

Faith That Thrives In Tough Times

God :

Me :



Faith That Thrives In Tough Times Daily Devotions

Monday January 4 to Sunday March 28

We'll deepen our friendship with God daily by focusing on selected Psalms. Spend about 15 minutes each day with God in your personal daily devotion.

After you've read today's passage, scan the questions quickly to see which ones interest you the most. Don't worry about doing all the questions. The important thing is to answer the questions that help you in your walk with God and to take the time to truly encounter God. Try to do the last question for each day that applies the truth to your life. For each day:



Pray that God will speak to you.



Learn what God is saying to you.



Apply in love what God wants you to do.

Faith That Thrives In Tough Times

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Faith That Thrives In Tough Times

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Tuesday January 5

Psalm 2

¹ Why do the nations conspire and the peoples plot in vain?

² The kings of the earth rise up and the rulers band together against the LORD and against His anointed, saying,

³ “Let us break their chains and throw off their shackles.”

⁴ The One enthroned in heaven laughs; the Lord scoffs at them.

⁵ He rebukes them in his anger and terrifies them in his wrath, saying,

⁶ “I have installed my king on Zion, my holy mountain.”

⁷ I will proclaim the LORD’s decree: He said to me, “You are my son; today I have become your father.

⁸ Ask Me, and I will make the nations your inheritance, the ends of the earth your possession.

⁹ You will break them with a rod of iron; you will dash them to pieces like pottery.”

¹⁰ Therefore, you kings, be wise; be warned, you rulers of the earth.

¹¹ Serve the LORD with fear and celebrate his rule with trembling.

¹² Kiss His son, or He will be angry and your way will lead to your destruction, for His wrath can flare up in a moment. Blessed are all who take refuge in Him.

Several psalms are called Messianic psalms because of their prophetic descriptions of Jesus the Messiah (Christ) – His life, death, resurrection, and future reign. This psalm is mentioned seven times in the New Testament. Psalm 2 describes some truths about King David but more importantly it describes truths about God’s eternal King – the Messiah, Jesus Christ. “Messiah” is Hebrew for “anointed One” in verse 2.

1. What is God predicting in Psalm 2 about His Messiah?
2. How did Jesus fulfill these predictions?
3. How does this psalm give us hope when nations rebel against the LORD?
4. How does the LORD want us to treat Jesus Christ (verses 10-12)?
5. Talk with the LORD about how you want to live in light of this psalm.

Faith That Thrives In Tough Times

God :

Me :



Wednesday January 6 Psalm 4

¹ Answer me when I call to You, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.

² How long will you people turn my glory into shame? How long will you love delusions and seek false gods?

³ Know that the LORD has set apart His faithful servant for Himself; the LORD hears when I call to Him.

⁴ Tremble and do not sin; when you are on your beds, search your hearts and be silent.

⁵ Offer the sacrifices of the righteous and trust in the LORD.

⁶ Many, LORD, are asking, "Who will bring us prosperity?" Let the light of Your face shine on us.

⁷ Fill my heart with joy when their grain and new wine abound.

⁸ In peace I will lie down and sleep, for You alone, LORD, make me dwell in safety.

1. What four things does David ask of God in verse 1?
2. What outcome does David expect in verse 3? Why is he so confident? What does it mean for the LORD to set the godly apart?
3. Considering David's distress in verse 1, why is he more joyful, peaceful, and secure in verses 6-7? What is God's role in this transformation? What is David's role?
4. What is your biggest source of stress?
5. Apply what you learned in this psalm to your current stress in a prayer and praise to God.

Faith That Thrives In Tough Times

God :

Me :



Thursday January 7

Psalm 5

¹ Listen to my words, LORD, consider my lament.

² Hear my cry for help, my King and my God, for to You I pray.

³ In the morning, LORD, You hear my voice; in the morning I lay my requests before You and wait expectantly.

⁴ For You are not a God who is pleased with wickedness; with You, evil people are not welcome.

⁵ The arrogant cannot stand in Your presence. You hate all who do wrong;

⁶ destroy those who tell lies. The bloodthirsty and deceitful You, LORD, detest.

⁷ But I, by Your great love, can come into Your house; in reverence I bow down toward Your holy temple.

⁸ Lead me, LORD, in Your righteousness because of my enemies — make Your way straight before me.

⁹ Not a word from their mouth can be trusted; their heart is filled with malice. Their throat is an open grave; with their tongues they tell lies.

¹⁰ Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against You.

¹¹ But let all who take refuge in You be glad; let them ever sing for joy. Spread Your protection over them, that those who love Your name may rejoice in You.

¹² Surely, LORD, You bless the righteous; surround them with Your favor as with a shield.

1. What do we learn about prayer in verses 1-3?
2. What do we learn about God in verses 4-8? How can that help us in prayer?
3. What encouragement do You receive in verses 11-12? Thank the LORD for that encouragement.
4. Use Psalm 5 as a guide for Your prayer about a significant challenge in Your life.

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Friday January 8 Psalm 8

¹ *LORD, our Lord, how majestic is Your name in all the earth! You have set Your glory in the heavens.*

² *Through the praise of children and infants You have established a stronghold against Your enemies, to silence the foe and the avenger.*

³ *When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place,*

⁴ *what is mankind that You are mindful of them, human beings that You care for them?*

⁵ *You have made them a little lower than the angels and crowned them with glory and honor.*

⁶ *You made them rulers over the works of Your hands; You put everything under their feet:*

⁷ *all flocks and herds, and the animals of the wild,*

⁸ *the birds in the sky, and the fish in the sea, all that swim the paths of the seas.*

⁹ *LORD, our Lord, how majestic is Your name in all the earth!*

1. Consider the starry sky and outer space at night time. Tell God how it makes You feel to know that God made all that and is still mindful of Your little life.
2. What is God saying about people in verses 4-8? What is He saying about You personally? Talk with the LORD about what that means to You.
3. What is God saying to You about Your responsibility with His creation? How will You respond?

Faith That Thrives In Tough Times

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Saturday January 9

Psalm 10

¹ Why, LORD, do You stand far off? Why do You hide Yourself in times of trouble?
² In His arrogance the wicked man hunts down the weak, who are caught in the schemes He devises.
³ He boasts about the cravings of His heart; He blesses the greedy and reviles the LORD.
⁴ In His pride the wicked man does not seek Him; in all His thoughts there is no room for God.
⁵ His ways are always prosperous; Your laws are rejected by him; He sneers at all His enemies.
⁶ He says to himself, "Nothing will ever shake me." He swears, "No one will ever do me harm."
⁷ His mouth is full of lies and threats; trouble and evil are under His tongue.
⁸ He lies in wait near the villages; from ambush He murders the innocent. His eyes watch in secret for His victims; ⁹ like a lion in cover He lies in wait. He lies in wait to catch the helpless; He catches the helpless and drags them off in His net. ¹⁰ His victims are crushed, they collapse; they fall under His strength. ¹¹ He says to himself, "God will never notice; He covers His face and never sees." ¹² Arise, LORD! Lift up Your hand, O God. Do not forget the helpless.
¹³ Why does the wicked man revile God? Why does He say to himself, "He won't call me to account"?
¹⁴ But You, God, see the trouble of the afflicted; You consider their grief and take it in hand. The victims commit themselves to You; You are the helper of the fatherless.
¹⁵ Break the arm of the wicked man; call the evildoer to account for His wickedness that would not otherwise be found out.
¹⁶ The LORD is King for ever and ever; the nations will perish from His land.
¹⁷ You, LORD, hear the desire of the afflicted; You encourage them, and You listen to their cry,
¹⁸ defending the fatherless and the oppressed, so that mere earthly mortals will never again strike terror.

1. Have You ever felt like the psalmist in verse 1? What happened? Why is God sometimes so silent in the face of great needs?
2. What makes a person wicked in God's eyes (verses 2-11)? Why do these things actually make a person wicked?
3. Ask God to show you any of the things in verses 2-11 that you are tempted to think or do. Express to God how you feel about giving in to these things.
4. Although the psalmist felt like the LORD hid Himself when the psalmist suffered trouble, what was the LORD actually doing (verses 12-18)?
5. How have you experienced the LORD's ministry to you in verses 12-18? Praise the LORD for ministering to you in those ways.

Faith That Thrives In Tough Times

God :

Me :



Monday January 11

Psalm 14

¹ *The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.*

² *The LORD looks down from heaven on all mankind to see if there are any who understand, any who seek God.*

³ *All have turned away, all have become corrupt; there is no one who does good, not even one.*

⁴ *Do all these evildoers know nothing? They devour my people as though eating bread; they never call on the LORD.*

⁵ *But there they are, overwhelmed with dread, for God is present in the company of the righteous.*

⁶ *You evildoers frustrate the plans of the poor, but the LORD is their refuge.*

⁷ *Oh, that salvation for Israel would come out of Zion! When the LORD restores His people, let Jacob rejoice and Israel be glad!*

1. What is God's report card on humanity?
2. What are the symptoms of the problem with humanity?
3. What is the cause of the problem of humanity?
4. What part of your life runs without regard to God? Why? How does that affect you?
5. Talk with the LORD about how you will give more regard to God each day.

Faith That Thrives In Tough Times

God :

Me :



Tuesday January 12

Psalm 15

¹ LORD, who may dwell in Your sacred tent? Who may live on Your holy mountain?

² The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart;

³ whose tongue utters no slander, who does no wrong to a neighbor, and casts no slur on others;

⁴ who despises a vile person but honors those who fear the LORD; who keeps an oath even when it hurts, and does not change their mind;

⁵ who lends money to the poor without interest; who does not accept a bribe against the innocent.

Whoever does these things will never be shaken.

1. What is required to live with our holy God forever? Why are these things important?
2. What are the roles of God's grace and Holy Spirit in helping us to live like this?
3. Ask God to help you see how well you are preparing with God's help to live as described in this Psalm.
4. Pray to the LORD expressing your desire and plans to improve with God's help to live as God desires His Holy people to live.

Faith That Thrives In Tough Times

God :



Me :

Wednesday January 13

Psalm 16

¹ *Keep me safe, my God, for in You I take refuge.*

² *I say to the LORD, "You are my Lord; apart from You I have no good thing."*

³ *I say of the holy people who are in the land, "They are the noble ones in whom is all my delight."*

⁴ *Those who run after other gods will suffer more and more. I will not pour out libations of blood to such gods or take up their names on my lips.*

⁵ *LORD, You alone are my portion and my cup; You make my lot secure.*

⁶ *The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.*

⁷ *I will praise the LORD, who counsels me; even at night my heart instructs me.*

⁸ *I keep my eyes always on the LORD. With Him at my right hand, I will not be shaken.*

⁹ *Therefore my heart is glad and my tongue rejoices; my body also will rest secure,*

¹⁰ *because You will not abandon me to the realm of the dead, nor will You let Your faithful one see decay.*

¹¹ *You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.*

1. According to this Psalm what good things does the LORD do to bless us?
2. Thank the Lord that He promises to do these things for you and what that means to you personally.
3. If God has already done some of these things for you, praise Him for that and how that enriched your life.
4. Think about a challenge that you face. Ask the LORD to do for you what He promises in this Psalm. Commit to do what He is asking you to do in this Psalm in order to receive His blessings.

Faith That Thrives In Tough Times

God :



Me :

Thursday January 14

Psalm 17

¹ Hear me, LORD, my plea is just; listen to my cry. Hear my prayer — it does not rise from deceitful lips. ² Let my vindication come from You; may Your eyes see what is right. ³ Though You probe my heart, though You examine me at night and test me, You will find that I have planned no evil; my mouth has not transgressed. ⁴ Though people tried to bribe me, I have kept myself from the ways of the violent through what Your lips have commanded. ⁵ My steps have held to Your paths; my feet have not stumbled. ⁶ I call on You, my God, for You will answer me; turn Your ear to me and hear my prayer. ⁷ Show me the wonders of Your great love, You who save by Your right hand those who take refuge in You from their foes. ⁸ Keep me as the apple of Your eye; hide me in the shadow of Your wings ⁹ from the wicked who are out to destroy me, from my mortal enemies who surround me. ¹⁰ They close up their callous hearts, and their mouths speak with arrogance. ¹¹ They have tracked me down, they now surround me, with eyes alert, to throw me to the ground. ¹² They are like a lion hungry for prey, like a fierce lion crouching in cover. ¹³ Rise up, LORD, confront them, bring them down; with Your sword rescue me from the wicked. ¹⁴ By Your hand save me from such people, LORD, from those of this world whose reward is in this life. May what You have stored up for the wicked fill their bellies; may their children gorge themselves on it, and may there be leftovers for their little ones. ¹⁵ As for me, I will be vindicated and will see Your face; when I awake, I will be satisfied with seeing Your likeness.

