**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 119:89-96**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*MONDAY, NOVEMBER 20*

**MORNING PRAYER: PSALM 119:97-112**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 17**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*TUESDAY, NOVEMBER 21*

**MORNING PRAYER: PSALM 95**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 77**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*WEDNESDAY, NOVEMBER 22*

**MORNING PRAYER: PSALM 98**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 3**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

***THURSDAY, NOVEMBER 23 (THANKSGIVING DAY!)***

**MORNING PRAYER: PSALM 136**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 100**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*FRIDAY, NOVEMBER 24*

**MORNING PRAYER: PSALM 96**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 11**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SATURDAY, NOVEMBER 25*

**MORNING PRAYER: PSALM 10**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 2**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

*SUNDAY, NOVEMBER 26*

**MORNING PRAYER: PSALM 150**

**Hide God's Word in your heart**

**My prayer for today**

**EVENING PRAYER: PSALM 47**

**Review your day ("God Sightings")**

**Prayers of Thanksgiving and Intercession**

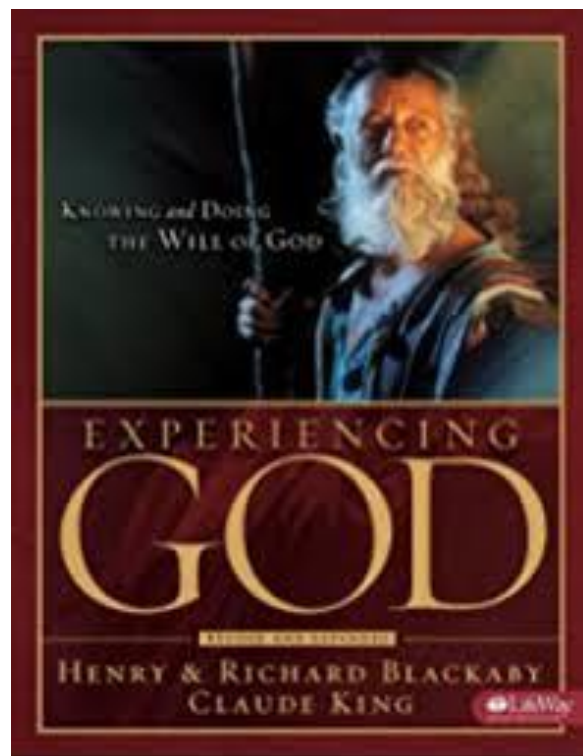


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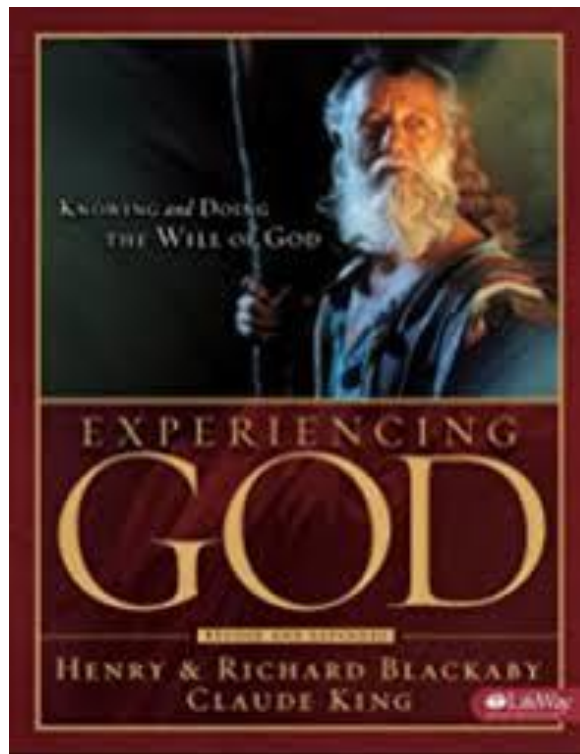
# *NOTES*

*Psalms:  
Praying Through  
the Seasons of Life*

*and getting ready for ...*



*Sermon series and Life Group Bible study  
Kicking off January 14, 2018!*



*Coming January, 2018!*

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