1. What things about God assure the psalmist that the LORD will answer His prayer (verses 6-9, 14, 15)?
2. What character traits of the psalmist's life assure the psalmist that the LORD will answer His prayer (verses 1-5)?
3. Ask the LORD to help you see how well you are living out those character traits in your own life. Talk with the LORD about how you want to grow in those traits.
4. In what situation now do you need deliverance from people or forces that seem out to get you?
5. Pray about that situation, thanking God for the encouragement that He gives you in this Psalm and committing to live out the positive traits that the psalmist models.

Faith That Thrives In Tough Times

God :



Me :

Friday January 15

Psalm 18:1-30

¹ I love You, LORD, my strength.

² The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

³ I called to the LORD, who is worthy of praise, and I have been saved from my enemies.

⁴ The cords of death entangled me; the torrents of destruction overwhelmed me.

⁵ The cords of the grave coiled around me; the snares of death confronted me.

⁶ In my distress I called to the LORD; I cried to my God for help.

From His temple He heard my voice; my cry came before Him, into His ears.

⁷ The earth trembled and quaked, and the foundations of the mountains shook; they trembled because He was angry.

⁸ Smoke rose from His nostrils; consuming fire came from His mouth, burning coals blazed out of it.

⁹ He parted the heavens and came down; dark clouds were under His feet.

¹⁰ He mounted the cherubim and flew; He soared on the wings of the wind.

¹¹ He made darkness His covering, His canopy around Him — the dark rain clouds of the sky.

¹² Out of the brightness of His presence clouds advanced, with hailstones and bolts of lightning.

¹³ The LORD thundered from heaven; the voice of the Most High resounded.

¹⁴ He shot His arrows and scattered the enemy, with great bolts of lightning He routed them.

¹⁵ The valleys of the sea were exposed and the foundations of the earth laid bare at Your rebuke, LORD, at the blast of breath from Your nostrils.

¹⁶ He reached down from on high and took hold of me; He drew me out of deep waters.

¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me.

¹⁸ They confronted me in the day of my disaster, but the LORD was my support.

¹⁹ He brought me out into a spacious place; He rescued me because He delighted in me.

²⁰ The LORD has dealt with me according to my righteousness; according to the cleanness of my hands He has rewarded me.

²¹ For I have kept the ways of the LORD; I am not guilty of turning from my God.

²² All His laws are before me; I have not turned away from His decrees.

²³ I have been blameless before Him and have kept myself from sin.

²⁴ The LORD has rewarded me according to my righteousness, according to the cleanness of my hands in His sight.

²⁵ To the faithful You show Yourself faithful, to the blameless You show Yourself blameless,

²⁶ to the pure You show Yourself pure, but to the devious You show Yourself shrewd.

²⁷ You save the humble but bring low those whose eyes are haughty.

²⁸ You, LORD, keep my lamp burning; my God turns my darkness into light.

²⁹ With Your help I can advance against a troop; with my God I can scale a wall.

³⁰ As for God, His way is perfect: The LORD's word is flawless; He shields all who take refuge in Him.

Faith That Thrives In Tough Times

God :

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1. King David spent much time hiding behind rocks and in caves from Saul, who was trying to kill David. How does the descriptive language about God in verses 2-19 encourage You?
2. How has God helped You when You were mistreated by difficult people or evil forces? Thank the LORD for that.
3. Is David boasting or praising God in verses 20 – 30?
4. What is God's role in helping us to obey Him? How is obedience to God important in seeing God answer our prayers?
5. God delights in David and in you (verse 19). Consider David's response to God in verse 1. Take time to express your love for God for the ways that He delights in you, answers your prayers, and helps you to grow in righteousness.

Faith That Thrives In Tough Times

God :

Me :



Saturday January 16

Psalm 19

¹ The heavens declare the glory of God; the skies proclaim the work of His hands.

² Day after day they pour forth speech; night after night they reveal knowledge.

³ They have no speech, they use no words; no sound is heard from them.

⁴ Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun.

⁵ It is like a bridegroom coming out of His chamber, like a champion rejoicing to run His course.

⁶ It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.

⁷ The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple.

⁸ The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.

⁹ The fear of the LORD is pure, enduring forever. The decrees of the LORD are firm, and all of them are righteous.

¹⁰ They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.

¹¹ By them Your servant is warned; in keeping them there is great reward.

¹² But who can discern their own errors? Forgive my hidden faults.

¹³ Keep Your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression.

¹⁴ May these words of my mouth and this meditation of my heart be pleasing in Your sight, LORD, my Rock and my Redeemer.

1. How does God's creation declare God's glory to you (verses 1-6)? Give God glory for that.
2. How does reading and obeying God's Word bless us (verses 7-13)?
3. Thank God for specific ways that reading and obeying God's Word has blessed you.
4. What are the dangers of disobeying God (verses 12-13)? Talk with the Lord about ways that you have been susceptible to this.
5. Take time to slowly pray verses 7-14, reflecting on the significance of each verse.

Faith That Thrives In Tough Times

God :

Me :



Sunday January 17

Psalm 20

¹ May the LORD answer you when you are in distress; may the name of the God of Jacob protect you.

² May He send you help from the sanctuary and grant you support from Zion.

³ May He remember all your sacrifices and accept your burnt offerings.

⁴ May He give you the desire of your heart and make all your plans succeed.

⁵ May we shout for joy over your victory and lift up our banners in the name of our God. May the LORD grant all your requests.

⁶ Now this I know: The LORD gives victory to His anointed. He answers him from His heavenly sanctuary with the victorious power of His right hand.

⁷ Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

⁸ They are brought to their knees and fall, but we rise up and stand firm.

⁹ LORD, give victory to the king! Answer us when we call!

This psalm is a prayer before war. We are all involved in a spiritual war where our enemies are the devil and his army of demons, the world system that is opposed to God, difficult people, and our own selfish sinful nature.

1. How are your enemies attacking you in your spiritual battle?
2. How does this psalm encourage you in your spiritual battle?
3. What does it mean for God to give a person the desire of their heart (verse 4)? Does God give us what we desire or give us His desires to be in our hearts or both? Why?
4. As you pray about your spiritual battle, ask the LORD to:
 - Answer you in your distress (verse 1).
 - Give you the desire of your heart and make your plans succeed (verse 4).
 - Save you, an anointed child of God, with the saving power of His right hand (verse 6).

Faith That Thrives In Tough Times

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Me :



Monday January 18

Psalm 22

- ¹ *My God, my God, why have You forsaken me? Why are You so far from saving me, so far from my cries of anguish?*
- ² *My God, I cry out by day, but You do not answer, by night, but I find no rest.*
- ³ *Yet You are enthroned as the Holy One; You are the one Israel praises.*
- ⁴ *In You our ancestors put their trust; they trusted and You delivered them.*
- ⁵ *To You they cried out and were saved; in You they trusted and were not put to shame.*
- ⁶ *But I am a worm and not a man, scorned by everyone, despised by the people.*
- ⁷ *All who see me mock me; they hurl insults, shaking their heads.*
- ⁸ *“He trusts in the LORD,” they say, “let the LORD rescue Him. Let Him deliver him, since He delights in him.”*
- ⁹ *Yet You brought me out of the womb; You made me trust in You, even at my mother’s breast.*
- ¹⁰ *From birth I was cast on You; from my mother’s womb You have been my God.*
- ¹¹ *Do not be far from me, for trouble is near and there is no one to help.*
- ¹² *Many bulls surround me; strong bulls of Bashan encircle me.*
- ¹³ *Roaring lions that tear their prey open their mouths wide against me.*
- ¹⁴ *I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me.*
- ¹⁵ *My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; You lay me in the dust of death.*
- ¹⁶ *Dogs surround me, a pack of villains encircles me; they pierce my hands and my feet.*
- ¹⁷ *All my bones are on display; people stare and gloat over me.*
- ¹⁸ *They divide my clothes among them and cast lots for my garment.*
- ¹⁹ *But You, LORD, do not be far from me. You are my strength; come quickly to help me.*
- ²⁰ *Deliver me from the sword, my precious life from the power of the dogs.*
- ²¹ *Rescue me from the mouth of the lions; save me from the horns of the wild oxen.*
- ²² *I will declare Your name to my people; in the assembly I will praise You.*
- ²³ *You who fear the LORD, praise Him! All you descendants of Jacob, honor Him! Revere Him, all you descendants of Israel!*
- ²⁴ *For He has not despised or scorned the suffering of the afflicted one; He has not hidden His face from Him but has listened to His cry for help.*
- ²⁵ *From You comes the theme of my praise in the great assembly; before those who fear You¹ I will fulfill my vows. ²⁶ The poor will eat and be satisfied; those who seek the LORD will praise Him — may Your hearts live forever!*
- ²⁷ *All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before Him,*
- ²⁸ *for dominion belongs to the LORD and He rules over the nations.*
- ²⁹ *All the rich of the earth will feast and worship; all who go down to the dust will kneel before Him — those who cannot keep themselves alive.*
- ³⁰ *Posterity will serve Him; future generations will be told about the Lord.*
- ³¹ *They will proclaim His righteousness, declaring to a people yet unborn: He has done it!*

Faith That Thrives In Tough Times

God :

Me :



Psalm 22 is a Messianic psalm. It has two fulfillments. One fulfillment was in King David's life and the other fulfillment was in the Messiah Jesus Christ.

1. Jesus quoted the first line of this Psalm on the cross (Matthew 27:46). How does Psalm 22:1-18 help us understand what Jesus Christ suffered on the cross for us.
2. How does Psalm 22:19-31 highlight what Jesus accomplished for us in His death and resurrection? Thank God for that.
3. Consider your current problems in life. How does Jesus' suffering on the cross in verses 1-18 help you know that Jesus understands what you are going through and can help you?
4. How do verses 19-31 give you hope personally in your own hardship? Praise the LORD for that.

Faith That Thrives In Tough Times

God :

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Tuesday January 19

Psalm 23

¹ The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures, He leads me beside quiet waters,

³ He refreshes my soul. He guides me along the right paths for His name's sake.

⁴ Even though I walk through the darkest valley,

I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

⁶ Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

1. What worries trouble you today? How does God want to minister to your worries according to verses 1-3? Thank the LORD for that.
2. What fears do you have about the shortness of this life? How does God want to minister to your fears about the shortness of this life according to verses 4 and 6? Ask the LORD to minister to you these ways. How do you sense Him doing that?
3. How have people put you down? How have you put yourself down? How does God want to repair your damaged self-worth in verse 5?
4. Pray slowly through Psalm 23 making it your prayer and praise to the LORD.

Faith That Thrives In Tough Times

God :

Me :



Wednesday January 20 Psalm 24

- ¹ The earth is the LORD's, and everything in it, the world, and all who live in it;
² for He founded it on the seas and established it on the waters.
³ Who may ascend the mountain of the LORD? Who may stand in His holy place?
⁴ The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.
⁵ They will receive blessing from the LORD and vindication from God their Savior.
⁶ Such is the generation of those who seek Him, who seek Your face, God of Jacob.
⁷ Lift up your heads, you gates; be lifted up, you ancient doors, that the King of glory may come in.
⁸ Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.
⁹ Lift up your heads, you gates; lift them up, you ancient doors, that the King of glory may come in.
¹⁰ Who is He, this King of glory? The LORD Almighty — He is the King of glory.*

1. According to verses 3-6, describe in practical everyday terms what is necessary for a person to live with a holy God in heaven.
2. Why are these things important?
3. What modern idols tempt us to live for them instead of the true God?
4. Ask the LORD to help you see how well you are preparing each day to live with a holy God.
5. Talk with the LORD about what God's reign is calling you to be and do.

Faith That Thrives In Tough Times

God :



Me :

Thursday January 21

Psalm 25

¹ In You, LORD my God, I put my trust. ² I trust in You; do not let me be put to shame, nor let my enemies triumph over me. ³ No one who hopes in You will ever be put to shame, but shame will come on those who are treacherous without cause.

⁴ Show me Your ways, LORD, teach me Your paths. ⁵ Guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long.

⁶ Remember, LORD, Your great mercy and love, for they are from of old.

⁷ Do not remember the sins of my Youth and my rebellious ways; according to Your love remember me, for You, LORD, are good.

⁸ Good and upright is the LORD; therefore He instructs sinners in His ways.

⁹ He guides the humble in what is right and teaches them His way.

¹⁰ All the ways of the LORD are loving and faithful toward those who keep the demands of His covenant.

¹¹ For the sake of Your name, LORD, forgive my iniquity, though it is great.

¹² Who, then, are those who fear the LORD? He will instruct them in the ways they should choose.

¹³ They will spend their days in prosperity, and their descendants will inherit the land.

¹⁴ The LORD confides in those who fear Him; He makes His covenant known to them.

¹⁵ My eyes are ever on the LORD, for only He will release my feet from the snare.

¹⁶ Turn to me and be gracious to me, for I am lonely and afflicted.

¹⁷ Relieve the troubles of my heart and free me from my anguish.

¹⁸ Look on my affliction and my distress and take away all my sins.

¹⁹ See how numerous are my enemies and how fiercely they hate me!

²⁰ Guard my life and rescue me; do not let me be put to shame, for I take refuge in You.

²¹ May integrity and uprightness protect me, because my hope, LORD, is in You.

²² Deliver Israel, O God, from all their troubles!

1. What is it about the LORD that assures King David that God will guide him (verses 1-8)?
2. Praise God for these characteristics and how they personally assure you of God's guidance.
3. What does David realize that he needs to do in order to receive God's guidance (verses 6-21)? Why are these things important for receiving God's guidance?
4. For what do you need God's guidance today? Sincerely and earnestly ask God for that guidance (verse 1). Commit to do the things that you mentioned in question 3 that are necessary to receive God's guidance.

Faith That Thrives In Tough Times

God :

Me :



Friday January 22

Psalm 26

- ¹ Vindicate me, LORD, for I have led a blameless life; I have trusted in the LORD and have not faltered.
² Test me, LORD, and try me, examine my heart and my mind;
³ for I have always been mindful of Your unfailing love and have lived in reliance on Your faithfulness.
⁴ I do not sit with the deceitful, nor do I associate with hypocrites.
⁵ I abhor the assembly of evildoers and refuse to sit with the wicked.
⁶ I wash my hands in innocence, and go about Your altar, LORD,
⁷ proclaiming aloud Your praise and telling of all Your wonderful deeds.
⁸ LORD, I love the house where You live, the place where Your glory dwells.
⁹ Do not take away my soul along with sinners, my life with those who are bloodthirsty,
¹⁰ in whose hands are wicked schemes, whose right hands are full of bribes.
¹¹ I lead a blameless life; deliver me and be merciful to me.
¹² My feet stand on level ground; in the great congregation I will praise the LORD.

By saying that he was “blameless” David was not claiming that he was sinless – that is impossible for any human being to achieve. But he was consistently in fellowship with God, clearing His record when he sinned by asking for forgiveness. Here he is asking God to clear His name of the false charges made against him by His enemies.

1. How does David live?
2. What motivates him to live that way (verses 1-3, 8, 9)?
3. Ask God sincerely to show you how you would score on the Lord’s test (verses 1-3).
4. Talk with the Lord about how you want to live as a result of reading this psalm.

Faith That Thrives In Tough Times

God :



Me :

Saturday January 23

Psalm 27

¹ The LORD is my light and my salvation — whom shall I fear? The LORD is the stronghold of my life — of whom shall I be afraid?² When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.

³ Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

⁴ One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek Him in His temple.

⁵ For in the day of trouble He will keep me safe in His dwelling; He will hide me in the shelter of His sacred tent and set me high upon a rock.

⁶ Then my head will be exalted above the enemies who surround me; at His sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD.

⁷ Hear my voice when I call, LORD; be merciful to me and answer me.

⁸ My heart says of You, "Seek His face!" Your face, LORD, I will seek.

⁹ Do not hide Your face from me, do not turn Your servant away in anger; You have been my helper. Do not reject me or forsake me, God my Savior.

¹⁰ Though my father and mother forsake me, the LORD will receive me.

¹¹ Teach me Your way, LORD; lead me in a straight path because of my oppressors.

¹² Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations.

¹³ I remain confident of this: I will see the goodness of the LORD in the land of the living.

¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

1. What three qualities of God does David recall in verse 1? What do you think that he means by each? How does each relate to David's confidence (verses 2-3)?
2. What does David mean by seeking God (verses 4, 8)? How does seeking God bless us?
3. What does David's repeated verb "seek" say about his deepest desire in life (verses 4, 8)? Is seeking God's face of first importance to you? Or is it of second or third importance? Why? Talk with God about this and how you want to address this.
4. How has the LORD been like a "light" or a "stronghold" in your life this past month (verse 1)? Praise the LORD for doing this and what it means to you.
5. Pray through Psalm 27 slowly making it your personal prayer to God.

Faith That Thrives In Tough Times

God :



Me :

Sunday January 24

Psalm 30

¹ I will exalt You, LORD, for You lifted me out of the depths and did not let my enemies gloat over me.² LORD my God, I called to You for help, and You healed me.

³ You, LORD, brought me up from the realm of the dead; You spared me from going down to the pit. ⁴ Sing the praises of the LORD, You His faithful people; praise His holy name.

⁵ For His anger lasts only a moment, but His favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

⁶ When I felt secure, I said, "I will never be shaken."

⁷ LORD, when You favored me, You made my royal mountain stand firm; but when You hid Your face, I was dismayed. ⁸ To You, LORD, I called; to the Lord I cried for mercy:

⁹ "What is gained if I am silenced, if I go down to the pit? Will the dust praise You? Will it proclaim Your faithfulness?"

¹⁰ Hear, LORD, and be merciful to me; LORD, be my help."

¹¹ You turned my wailing into dancing; You removed my sackcloth and clothed me with joy,

¹² that my heart may sing Your praises and not be silent. LORD my God, I will praise You forever.

1. For what reasons does David praise God in verses 1-3?
2. David is honest about the tough realities of life. There are times that we weep and feel that God is hiding His face from us or is even angry with us (verses 4-7). What can we learn from David about God in these times (verses 4-12)?
3. What can we learn from David about how to handle these times in verses 4-12?
4. How has God turned a time of wailing into a time of dancing for you (verses 11-12)? Praise God with heart-felt joy for what He did and how that enriched your life.

Faith That Thrives In Tough Times

God :

Me :



Monday January 25

Psalm 31

¹ *In You, LORD, I have taken refuge; let me never be put to shame; deliver me in Your righteousness.*

² *Turn Your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.*

³ *Since You are my rock and my fortress, for the sake of Your name lead and guide me.*

⁴ *Keep me free from the trap that is set for me, for You are my refuge.*

⁵ *Into Your hands I commit my spirit; deliver me, LORD, my faithful God.*

⁶ *I hate those who cling to worthless idols; as for me, I trust in the LORD.*

⁷ *I will be glad and rejoice in Your love, for You saw my affliction and knew the anguish of my soul.*

⁸ *You have not given me into the hands of the enemy but have set my feet in a spacious place.*

⁹ *Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.*

¹⁰ *My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.*

¹¹ *Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends— those who see me on the street flee from me.*

¹² *I am forgotten as though I were dead; I have become like broken pottery.*

¹³ *For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.*

¹⁴ *But I trust in You, LORD; I say, “You are my God.”*

¹⁵ *My times are in Your hands; deliver me from the hands of my enemies, from those who pursue me.*

¹⁶ *Let Your face shine on Your servant; save me in Your unfailing love.*

¹⁷ *Let me not be put to shame, LORD, for I have cried out to You; but let the wicked be put to shame and be silent in the realm of the dead.*

¹⁸ *Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.*

¹⁹ *How abundant are the good things that You have stored up for those who fear You, that You bestow in the sight of all, on those who take refuge in You.*

²⁰ *In the shelter of Your presence You hide them from all human intrigues; You keep them safe in Your dwelling from accusing tongues.*

²¹ *Praise be to the LORD, for He showed me the wonders of His love when I was in a city under siege.*

²² *In my alarm I said, “I am cut off from Your sight!” Yet You heard my cry for mercy when I called to You for help.*

²³ *Love the LORD, all His faithful people! The LORD preserves those who are true to Him, but the proud He pays back in full.*

²⁴ *Be strong and take heart, all You who hope in the LORD.*

Faith That Thrives In Tough Times

God :

Me :



1. What is King David asking from the LORD in verses 1-5? Why are these requests important when we are in distress?
2. What is David experiencing in verses 9-13? How honest are you with God about what you are feeling in the tough times of life? Why can it be helpful to be honest with God about our feelings?
3. Consider your current distress. Pray about it using some of the requests that David used and express to God your genuine feelings in this tough time.
4. How can God help us in our distress (verses 14-24)? Thank God for His willingness to help you these ways.

Faith That Thrives In Tough Times

God :



Me :

Tuesday January 26

Psalm 32

¹ Blessed is the one whose transgressions are forgiven, whose sins are covered.

² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit.

³ When I kept silent, my bones wasted away through my groaning all day long.

⁴ For day and night Your hand was heavy on me; my strength was sapped as in the heat of summer.

⁵ Then I acknowledged my sin to You and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And You forgave the guilt of my sin.

⁶ Therefore let all the faithful pray to You while You may be found; surely the rising of the mighty waters will not reach them.

⁷ You are my hiding place; You will protect me from trouble and surround me with songs of deliverance.

⁸ I will instruct You and teach You in the way You should go; I will counsel You with My loving eye on You.

⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to You.

¹⁰ Many are the woes of the wicked, but the LORD's unfailing love surrounds the one who trusts in Him.

¹¹ Rejoice in the LORD and be glad, You righteous; sing, all You who are upright in heart!

1. What is the source of blessedness or happiness in this Psalm?
2. What does "in whose spirit there is no deceit" mean?
3. Ask God to show you if there is any deceit in your heart. Respond to God as He shows you what He sees in your heart.
4. Why do people have trouble sincerely confessing sin to God? What is God saying to you in verses 3-5?
5. What encourages you about God in verses 6-11? Rejoice in the LORD for the ways that God encourages you in verses 6-11.

Faith That Thrives In Tough Times

God :



Me :

Wednesday January 27

Psalm 33

- ¹ Sing joyfully to the LORD, You righteous; it is fitting for the upright to praise Him.*
- ² Praise the LORD with the harp; make music to Him on the ten-stringed lyre.*
- ³ Sing to Him a new song; play skillfully, and shout for joy.*
- ⁴ For the word of the LORD is right and true; He is faithful in all He does.*
- ⁵ The LORD loves righteousness and justice; the earth is full of His unfailing love.*
- ⁶ By the word of the LORD the heavens were made, their starry host by the breath of His mouth.*
- ⁷ He gathers the waters of the sea into jars; He puts the deep into storehouses.*
- ⁸ Let all the earth fear the LORD; let all the people of the world revere Him.*
- ⁹ For He spoke, and it came to be; He commanded, and it stood firm.*
- ¹⁰ The LORD foils the plans of the nations; He thwarts the purposes of the peoples.*
- ¹¹ But the plans of the LORD stand firm forever, the purposes of His heart through all generations.*
- ¹² Blessed is the nation whose God is the LORD, the people He chose for His inheritance.*
- ¹³ From heaven the LORD looks down and sees all mankind;*
- ¹⁴ from His dwelling place He watches all who live on earth—*
- ¹⁵ He who forms the hearts of all, who considers everything they do.*
- ¹⁶ No king is saved by the size of His army; no warrior escapes by His great strength.*
- ¹⁷ A horse is a vain hope for deliverance; despite all its great strength it cannot save.*
- ¹⁸ But the eyes of the LORD are on those who fear Him, on those whose hope is in His unfailing love,*
- ¹⁹ to deliver them from death and keep them alive in famine.*
- ²⁰ We wait in hope for the LORD; He is our help and our shield.*
- ²¹ In Him our hearts rejoice, for we trust in His holy name.*
- ²² May Your unfailing love be with us, LORD, even as we put our hope in You.*

1. What encouragement from the LORD do you find in this psalm?

2. Thank the LORD for the encouragement that is promised to you in this psalm, especially for ways that you have received the blessings listed in this psalm.

3. How does the LORD hope that we will respond to His blessings recorded in this psalm (verses 1-3, 8, 12, 18-22)?

4. Take time to respond to God in ways that please Him according to this psalm.

Faith That Thrives In Tough Times

God :

Me :



Thursday January 28

Psalm 34

- ¹ I will extol the LORD at all times; His praise will always be on my lips.*
- ² I will glory in the LORD; let the afflicted hear and rejoice.*
- ³ Glorify the LORD with me; let us exalt His name together.*
- ⁴ I sought the LORD, and He answered me; He delivered me from all my fears.*
- ⁵ Those who look to Him are radiant; their faces are never covered with shame.*
- ⁶ This poor man called, and the LORD heard him; He saved him out of all his troubles.*
- ⁷ The angel of the LORD encamps around those who fear Him, and He delivers them.*
- ⁸ Taste and see that the LORD is good; blessed is the one who takes refuge in Him.*
- ⁹ Fear the LORD, You His holy people, for those who fear Him lack nothing.*
- ¹⁰ The lions may grow weak and hungry, but those who seek the LORD lack no good thing.*
- ¹¹ Come, my children, listen to me; I will teach You the fear of the LORD.*
- ¹² Whoever of You loves life and desires to see many good days,*
- ¹³ keep Your tongue from evil and Your lips from telling lies.*
- ¹⁴ Turn from evil and do good; seek peace and pursue it.*
- ¹⁵ The eyes of the LORD are on the righteous, and His ears are attentive to their cry;*
- ¹⁶ but the face of the LORD is against those who do evil, to blot out their name from the earth.*
- ¹⁷ The righteous cry out, and the LORD hears them; He delivers them from all their troubles.*
- ¹⁸ The LORD is close to the brokenhearted and saves those who are crushed in spirit.*
- ¹⁹ The righteous person may have many troubles, but the LORD delivers Him from them all;*
- ²⁰ He protects all His bones, not one of them will be broken.*
- ²¹ Evil will slay the wicked; the foes of the righteous will be condemned.*
- ²² The LORD will rescue His servants; no one who takes refuge in Him will be condemned.*

1. What does it mean to extol, praise, glorify, and exalt the LORD?
2. What reasons does King David give to exalt and glorify the LORD?
3. What do we need to do in order for the LORD to bless us (verses 4, 5, 8-22)?
4. Take time to glorify the LORD for what He promises to do for you in this psalm and ways that He has already fulfilled some of these promises.
5. Whom do you know that is going through a hard time? Like David did in Psalm 34, share with them your gratitude for ways that the LORD has helped you in hard times.

Faith That Thrives In Tough Times

God :

Me :



Friday January 29

Psalm 35

¹ *Contend, LORD, with those who contend with me; fight against those who fight against me.*

² *Take up shield and armor; arise and come to my aid.*

³ *Brandish spear and javelin against those who pursue me. Say to me, “I am your salvation.”*

⁴ *May those who seek my life be disgraced and put to shame; may those who plot my ruin be turned back in dismay.*

⁵ *May they be like chaff before the wind, with the angel of the LORD driving them away;*

⁶ *may their path be dark and slippery, with the angel of the LORD pursuing them.*

⁷ *Since they hid their net for me without cause and without cause dug a pit for me,*

⁸ *may ruin overtake them by surprise—may the net they hid entangle them, may they fall into the pit, to their ruin.*

⁹ *Then my soul will rejoice in the LORD and delight in His salvation.*

¹⁰ *My whole being will exclaim, “Who is like you, LORD? You rescue the poor from those too strong for them, the poor and needy from those who rob them.”*

¹¹ *Ruthless witnesses come forward; they question me on things I know nothing about.*

¹² *They repay me evil for good and leave me like one bereaved.*

¹³ *Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered,*

¹⁴ *I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother.*

¹⁵ *But when I stumbled, they gathered in glee; assailants gathered against me without my knowledge. They slandered me without ceasing.*

¹⁶ *Like the ungodly they maliciously mocked; they gnashed their teeth at me.*

¹⁷ *How long, Lord, will you look on? Rescue me from their ravages, my precious life from these lions.*

¹⁸ *I will give you thanks in the great assembly; among the throngs I will praise You.*

¹⁹ *Do not let those gloat over me who are my enemies without cause; do not let those who hate me without reason maliciously wink the eye.*

²⁰ *They do not speak peaceably, but devise false accusations against those who live quietly in the land.*

²¹ *They sneer at me and say, “Aha! Aha! With our own eyes we have seen it.”*

²² *LORD, you have seen this; do not be silent. Do not be far from me, Lord.*

²³ *Awake, and rise to my defense! Contend for me, my God and Lord.*

²⁴ *Vindicate me in your righteousness, LORD my God; do not let them gloat over me.*

²⁵ *Do not let them think, “Aha, just what we wanted!” or say, “We have swallowed him up.”*

²⁶ *May all who gloat over my distress be put to shame and confusion; may all who exalt themselves over me be clothed with shame and disgrace.*

²⁷ *May those who delight in my vindication shout for joy and gladness; may they always say, “The LORD be exalted, who delights in the well-being of his servant.”*

²⁸ *My tongue will proclaim Your righteousness, Your praises all day long.*

Faith That Thrives In Tough Times

God :

Me :



Some of us, like King David, might have people who treat us badly. As time progresses, Christians will receive more persecution for their faith. All of us are treated badly by our spiritual enemies – the devil and his army of demons. Consider David's enemies in this psalm to refer to people and spiritual beings who harass us and are unwilling to repent.

1. What kind of mistreatment did David experience (verses 11-16, 19-21, 25-26)?
2. How have you been harassed by people or evil spiritual forces?
3. How does this psalm give us hope when we are mistreated that in the end God will rescue us and vindicate us (verses 1-3, 9-10, 22-24, 27-28)?
4. How does this psalm give us hope that evil will be judged (verses 4-8, 26)?
5. Thank God for the hope that He gives you in this psalm.

Faith That Thrives In Tough Times

God :



Me :

Saturday January 30

Psalm 36

¹ I have a message from God in my heart concerning the sinfulness of the wicked: There is no fear of God before their eyes.

² In their own eyes they flatter themselves too much to detect or hate their sin.

³ The words of their mouths are wicked and deceitful; they fail to act wisely or do good.

⁴ Even on their beds they plot evil; they commit themselves to a sinful course and do not reject what is wrong.

⁵ Your love, LORD, reaches to the heavens, Your faithfulness to the skies.

⁶ Your righteousness is like the highest mountains, Your justice like the great deep. You, LORD, preserve both people and animals.

⁷ How priceless is Your unfailing love, O God! People take refuge in the shadow of Your wings.

⁸ They feast on the abundance of Your house; You give them drink from Your river of delights.

⁹ For with You is the fountain of life; in Your light we see light.

¹⁰ Continue Your love to those who know You, Your righteousness to the upright in heart.

¹¹ May the foot of the proud not come against me, nor the hand of the wicked drive me away.

¹² See how the evildoers lie fallen — thrown down, not able to rise!

1. From verses 1-4, what qualities characterize the wicked?
2. Ask God to help you to see any ways that you show these qualities.
3. Describe God's love based upon verses 4-10.
4. What is it about God's love that motivates you to resist evil and pursue righteousness?
5. Thank God for His love that motivates you to pursue righteousness. Express your commitment to resist what is wrong and to do what is right in gratitude for God's love.

Faith That Thrives In Tough Times

God :

Me :



Sunday January 31

Psalm 37

- ¹ Do not fret because of those who are evil or be envious of those who do wrong;
² for like the grass they will soon wither, like green plants they will soon die away.
³ Trust in the LORD and do good; dwell in the land and enjoy safe pasture.
⁴ Take delight in the LORD, and He will give You the desires of Your heart.
⁵ Commit your way to the LORD; trust in Him and He will do this:
⁶ He will make your righteous reward shine like the dawn, your vindication like the noonday sun.
⁷ Be still before the LORD and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes.
⁸ Refrain from anger and turn from wrath; do not fret — it leads only to evil.
⁹ For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.
¹⁰ A little while, and the wicked will be no more; though You look for them, they will not be found.
¹¹ But the meek will inherit the land and enjoy peace and prosperity.
¹² The wicked plot against the righteous and gnash their teeth at them;
¹³ but the Lord laughs at the wicked, for He knows their day is coming.
¹⁴ The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.
¹⁵ But their swords will pierce their own hearts, and their bows will be broken.
¹⁶ Better the little that the righteous have than the wealth of many wicked;
¹⁷ for the power of the wicked will be broken, but the LORD upholds the righteous.
¹⁸ The blameless spend their days under the LORD's care, and their inheritance will endure forever.
¹⁹ In times of disaster they will not wither; in days of famine they will enjoy plenty.
²⁰ But the wicked will perish: Though the LORD's enemies are like the flowers of the field, they will be consumed, they will go up in smoke.
²¹ The wicked borrow and do not repay, but the righteous give generously;
²² those the LORD blesses will inherit the land, but those He curses will be destroyed.
²³ The LORD makes firm the steps of the one who delights in Him;
²⁴ though He may stumble, He will not fall, for the LORD upholds Him with His hand.
²⁵ I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.
²⁶ They are always generous and lend freely; their children will be a blessing.
²⁷ Turn from evil and do good; then you will dwell in the land forever.
²⁸ For the LORD loves the just and will not forsake His faithful ones. Wrongdoers will be completely destroyed; the offspring of the wicked will perish.
²⁹ The righteous will inherit the land and dwell in it forever.
³⁰ The mouths of the righteous utter wisdom, and their tongues speak what is just.
³¹ The law of their God is in their hearts; their feet do not slip.
³² The wicked lie in wait for the righteous, intent on putting them to death;
³³ but the LORD will not leave them in the power of the wicked or let them be condemned when brought to trial.
-

Faith That Thrives In Tough Times

God :



Me :

Monday February 1

Psalm 39

¹ *I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth while in the presence of the wicked."*

² *So I remained utterly silent, not even saying anything good. But my anguish increased;*

³ *my heart grew hot within me. While I meditated, the fire burned; then I spoke with my tongue:*

⁴ *"Show me, LORD, my life's end and the number of my days; let me know how fleeting my life is.*

⁵ *You have made my days a mere handbreadth; the span of my years is as nothing before You.*

Everyone is but a breath, even those who seem secure.

⁶ *"Surely everyone goes around like a mere phantom; in vain they rush about, heaping up wealth without knowing whose it will finally be. ⁷ "But now, Lord, what do I look for? My hope is in You.*

⁸ *Save me from all my transgressions; do not make me the scorn of fools.*

⁹ *I was silent; I would not open my mouth, for You are the one who has done this.*

¹⁰ *Remove Your scourge from me; I am overcome by the blow of Your hand.*

¹¹ *When You rebuke and discipline anyone for their sin, You consume their wealth like a moth—surely everyone is but a breath.*

¹² *"Hear my prayer, LORD, listen to my cry for help; do not be deaf to my weeping. I dwell with you as a foreigner, a stranger, as all my ancestors were.*

¹³ *Look away from me, that I may enjoy life again before I depart and am no more."*

1. How is King David dealing with His anguish (verses 1-3)? Have you bottled your pain inside like this? What was the result?
2. What is David realizing about life in verses 4-6? How does this realization impact you personally?
3. What does David ask of the LORD in his anguish in verses 7, 8 and 12? Why do you suppose that he asks for these things?
4. In verses 9-10 it seems that David is blaming God for his problems but in verse 11 he seems to realize that God can let us suffer bad consequences because of our sin in order to discipline us. Have you ever blamed God for your hardship only to realize that the hardship was really caused by your sin? How did God use those bad consequences to discipline you, that is to teach you to develop self-discipline with His help for future challenges? Praise the Lord for that.
5. How could your current problem be in part caused by your sin? How might God want to use these problems to discipline you and teach you to self-discipline yourself as Christ's disciple with Christ's help. Talk with God about this.

Faith That Thrives In Tough Times

God :

Me :



Tuesday February 2

Psalm 40

¹ *I waited patiently for the LORD; He turned to me and heard my cry.*

² *He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand.*

³ *He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in Him.*

⁴ *Blessed is the one who trusts in the LORD, who does not look to the proud, to those who turn aside to false gods.*

⁵ *Many, LORD my God, are the wonders You have done, the things You planned for us. None can compare with You; were I to speak and tell of Your deeds, they would be too many to declare.*

⁶ *Sacrifice and offering You did not desire — but my ears You have opened — burnt offerings and sin offerings You did not require.*

⁷ *Then I said, “Here I am, I have come — it is written about me in the scroll.*

⁸ *I desire to do Your will, my God; Your law is within my heart.”*

⁹ *I proclaim Your saving acts in the great assembly; I do not seal my lips, LORD, as You know.*

¹⁰ *I do not hide Your righteousness in my heart; I speak of Your faithfulness and Your saving help. I do not conceal Your love and Your faithfulness from the great assembly.*

¹¹ *Do not withhold Your mercy from me, LORD; may Your love and faithfulness always protect me.*

¹² *For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.*

¹³ *Be pleased to save me, LORD; come quickly, LORD, to help me.*

¹⁴ *May all who want to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.*

¹⁵ *May those who say to me, “Aha! Aha!” be appalled at their own shame.*

¹⁶ *But may all who seek You rejoice and be glad in You; may those who long for Your saving help always say, “The LORD is great!”*

¹⁷ *But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; You are my God, do not delay.*

1. When did God lift you out of a slimy pit and give you a firm place to stand (verses 1-2)? Praise God for that.
2. Whom do you know that is going through a hard time? Follow the psalmist's action in verses 3 and 9 by sharing with that person who is going through a hard time what you praised God for in question number 1.
3. What hard time are you going through right now? Pray through Psalm 40 slowly making it your prayer about your current difficulty.

Faith That Thrives In Tough Times

God :



Me :

Wednesday February 3 Psalm 41

¹ *Blessed are those who have regard for the weak; the LORD delivers them in times of trouble.*

² *The LORD protects and preserves them — they are counted among the blessed in the land—
He does not give them over to the desire of their foes.*

³ *The LORD sustains them on their sickbed and restores them from their bed of illness.*

⁴ *I said, “Have mercy on me, LORD; heal me, for I have sinned against You.”*

⁵ *My enemies say of me in malice, “When will he die and his name perish?”*

⁶ *When one of them comes to see me, he speaks falsely, while his heart gathers
slander; then he goes out and spreads it around.*

⁷ *All my enemies whisper together against me; they imagine the worst for me, saying,*

⁸ *“A vile disease has afflicted him; he will never get up from the place where he lies.”*

⁹ *Even my close friend, someone I trusted, one who shared my bread, has turned against me.*

¹⁰ *But may You have mercy on me, LORD; raise me up, that I may repay them.*

¹¹ *I know that You are pleased with me, for my enemy does not triumph over me.*

¹² *Because of my integrity You uphold me and set me in Your presence forever.*

¹³ *Praise be to the LORD, the God of Israel, from everlasting to everlasting.*

Amen and Amen.

1. What is a key way to receive God’s blessing (verses 1-3)? What blessing do people receive by this action? Why do you think that people are blessed by this action?
2. How have you personally been blessed by God for helping other people? How were the people you helped blessed by God and drawn towards Him? Thank God for that.
3. How is King David affected by his enemies (verses 5-13)?
4. What does David do regarding his enemies (verse 10-13)? How can these actions help?
5. Consider a person who is treating you poorly. Talk with God about how you will deal with this person using some of the steps David acted upon in verses 10-13

Faith That Thrives In Tough Times

God :

Me :



Thursday February 4 Psalm 42

¹ As the deer pants for streams of water, so my soul pants for You, my God.

² My soul thirsts for God, for the living God. When can I go and meet with God?

³ My tears have been my food day and night, while people say to me all day long, “Where is Your God?”

*⁴ These things I remember as I pour out my soul: how I used to go to the house of God
under the protection of the Mighty One with shouts of joy and praise among the festive throng.*

*⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God,
for I will yet praise Him, my Savior and my God.*

*⁶ My soul is downcast within me; therefore I will remember You from the land of the Jordan,
the heights of Hermon—from Mount Mizar.*

⁷ Deep calls to deep in the roar of Your waterfalls; all Your waves and breakers have swept over me.

⁸ By day the LORD directs His love, at night His song is with me — a prayer to the God of my life.

*⁹ I say to God my Rock, “Why have You forgotten me? Why must I go about mourning, oppressed by the
enemy?”*

¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is Your God?”

*¹¹ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God,
for I will yet praise Him, my Savior and my God.*

1. What is the psalmist experiencing in verses 3, 5, and 9 - 11? Why is he experiencing these emotions?
2. What discourages you today?
3. In what way are you experiencing what the psalmist went through in verses 3, 5, and 9-11?
4. What does the psalmist do to find hope (verses 1, 2, 4, 11)? How can these actions help?
5. Follow the psalmist’s actions in verses 1, 2, 4 and 11 so that the LORD can minister hope to you.

Faith That Thrives In Tough Times

God :

Me :



Friday February 5

Psalm 43

*¹ Vindicate me, my God, and plead my cause against an unfaithful nation.
Rescue me from those who are deceitful and wicked.*

*² You are God my stronghold. Why have You rejected me?
Why must I go about mourning, oppressed by the enemy?*

*³ Send me Your light and Your faithful care, let them lead me; let them bring me to Your
holy mountain, to the place where You dwell.*

*⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise You with
the lyre, O God, my God.*

*⁵ Why, my soul, are You downcast? Why so disturbed within me? Put your hope in God,
for I will yet praise Him, my Savior and my God.*

1. The psalmist is deeply troubled by ungodly, deceitful and wicked people. In what ways do you face a similar plight?
2. As the psalmist faces these difficult people, for what does he ask the LORD? What do these requests mean in practical terms? How can these requests truly help the psalmist?
3. What causes God to seem far away at times? Who moved, you or God?
4. Use this psalm to pray to the LORD about difficult people in your life.
5. Would God say that He is your joy and delight (verse 4)? Why? What will you do about this?

Faith That Thrives In Tough Times

God :

Me :



Saturday February 6

Psalm 45

¹ My heart is stirred by a noble theme as I recite my verses for the King; my tongue is the pen of a skillful writer.

² You are the most excellent of men and Your lips have been anointed with grace, since God has blessed You forever.

³ Gird Your sword on your side, You mighty one; clothe Yourself with splendor and majesty.

⁴ In Your majesty ride forth victoriously in the cause of truth, humility and justice; let Your right hand achieve awesome deeds.

⁵ Let Your sharp arrows pierce the hearts of the king's enemies; let the nations fall beneath your feet. ⁶ Your throne, O God, will last for ever and ever; a scepter of justice will be the scepter of Your kingdom. ⁷ You love righteousness and hate wickedness; therefore God, Your God, has set You above Your companions by anointing you with the oil of joy.

⁸ All Your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the strings makes you glad. ⁹ Daughters of kings are among your honored women; at Your right hand is the royal bride in gold of Ophir.

¹⁰ Listen, daughter, and pay careful attention: Forget your people and your father's house.

¹¹ Let the King be enthralled by your beauty; honor Him, for He is your Lord.

¹² The city of Tyre will come with a gift, people of wealth will seek your favor.

¹³ All glorious is the princess within her chamber; her gown is interwoven with gold.

¹⁴ In embroidered garments she is led to the king; her virgin companions follow her— those brought to be with her. ¹⁵ Led in with joy and gladness, they enter the palace of the king.

¹⁶ Your sons will take the place of your fathers; you will make them princes throughout the land.

¹⁷ I will perpetuate your memory through all generations; therefore the nations will praise You for ever and ever.

A poem to the king (possibly Solomon) on the occasion of his wedding. It is also a prophecy about Christ and His bride, the church, who will praise Him throughout all generations. We will look at this psalm as it refers to Christ and His church.

1. For what is the groom, Jesus Christ, praised (verses 1-9)?
2. Which of these qualities mean the most to you now? Praise the Lord for these qualities and what they mean to you personally.
3. For what is the bride, Christ's church, praised (verses 10-15)?
4. Do you think that King Jesus is enthralled with your beauty? Why or why not?
5. Thank King Jesus for His love for you and express your love to Him.

Faith That Thrives In Tough Times

God :



Me :

Sunday February 7

Psalm 46

¹ *God is our refuge and strength, an ever-present help in trouble.*

² *Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,*

³ *though its waters roar and foam and the mountains quake with their surging.*

⁴ *There is a river whose streams make glad the city of God, the holy place where the Most High dwells.*

⁵ *God is within her, she will not fall; God will help her at break of day.*

⁶ *Nations are in uproar, kingdoms fall; He lifts His voice, the earth melts.*

⁷ *The LORD Almighty is with us; the God of Jacob is our fortress.*

⁸ *Come and see what the LORD has done, the desolations He has brought on the earth.*

⁹ *He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; He burns the shields with fire.*

¹⁰ *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

¹¹ *The LORD Almighty is with us; the God of Jacob is our fortress.*

Biblical writers often used apocalyptic pictures to describe a national crisis.

1. What seven phrases describe God?
2. How can these seven descriptions of God encourage you in a crisis?
3. How has the LORD ministered to you in the ways that God is described in this psalm? Thank the LORD for that.
4. Think about your current crisis. Ask the LORD to minister to you in this crisis according to the ways that He has described Himself in this psalm.

Faith That Thrives In Tough Times

God :



Me :

Monday February 8

Psalm 49

- ¹ Hear this, all you peoples; listen, all who live in this world, ² both low and high, rich and poor alike:
³ My mouth will speak words of wisdom; the meditation of my heart will give you understanding.
⁴ I will turn my ear to a proverb; with the harp I will expound my riddle:
⁵ Why should I fear when evil days come, when wicked deceivers surround me—
⁶ those who trust in their wealth and boast of their great riches?
⁷ No one can redeem the life of another or give to God a ransom for them—
⁸ the ransom for a life is costly, no payment is ever enough—
⁹ so that they should live on forever and not see decay.
¹⁰ For all can see that the wise die, that the foolish and the senseless also perish, leaving their wealth to others.
¹¹ Their tombs will remain their houses forever, their dwellings for endless generations, though they had named lands after themselves.
¹² People, despite their wealth, do not endure; they are like the beasts that perish.
¹³ This is the fate of those who trust in themselves, and of their followers, who approve their sayings.
¹⁴ They are like sheep and are destined to die; death will be their shepherd (but the upright will prevail over them in the morning). Their forms will decay in the grave, far from their princely mansions.
¹⁵ But God will redeem me from the realm of the dead; He will surely take me to Himself.
¹⁶ Do not be overawed when others grow rich, when the splendor of their houses increases;
¹⁷ for they will take nothing with them when they die, their splendor will not descend with them.
¹⁸ Though while they live they count themselves blessed—and people praise you when you prosper—
¹⁹ they will join those who have gone before them, who will never again see the light of life.
²⁰ People who have wealth but lack understanding are like the beasts that perish.*

1. What warnings does God give us in this psalm about trusting in money and material things?
2. Which of these warnings impact you the most? Why?
3. Ask God to show you any ways that you might be trusting in money and material things. How is this affecting your relationship with God?
4. What picture does the psalmist paint of the hereafter in verses 16-19? What verses indicate a heaven and hell?
5. Talk with the LORD about how God's message in this psalm challenges your current lifestyle and priorities.

Faith That Thrives In Tough Times

God :



Me :

Tuesday February 9

Psalm 51

- ¹ Have mercy on me, O God, according to Your unfailing love; according to Your great compassion blot out my transgressions. ² Wash away all my iniquity and cleanse me from my sin. ³ For I know my transgressions, and my sin is always before me. ⁴ Against You, You only, have I sinned and done what is evil in Your sight; so You are right in Your verdict and justified when You judge. ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me. ⁶ Yet You desired faithfulness even in the womb; You taught me wisdom in that secret place. ⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ⁸ Let me hear joy and gladness; let the bones You have crushed rejoice. ⁹ Hide Your face from my sins and blot out all my iniquity. ¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹ Do not cast me from Your presence or take Your Holy Spirit from me. ¹² Restore to me the joy of Your salvation and grant me a willing spirit, to sustain me. ¹³ Then I will teach transgressors Your ways, so that sinners will turn back to You. ¹⁴ Deliver me from the guilt of bloodshed, O God, You who are God my Savior, and my tongue will sing of Your righteousness. ¹⁵ Open my lips, Lord, and my mouth will declare Your praise. ¹⁶ You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings. ¹⁷ My sacrifice, O God, is a broken spirit; a broken and contrite heart You, God, will not despise.*

1. David committed adultery with Bathsheba, had her husband killed, and lied about his sin. In light of his arrogance, adultery, deception, and murder, how does dare approach a holy God? What does he feel?
2. Since David's sins involve other people, what is the meaning of verse 4?
3. In light of all this what does David ask God to do (verses 7-12)?
4. How does David hope to escape God's wrath (verses 13-17)?
5. For what do you need God's forgiveness? Pray slowly through this psalm and sincerely express your sorrow for sin and fully receive God's forgiveness.

Faith That Thrives In Tough Times

God :

Me :



Wednesday February 10 Psalm 52

¹ *Why do you boast of evil, you mighty hero? Why do you boast all day long, who are a disgrace in the eyes of God?*

² *You who practice deceit, your tongue plots destruction; it is like a sharpened razor.*

³ *You love evil rather than good, falsehood rather than speaking the truth.*

⁴ *You love every harmful word, deceitful tongue!*

⁵ *Surely God will bring you down to everlasting ruin: He will snatch you up and pluck you from your tent; he will uproot you from the land of the living.*

⁶ *The righteous will see and fear; they will laugh at you, saying,*

⁷ *“Here now is the man who did not make God his stronghold but trusted in his great wealth and grew strong by destroying others!”*

⁸ *But I am like an olive tree flourishing in the house of God; I trust in God’s unfailing love for ever and ever.*

⁹ *For what You have done I will always praise You in the presence of Your faithful people. And I will hope in Your name, for Your name is good.*

1. What makes a person "evil" in God's eyes?
2. Ask God to show you any ways that you succumb to these attitudes or behaviours. Why did you give into them?
3. Express your sorrow to God for any of these evil thoughts and actions that you have committed.
4. Take time to sincerely pray verses 8 and 9.

Faith That Thrives In Tough Times

God :

Me :



Thursday February 11 Psalm 53

¹ The fool says in His heart, "There is no God." They are corrupt, and their ways are vile; there is no one who does good.

² God looks down from heaven on all mankind to see if there are any who understand, any who seek God.

³ Everyone has turned away, all have become corrupt; there is no one who does good, not even one.

⁴ Do all these evildoers know nothing? They devour my people as though eating bread; they never call on God.

⁵ But there they are, overwhelmed with dread, where there was nothing to dread. God scattered the bones of those who attacked You; You put them to shame, for God despised them.

⁶ Oh, that salvation for Israel would come out of Zion! When God restores His people, let Jacob rejoice and Israel be glad!

1. What is God's report card for all humanity (verses 2-3)? Do you think this is accurate or an exaggeration? Why?

2. What tempts you to think that "there is no God"?

3. Does distance from God affect your behaviour? How?

4. What part of your life runs without regard to God? Why?

5. Humbly talk with the LORD in response to what He is saying to you through this psalm.

Faith That Thrives In Tough Times

God :

Me :



Friday February 12

Psalm 54

Save me, O God, by Your name; vindicate me by Your might.

² Hear my prayer, O God; listen to the words of my mouth.

³ Arrogant foes are attacking me; ruthless people are trying to kill me — people without regard for God.

⁴ Surely God is my help; the Lord is the one who sustains me.

⁵ Let evil recoil on those who slander me; in Your faithfulness destroy them.

⁶ I will sacrifice a freewill offering to You; I will praise Your name, LORD, for it is good.

⁷ You have delivered me from all my troubles, and my eyes have looked in triumph on my foes.

1. What is King David dealing with in verse 3? How does David feel?
2. In what ways are people treating you unfairly? How do you feel?
3. What does David ask from God in verses 1-4? How can these requests actually help him?
4. How do you account for the switch in David's tone from verses 1-5 to verses 6-7?
5. How has God helped you when you prayed about being mistreated by other people? Take time to sincerely and joyfully thank the LORD as David did in verses 6-7.

Faith That Thrives In Tough Times

God :

Me :



Saturday February 13 Psalm 57

- ¹ Have mercy on me, my God, have mercy on me, for in You I take refuge.
I will take refuge in the shadow of Your wings until the disaster has passed.*
- ² I cry out to God Most High, to God, who vindicates me.*
- ³ He sends from heaven and saves me, rebuking those who hotly pursue me — God sends forth His love and his faithfulness.*
- ⁴ I am in the midst of lions; I am forced to dwell among ravenous beasts — men whose teeth are spears and arrows, whose tongues are sharp swords.*
- ⁵ Be exalted, O God, above the heavens; let Your glory be over all the earth.*
- ⁶ They spread a net for my feet — I was bowed down in distress.
They dug a pit in my path — but they have fallen into it themselves.*
- ⁷ My heart, O God, is steadfast, my heart is steadfast; I will sing and make music.*
- ⁸ Awake, my soul! Awake, harp and lyre! I will awaken the dawn.*
- ⁹ I will praise You, Lord, among the nations; I will sing of You among the peoples.*
- ¹⁰ For great is Your love, reaching to the heavens; Your faithfulness reaches to the skies.*
- ¹¹ Be exalted, O God, above the heavens; let Your glory be over all the earth.*

1. What is David going through according to verses 4 and 6? What is he feeling (verses 1-2)?
2. What do we learn about prayer in verses 1-2, 5, 7, 9-11? Why are these important ingredients in prayer?
3. What promises of God do you lean on in hard times? Why do these promises encourage you?
4. David was confident that God fulfills His purpose for David (verse 2). What do you feel is God's purpose for you?
5. Praise God for ways that you see the LORD's purpose for you being fulfilled in your life. Thank Him for ways that He has used adversity to achieve His purpose in your life.

Faith That Thrives In Tough Times

God :



Me :

Sunday February 14

Psalm 59

Deliver me from my enemies, O God; be my fortress against those who are attacking me.

² Deliver me from evildoers and save me from those who are after my blood.

³ See how they lie in wait for me! Fierce men conspire against me for no offense or sin of mine, LORD. ⁴ I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight! ⁵ You, LORD God Almighty, You who are the God of Israel, rouse Yourself to punish all the nations; show no mercy to wicked traitors.

⁶ They return at evening, snarling like dogs, and prowl about the city. ⁷ See what they spew from their mouths—the words from their lips are sharp as swords, and they think, “Who can hear us?” ⁸ But You laugh at them, LORD; You scoff at all those nations.

⁹ You are my strength, I watch for You; You, God, are my fortress, ¹⁰ my God on whom I can rely. God will go before me and will let me gloat over those who slander me.

¹¹ But do not kill them, Lord our shield, or my people will forget. In Your might uproot them and bring them down. ¹² For the sins of their mouths, for the words of their lips, let them be caught in their pride. For the curses and lies they utter, ¹³ consume them in Your wrath, consume them till they are no more. Then it will be known to the ends of the earth that God rules over Jacob.

¹⁴ They return at evening, snarling like dogs, and prowl about the city.

¹⁵ They wander about for food and howl if not satisfied.

¹⁶ But I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble. ¹⁷ You are my strength, I sing praise to You; You, God, are my fortress, my God on whom I can rely.

1. How would you describe the intensity of David’s prayer in verses 1-5? Have you prayed with that kind of intensity about problems that you face? Why?
2. What are king David’s enemies like (verses 6-7)? What is their attitude towards God?
3. For what does David pray in verses 11-13? What does this mean in practical terms? Why does he pray for these things?
4. How does David view God in verses 9 and 17? How does this inspire your prayers when you are troubled?
5. How do you balance hatred of evil with love for enemies?

Faith That Thrives In Tough Times

God :

Me :



Monday February 15

Psalm 62

Truly my soul finds rest in God; my salvation comes from Him.

² Truly He is my rock and my salvation; He is my fortress, I will never be shaken.

³ How long will You assault me? Would all of you throw me down — this leaning wall, this tottering fence?

⁴ Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.

⁵ Yes, my soul, find rest in God; my hope comes from Him.

⁶ Truly He is my rock and my salvation; He is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God; He is my mighty rock, my refuge.

⁸ Trust in Him at all times, You people; pour out Your hearts to him, for God is our refuge.

⁹ Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath.

¹⁰ Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.

¹¹ One thing God has spoken, two things I have heard: “Power belongs to You, God,

¹² and with You, Lord, is unfailing love”; and, “You reward everyone according to what they have done.”

1. What trouble is David facing in verses 3-4? How have you faced similar trouble?
2. In what does David urge us to “trust” and “not trust”?
3. What would God say that you trust most: God, people, or money? Why do you trust that first?
4. Whom do you bless with your lips but curse in your heart? How does that affect you and God? Talk with the LORD about how you will address this.
5. Talk with the LORD about the encouragement and the challenge that you receive from verses 11-12.

Faith That Thrives In Tough Times

God :



Me :

Tuesday February 16

Psalm 63

- ¹ You, God, are my God, earnestly I seek You; I thirst for You, my whole being longs for You, in a dry and parched land where there is no water.*
- ² I have seen You in the sanctuary and beheld Your power and Your glory.*
- ³ Because Your love is better than life, my lips will glorify You.*
- ⁴ I will praise You as long as I live, and in Your name I will lift up my hands.*
- ⁵ I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise You.*
- ⁶ On my bed I remember You; I think of You through the watches of the night.*
- ⁷ Because You are my help, I sing in the shadow of Your wings.*
- ⁸ I cling to You; Your right hand upholds me.*
- ⁹ Those who want to kill me will be destroyed; they will go down to the depths of the earth.*
- ¹⁰ They will be given over to the sword and become food for jackals.*
- ¹¹ But the king will rejoice in God; all who swear by God will glory in Him, while the mouths of liars will be silenced.*

1. What “desert” have you been through recently? For what did you long the most?
2. What memories keep David going (verses 2-5)?
3. What is better than life (verse 3)? How can David devote himself to the love of God at a time and place like this?
4. Which verse in this psalm best fits your relationship with God?
5. Talk with the Lord about how you might deepen your first love with God.

Faith That Thrives In Tough Times

God :



Me :

Wednesday February 17 Psalm 66

Shout for joy to God, all the earth! ²Sing the glory of His name; make His praise glorious.

³Say to God, "How awesome are Your deeds! So great is Your power that Your enemies cringe before You.

⁴All the earth bows down to You; they sing praise to You, they sing the praises of Your name."

⁵Come and see what God has done, His awesome deeds for mankind!

⁶He turned the sea into dry land, they passed through the waters on foot — come, let us rejoice in Him. ⁷He rules forever by His power, His eyes watch the nations — let not the rebellious rise up against Him.

⁸Praise our God, all peoples, let the sound of His praise be heard; ⁹He has preserved our lives and kept our feet from slipping. ¹⁰For You, God, tested us; You refined us like silver. ¹¹You brought us into prison and laid burdens on our backs.

¹²You let people ride over our heads; we went through fire and water, but You brought us to a place of abundance.

¹³I will come to Your temple with burnt offerings and fulfill my vows to You —

¹⁴vows my lips promised and my mouth spoke when I was in trouble.

¹⁵I will sacrifice fat animals to You and an offering of rams; I will offer bulls and goats.

¹⁶Come and hear, all You who fear God; let me tell You what He has done for me.

¹⁷I cried out to Him with my mouth; His praise was on my tongue. ¹⁸If I had cherished sin in my heart, the Lord would not have listened; ¹⁹but God has surely listened and has heard my prayer.

²⁰Praise be to God, who has not rejected my prayer or withheld His love from me!

1. Use verses 1-5 to guide your own personal time of worshipping God.
2. What tests did the people go through (verses 10-12)? What is the purpose of refining?
3. What are some keys to answered prayer according to verses 16-20?
4. Praise God for what He has done for you recently. Thank God for what He has been teaching you about Himself and about yourself.
5. Do you feel that God is testing you? How? Why? Ask God to help you grow through this test.

Faith That Thrives In Tough Times

God :

Me :



Friday February 19

Psalm 68

¹ May God arise, may His enemies be scattered; may His foes flee before Him.

² May you blow them away like smoke — as wax melts before the fire, may the wicked perish before God.

³ But may the righteous be glad and rejoice before God; may they be happy and joyful.

⁴ Sing to God, sing in praise of His name, extol Him who rides on the clouds; rejoice before Him — His name is the LORD.

⁵ A father to the fatherless, a defender of widows, is God in His holy dwelling.

⁶ God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

⁷ When you, God, went out before your people, when you marched through the wilderness,

⁸ the earth shook, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel. ⁹ You gave abundant showers, O God; refreshed your weary inheritance.

¹⁰ Your people settled in it, and from your bounty, God, you provided for the poor.

¹⁸ When You ascended on high, You took many captives; You received gifts from people, even from the rebellious — that You, LORD God, might dwell there.

¹⁹ Praise be to the Lord, to God our Savior, who daily bears our burdens.

²⁰ Our God is a God who saves; from the Sovereign LORD comes escape from death.

²¹ Surely God will crush the heads of his enemies, the hairy crowns of those who go on in their sins.

²⁶ Praise God in the great congregation; praise the LORD in the assembly of Israel.

²⁸ Summon Your power, God; show us Your strength, our God, as You have done before.

²⁹ Because of Your temple at Jerusalem kings will bring You gifts.

³² Sing to God, you kingdoms of the earth, sing praise to the Lord,

³³ to Him who rides across the highest heavens, the ancient heavens, who thunders with mighty voice.

³⁴ Proclaim the power of God, whose majesty is over Israel, whose power is in the heavens.

³⁵ You, God, are awesome in Your sanctuary; the God of Israel gives power and strength to His people. Praise be to God!

1. What do we learn about God in the following verses: How do these attributes of God benefit you?

- Verses 5-10

Faith That Thrives In Tough Times

God :



Me :

- Verses 19-20

- Verse 35

2. Think about your personal salvation history.

- What was your Egypt?
- What was your Exodus?
- What was your Desert?
- What was your Promised land?
- What was your Kingdom expansion?
- What evil had to be rooted out of your life?

Thank God for His salvation work in your life.

Faith That Thrives In Tough Times

God :



Me :

Saturday February 20 Psalm 71

¹ In You, LORD, I have taken refuge; let me never be put to shame.

² In Your righteousness, rescue me and deliver me; turn Your ear to me and save me.

³ Be my rock of refuge, to which I can always go; give the command to save me, for You are my rock and my fortress.

⁴ Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel.

⁵ For You have been my hope, Sovereign LORD, my confidence since my youth.

⁶ From birth I have relied on You; You brought me forth from my mother's womb. I will ever praise You. ⁷ I have become a sign to many; You are my strong refuge.

⁸ My mouth is filled with Your praise, declaring Your splendor all day long.

⁹ Do not cast me away when I am old; do not forsake me when my strength is gone.

¹⁰ For my enemies speak against me; those who wait to kill me conspire together.

¹¹ They say, "God has forsaken him; pursue Him and seize him, for no one will rescue him."

¹² Do not be far from me, my God; come quickly, God, to help me.

¹³ May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace. ¹⁴ As for me, I will always have hope; I will praise You more and more.

¹⁵ My mouth will tell of Your righteous deeds, of Your saving acts all day long— though I know not how to relate them all.

¹⁶ I will come and proclaim Your mighty acts, Sovereign LORD; I will proclaim Your righteous deeds, Yours alone.

¹⁷ Since my youth, God, You have taught me, and to this day I declare Your marvelous deeds.

¹⁸ Even when I am old and gray, do not forsake me, my God, till I declare Your power to the next generation, Your mighty acts to all who are to come. ¹⁹ Your righteousness, God, reaches to the heavens, You who have done great things. Who is like You, God?

²⁰ Though You have made me see troubles, many and bitter, You will restore my life again; from the depths of the earth You will again bring me up. ²¹ You will increase my honor and comfort me once more. ²² I will praise You with the harp for Your faithfulness, my God; I will sing praise to You with the lyre, Holy One of Israel.

²³ My lips will shout for joy when I sing praise to You — I whom You have delivered.

²⁴ My tongue will tell of Your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion.

In verse 4, the psalmist asks the LORD: "*Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel.*" Consider the evil ones here to be evil spiritual forces and people who harass you and tempt you to sinful addictive behavior to escape the sadness of life.

Pray slowly and reflectively through this powerful psalm to experience the LORD's salvation (verse 15).

Faith That Thrives In Tough Times

God :



Me :

Sunday February 21

Psalm 73

- ¹ Surely God is good to Israel, to those who are pure in heart.
² But as for me, my feet had almost slipped; I had nearly lost my foothold.
³ For I envied the arrogant when I saw the prosperity of the wicked.
⁴ They have no struggles; their bodies are healthy and strong.
⁵ They are free from common human burdens; they are not plagued by human ills.
⁶ Therefore pride is their necklace; they clothe themselves with violence.
⁷ From their callous hearts comes iniquity; their evil imaginations have no limits.
⁸ They scoff, and speak with malice; with arrogance they threaten oppression.
⁹ Their mouths lay claim to heaven, and their tongues take possession of the earth.
¹⁰ Therefore their people turn to them and drink up waters in abundance.
¹¹ They say, “How would God know? Does the Most High know anything?”
¹² This is what the wicked are like — always free of care, they go on amassing wealth.
¹³ Surely in vain I have kept my heart pure and have washed my hands in innocence.
¹⁴ All day long I have been afflicted, and every morning brings new punishments.
¹⁵ If I had spoken out like that, I would have betrayed Your children.
¹⁶ When I tried to understand all this, it troubled me deeply
¹⁷ till I entered the sanctuary of God; then I understood their final destiny.
¹⁸ Surely You place them on slippery ground; You cast them down to ruin.
¹⁹ How suddenly are they destroyed, completely swept away by terrors!
²⁰ They are like a dream when one awakes; when you arise, Lord, You will despise them as fantasies.
²¹ When my heart was grieved and my spirit embittered,
²² I was senseless and ignorant; I was a brute beast before You.
²³ Yet I am always with You; You hold me by my right hand.
²⁴ You guide me with Your counsel, and afterward you will take me into glory.
²⁵ Whom have I in heaven but You? And earth has nothing I desire besides You.
²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
²⁷ Those who are far from You will perish; You destroy all who are unfaithful to You.
²⁸ But as for me, it is good to be near God. I have made the Sovereign LORD my refuge;
I will tell of all Your deeds.

1. What positives and negatives does the psalmist Asaph see in the lives of people who pursue material success (verses 2-12)?

Faith That Thrives In Tough Times

God :



Me :

Monday February 22

Psalm 75

¹ *We praise You, God, we praise You, for Your Name is near; people tell of Your wonderful deeds.*

² *You say, "I choose the appointed time; it is I who judge with equity.*

³ *When the earth and all its people quake, it is I who hold its pillars firm.*

⁴ *To the arrogant I say, 'Boast no more,' and to the wicked, 'Do not lift up your horns.*

⁵ *Do not lift your horns against heaven; do not speak so defiantly. '"*

⁶ *No one from the east or the west or from the desert can exalt themselves.*

⁷ *It is God who judges: He brings one down, He exalts another.*

⁸ *In the hand of the LORD is a cup full of foaming wine mixed with spices; He pours it out, and all the wicked of the earth drink it down to its very dregs.*

⁹ *As for me, I will declare this forever; I will sing praise to the God of Jacob,*

¹⁰ *who says, "I will cut off the horns of all the wicked, but the horns of the righteous will be lifted up."*

1. What will God be judging?
2. How does God's judgment encourage you?
3. How does God's judgment challenge you?
4. Ask the LORD to test your heart right now to show you if there is any pride or wickedness.
5. Respond to God's testing of your heart.

Faith That Thrives In Tough Times

God :



Me :

Tuesday February 23

Psalm 84

¹ How lovely is Your dwelling place, LORD Almighty!

² My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.

³ Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young — a place near Your altar, LORD Almighty, my King and my God.

⁴ Blessed are those who dwell in Your house; they are ever praising You.

⁵ Blessed are those whose strength is in You, whose hearts are set on pilgrimage.

⁶ As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.

⁷ They go from strength to strength, till each appears before God in Zion.

⁸ Hear my prayer, LORD God Almighty; listen to me, God of Jacob.

⁹ Look on our shield, O God; look with favor on Your anointed one.

¹⁰ Better is one day in Your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

¹¹ For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.

¹² LORD Almighty, blessed is the one who trusts in You.

1. What is the Psalmist's message in verses 1- 4 and 10?
2. How often do you enjoy time with the LORD in His presence? What do you do to draw close to God? How does that bless your life?
3. Talk with the LORD about how you will enjoy more time with Him.
4. What is the LORD saying to you through verses 11-12? Tell the LORD what this means to you personally.

Faith That Thrives In Tough Times

God :



Me :

Wednesday February 24 Psalm 86

¹ Hear me, LORD, and answer me, for I am poor and needy.

² Guard my life, for I am faithful to You; save Your servant who trusts in You. You are my God; ³ have mercy on me, Lord, for I call to You all day long.

⁴ Bring joy to Your servant, Lord, for I put my trust in You.

⁵ You, Lord, are forgiving and good, abounding in love to all who call to You.

⁶ Hear my prayer, LORD; listen to my cry for mercy.

⁷ When I am in distress, I call to You, because You answer me.

⁸ Among the gods there is none like You, Lord; no deeds can compare with Yours.

⁹ All the nations You have made will come and worship before You, Lord; they will bring glory to Your name.

¹⁰ For You are great and do marvelous deeds; You alone are God.

¹¹ Teach me Your way, LORD, that I may rely on Your faithfulness; give me an undivided heart, that I may fear Your name.

¹² I will praise You, Lord my God, with all my heart; I will glorify Your name forever.

¹³ For great is Your love toward me; You have delivered me from the depths, from the realm of the dead.

¹⁴ Arrogant foes are attacking me, O God; ruthless people are trying to kill me — they have no regard for You.

¹⁵ But You, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. ¹⁶ Turn to me and have mercy on me; show Your strength in behalf of Your servant; save me, because I serve You just as my mother did.

¹⁷ Give me a sign of Your goodness, that my enemies may see it and be put to shame, for You, LORD, have helped me and comforted me.

1. What positive character traits of God does the psalmist praise?

2. How can those character traits of God bless people?

3. Praise God for ways that those character traits of God have benefitted you. Praise the Lord to the point where you experience great joy.

Faith That Thrives In Tough Times

God :



Me :

Thursday February 25 Psalm 90

¹ Lord, You have been our dwelling place throughout all generations. ² Before the mountains were born or You brought forth the whole world, from everlasting to everlasting you are God. ³ You turn people back to dust, saying, “Return to dust, you mortals.”

⁴ A thousand years in Your sight are like a day that has just gone by, or like a watch in the night.

⁵ Yet you sweep people away in the sleep of death — they are like the new grass of the morning:

⁶ In the morning it springs up new, but by evening it is dry and withered.

⁷ We are consumed by your anger and terrified by Your indignation.

⁸ You have set our iniquities before You, our secret sins in the light of Your presence.

⁹ All our days pass away under Your wrath; we finish our years with a moan.

¹⁰ Our days may come to seventy years, or eighty, if our strength endures;

yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.

¹¹ If only we knew the power of Your anger! Your wrath is as great as the fear that is Your due.

¹² Teach us to number our days, that we may gain a heart of wisdom.

¹³ Relent, LORD! How long will it be? Have compassion on Your servants.

¹⁴ Satisfy us in the morning with Your unfailing love, that we may sing for joy and be glad

all our days. ¹⁵ Make us glad for as many days as You have afflicted us, for as many years

as we have seen trouble. ¹⁶ May Your deeds be shown to Your servants, Your splendor to

their children. ¹⁷ May the favor of the Lord our God rest on us; establish the work of our

hands for us — yes, establish the work of our hands.

1. How are God and humans different (verses 1-6)?
2. What do we learn about God’s anger in verses 7-11? About what is God angry?
3. Have you incited God’s anger by failing to give Him the fear that God is due (verse 11)? Talk with God about how you will address that?
4. What encouragement do you find in verses 12-17? Praise God for His encouragement here.

Faith That Thrives In Tough Times

God :



Me :

Friday February 26

Psalm 94

¹ The LORD is a God who avenges. O God who avenges, shine forth. ² Rise up, Judge of the earth; pay back to the proud what they deserve. ³ How long, LORD, will the wicked, how long will the wicked be jubilant? ⁴ They pour out arrogant words; all the evildoers are full of boasting. ⁵ They crush Your people, LORD; they oppress Your inheritance. ⁶ They slay the widow and the foreigner; they murder the fatherless. ⁷ They say, “The LORD does not see; the God of Jacob takes no notice.”

⁸ Take notice, you senseless ones among the people; fools, when will you become wise? ⁹ Does He who fashioned the ear not hear? Does He who formed the eye not see? ¹⁰ Does He who disciplines nations not punish? Does He who teaches mankind lack knowledge? ¹¹ The LORD knows all human plans; He knows that they are futile.

¹² Blessed is the one You discipline, LORD, the one You teach from Your law;

¹³ You grant them relief from days of trouble, till a pit is dug for the wicked.

¹⁴ For the LORD will not reject His people; He will never forsake His inheritance.

¹⁵ Judgment will again be founded on righteousness, and all the upright in heart will follow it.

¹⁶ Who will rise up for me against the wicked? Who will take a stand for me against evildoers?

¹⁷ Unless the LORD had given me help, I would soon have dwelt in the silence of death.

¹⁸ When I said, “My foot is slipping,” Your unfailing love, LORD, supported me.

¹⁹ When anxiety was great within me, Your consolation brought me joy.

²⁰ Can a corrupt throne be allied with You — a throne that brings on misery by its decrees?

²¹ The wicked band together against the righteous and condemn the innocent to death.

²² But the LORD has become my fortress, and my God the rock in whom I take refuge.

²³ He will repay them for their sins and destroy them for their wickedness; the LORD our God will destroy them.

1. What is the psalmist’s complaint in verses 1-4? What is at the heart of the problem?
2. What evidence does God give all people about His existence and judgment (verses 8-11)?
3. Respond to God about what He is saying to you in verse 15 about His judgment of you.
4. When we face difficult or evil people, what hope does God give us (verses 12-23)?
5. Thank the Lord for the hope that He gives you in this psalm when you face mistreatment by people.

Faith That Thrives In Tough Times

God :

Me :



Saturday February 27 Psalm 95

¹ *Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.*

² *Let us come before Him with thanksgiving and extol Him with music and song.*

³ *For the LORD is the great God, the great King above all gods.*

⁴ *In His hand are the depths of the earth, and the mountain peaks belong to Him.*

⁵ *The sea is His, for He made it, and His hands formed the dry land.*

⁶ *Come, let us bow down in worship, let us kneel before the LORD our Maker;*

⁷ *for He is our God and we are the people of His pasture, the flock under His care.*

Today, if only You would hear His voice,

⁸ *“Do not harden your hearts as you did at Meribah, as you did that day at Massah in the wilderness, ⁹ where your ancestors tested Me; they tried Me, though they had seen what I did. ¹⁰ For forty years I was angry with that generation; I said, ‘They are a people whose hearts go astray, and they have not known My ways.’ ¹¹ So I declared on oath in my anger, ‘They shall never enter My rest.’”*

1. What reasons does the psalmist give for worshipping God (verses 1-7)? How does the psalmist encourage us to praise God? How does praising God these ways affect God and affect us?
2. Take time to worship God this way described in verses 1-7.
3. As you read how Israel treated God in verses 7-11, ask God to show you if you follow any of their ways. Talk with God about how you want to deal with that.
4. Consider “rest” in verse 11. For the Israelites in Moses’ time this referred to earthly rest in the promised land. For Christians, it is peace with God now and eternal life on a new earth and heaven later. We enjoy that rest now by making every effort to benefit from all that God has already provided us. Ask the Lord to show you how well you are enjoying His rest today and why. Ask God to help you enjoy His rest today.

Faith That Thrives In Tough Times

God :

Me :



Sunday February 28

Psalm 96

¹ Sing to the LORD a new song; sing to the LORD, all the earth.

² Sing to the LORD, praise His name; proclaim His salvation day after day.

³ Declare His glory among the nations, His marvelous deeds among all peoples.

⁴ For great is the LORD and most worthy of praise; He is to be feared above all gods.

⁵ For all the gods of the nations are idols, but the LORD made the heavens.

⁶ Splendor and majesty are before Him; strength and glory are in His sanctuary.

⁷ Ascribe to the LORD, all You families of nations, ascribe to the LORD glory and strength.

⁸ Ascribe to the LORD the glory due His name; bring an offering and come into His courts.

⁹ Worship the LORD in the splendor of his holiness; tremble before Him, all the earth.

¹⁰ Say among the nations, "The LORD reigns." The world is firmly established, it cannot be moved; He will judge the peoples with equity.

¹¹ Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it.

¹² Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.

¹³ Let all creation rejoice before the LORD, for He comes, He comes to judge the earth.

He will judge the world in righteousness and the peoples in His faithfulness.

1. Why is God worthy of worship? How do these things improve your life personally?

2. In what ways does the Psalmist encourage us to worship God?

3. Take time to worship God wholeheartedly using Psalm 96 as a guide.

Faith That Thrives In Tough Times

God :

Me :



Monday March 1

Psalm 98

¹ Sing to the LORD a new song, for He has done marvelous things; His right hand and His holy arm have worked salvation for Him.

² The LORD has made His salvation known and revealed His righteousness to the nations.

³ He has remembered His love and His faithfulness to Israel; all the ends of the earth have seen the salvation of our God.

⁴ Shout for joy to the LORD, all the earth, burst into jubilant song with music;

⁵ make music to the LORD with the harp, with the harp and the sound of singing,

⁶ with trumpets and the blast of the ram's horn — shout for joy before the LORD, the King.

⁷ Let the sea resound, and everything in it, the world, and all who live in it.

⁸ Let the rivers clap their hands, let the mountains sing together for joy;

⁹ let them sing before the LORD, for He comes to judge the earth. He will judge the world in righteousness and the peoples with equity.

1. What reasons does the psalmist give for praising the LORD?
2. Take time to joyfully thank the LORD for doing these things in your life and how that has improved your life.
3. Talk with the LORD about how you feel about God coming to judge everyone, including you (verse 9).

Faith That Thrives In Tough Times

God :

Me :



Tuesday March 2 Psalm 99

¹ *The LORD reigns, let the nations tremble; He sits enthroned between the cherubim, let the earth shake.* ² *Great is the LORD in Zion; He is exalted over all the nations.*

³ *Let them praise Your great and awesome name — He is holy.*

⁴ *The King is mighty, He loves justice — have established equity; in Jacob you have done what is just and right.*

⁵ *Exalt the LORD our God and worship at His footstool; He is holy.*

⁶ *Moses and Aaron were among His priests, Samuel was among those who called on His name; they called on the LORD and He answered them.*

⁷ *He spoke to them from the pillar of cloud; they kept his statutes and the decrees He gave them.*

⁸ *LORD our God, answered them; You were to Israel a forgiving God, though You punished their misdeeds.* ⁹ *Exalt the LORD our God and worship at His holy mountain, for the LORD our God is holy.*

1. What does it mean to call God “holy” (verse 3)? Why would this lead someone to worship God?
2. How is God’s holiness expressed in verses 1-5?
3. How did God respond to intercessors (verse 8)?
4. Thank the LORD for forgiving your sins by taking your punishment on the cross.
5. Express your love to the LORD for building holiness in your life.

Faith That Thrives In Tough Times

God :

Me :



Wednesday March 3

Psalm 100

¹ Shout for joy to the LORD, all the earth.

² Worship the LORD with gladness; come before Him with joyful songs.

³ 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.

⁴ Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

⁵ For the LORD is good and His love endures forever; His faithfulness continues through all generations

1. What six reasons does the psalmist give to praise God?
2. Take time to praise God for these reasons until you experience joy.
3. What responsibilities are involved in knowing that the LORD is God (verse 3)?
4. What attitude characterizes God's people (verses 4-5)?
5. What would the LORD say about your joy level? Why? What would God like you to do about this?

Faith That Thrives In Tough Times

God :



Me :

Thursday March 4

Psalm 103

¹ Praise the LORD, my soul; all my inmost being, praise His holy name.

² Praise the LORD, my soul, and forget not all His benefits—

³ who forgives all your sins and heals all your diseases,

⁴ who redeems your life from the pit and crowns you with love and compassion,

⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁶ The LORD works righteousness and justice for all the oppressed.

⁷ He made known His ways to Moses, His deeds to the people of Israel:

⁸ The LORD is compassionate and gracious, slow to anger, abounding in love.

⁹ He will not always accuse, nor will He harbor His anger forever;

¹⁰ He does not treat us as our sins deserve or repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth, so great is His love for those who fear Him;

¹² as far as the east is from the west, so far has He removed our transgressions from us.

¹³ As a father has compassion on His children, so the LORD has compassion on those who fear Him;

¹⁴ for He knows how we are formed, He remembers that we are dust. ¹⁵ The life of mortals is like grass, they flourish like a flower of the field; ¹⁶ the wind blows over it and it is gone, and its place remembers it no more.

¹⁷ But from everlasting to everlasting the LORD's love is with those who fear Him, and His righteousness with their children's children — ¹⁸ with those who keep His covenant and remember to obey His precepts.

¹⁹ The LORD has established His throne in heaven, and His kingdom rules over all.

²⁰ Praise the LORD, You His angels, mighty ones who do His bidding, who obey His word.

²¹ Praise the LORD, all His heavenly hosts, His servants who do His will.

²² Praise the LORD, all His works everywhere in His dominion. Praise the LORD, my soul.

1. Pray through verses 1-14 slowly, meditating on what each verse means to you. Praise God with all your inmost being as you appreciate how God blesses you according to that verse.
2. Verse 17 reminds us of God's love for our children and grandchildren. Take time to pray this psalm for a family member or friend so that they would experience God's blessings in this psalm.
3. Talk with the LORD about how God is challenging to live according to verses 19-22.

Faith That Thrives In Tough Times

God :

Me :



Friday March 5

Psalm 106

¹ Praise the LORD. Give thanks to the LORD, for He is good; His love endures forever.

² Who can proclaim the mighty acts of the LORD or fully declare His praise?

³ Blessed are those who act justly, who always do what is right. ⁴ Remember me, LORD, when You show favor to Your people, come to my aid when You save them,

⁵ that I may enjoy the prosperity of Your chosen ones, that I may share in the joy of Your nation and join Your inheritance in giving praise.

⁶ We have sinned, even as our ancestors did; we have done wrong and acted wickedly.

⁷ When our ancestors were in Egypt, they gave no thought to Your miracles; they did not remember Your many kindnesses, and they rebelled by the sea, the Red Sea. ⁸ Yet He saved them for His name's sake, to make His mighty power known. ⁹ He rebuked the Red Sea, and it dried up; He led them through the depths as through a desert. ¹⁰ He saved them from the hand of the foe; from the hand of the enemy He redeemed them. ¹¹ The waters covered their adversaries; not one of them survived. ¹² Then they believed His promises and sang His praise.

¹³ But they soon forgot what He had done and did not wait for His plan to unfold. ²¹ They forgot the God who saved them, who had done great things in Egypt, ²⁴ Then they despised the pleasant land; they did not believe His promise. ²⁵ They grumbled in their tents and did not obey the LORD.

²⁶ So He swore to them with uplifted hand that He would make them fall in the wilderness,

²⁷ make their descendants fall among the nations and scatter them throughout the lands.

⁴⁰ Therefore the LORD was angry with His people and abhorred His inheritance.

⁴¹ He gave them into the hands of the nations, and their foes ruled over them.

⁴² Their enemies oppressed them and subjected them to their power.

⁴³ Many times He delivered them, but they were bent on rebellion and they wasted away in their sin.

⁴⁴ Yet He took note of their distress when He heard their cry;

⁴⁵ for their sake He remembered His covenant and out of His great love He relented.

⁴⁶ He caused all who held them captive to show them mercy.

⁴⁷ Save us, LORD our God, and gather us from the nations, that we may give thanks to Your holy name and glory in Your praise.

⁴⁸ Praise be to the LORD, the God of Israel, from everlasting to everlasting. Let all the people say, "Amen!" Praise the LORD.

1. What is at the root of sin (verses 6-7, 13)?

Faith That Thrives In Tough Times

God :



Me :

Saturday March 6

Psalm 107

¹ Give thanks to the LORD, for He is good; His love endures forever. ² Let the redeemed of the LORD tell their story— those He redeemed from the hand of the foe, ³ those He gathered from the lands, from east and west, from north and south.

⁴ Some wandered in desert wastelands, finding no way to a city where they could settle. ⁵ They were hungry and thirsty, and their lives ebbed away. ⁶ Then they cried out to the LORD in their trouble, and He delivered them from their distress. ⁷ He led them by a straight way to a city where they could settle. ⁸ Let them give thanks to the LORD for His unfailing love and His wonderful deeds for mankind, ⁹ for He satisfies the thirsty and fills the hungry with good things. ¹⁰ Some sat in darkness, in utter darkness, prisoners suffering in iron chains, ¹¹ because they rebelled against God's commands and despised the plans of the Most High. ¹² So He subjected them to bitter labor; they stumbled, and there was no one to help. ¹³ Then they cried to the LORD in their trouble, and He saved them from their distress. ¹⁴ He brought them out of darkness, the utter darkness, and broke away their chains. ¹⁵ Let them give thanks to the LORD for His unfailing love and His wonderful deeds for mankind, ¹⁶ for He breaks down gates of bronze and cuts through bars of iron.

¹⁷ Some became fools through their rebellious ways and suffered affliction because of their iniquities. ¹⁸ They loathed all food and drew near the gates of death. ¹⁹ Then they cried to the LORD in their trouble, and He saved them from their distress. ²⁰ He sent out His word and healed them; He rescued them from the grave. ²¹ Let them give thanks to the LORD for His unfailing love and His wonderful deeds for mankind. ²² Let them sacrifice thank offerings and tell of His works with songs of joy.

⁴¹ But He lifted the needy out of their affliction and increased their families like flocks. ⁴² The upright see and rejoice, but all the wicked shut their mouths. ⁴³ Let the one who is wise heed these things and ponder the loving deeds of the LORD.

1. How does God help the people in the four different areas of trouble?

- Verses 1-3
- Verses 4-9
- Verses 10-16
- Verses 17-22

2. With which of these four groups of people do you most identify?

3. Thank God for encouraging you with how He will help you in your situation.

Faith That Thrives In Tough Times

God :



Me :

Sunday March 7

Psalm 109

¹ My God, whom I praise, do not remain silent, ² for people who are wicked and deceitful have opened their mouths against me; they have spoken against me with lying tongues. ³ With words of hatred they surround me; they attack me without cause. ⁴ In return for my friendship they accuse me, but I am a man of prayer. ⁵ They repay me evil for good, and hatred for my friendship. ⁶ Appoint someone evil to oppose my enemy; let an accuser stand at his right hand. ⁷ When he is tried, let him be found guilty, and may his prayers condemn him. ⁸ May his days be few; may another take his place of leadership. ⁹ May his children be fatherless and his wife a widow. ¹⁰ May his children be wandering beggars; may they be driven from their ruined homes. ¹¹ May a creditor seize all he has; may strangers plunder the fruits of his labor. ¹² May no one extend kindness to him or take pity on his fatherless children. ¹³ May his descendants be cut off, their names blotted out from the next generation. ¹⁴ May the iniquity of his fathers be remembered before the LORD; may the sin of his mother never be blotted out. ¹⁵ May their sins always remain before the LORD, that He may blot out their name from the earth. ¹⁶ For he never thought of doing a kindness, but hounded to death the poor and the needy and the brokenhearted. ¹⁷ He loved to pronounce a curse—may it come back on him. He found no pleasure in blessing — may it be far from him. ¹⁸ He wore cursing as his garment; it entered into his body like water, into his bones like oil. ¹⁹ May it be like a cloak wrapped about him, like a belt tied forever around him. ²⁰ May this be the LORD's payment to my accusers, to those who speak evil of me. ²¹ But you, Sovereign LORD, help me for your name's sake; out of the goodness of Your love, deliver me. ²² For I am poor and needy, and my heart is wounded within me. ²³ I fade away like an evening shadow; I am shaken off like a locust. ²⁴ My knees give way from fasting; my body is thin and gaunt. ²⁵ I am an object of scorn to my accusers; when they see me, they shake their heads. ²⁶ Help me, LORD my God; save me according to your unfailing love. ²⁷ Let them know that it is your hand, that You, LORD, have done it. ²⁸ While they curse, may You bless; may those who attack me be put to shame, but may your servant rejoice. ²⁹ May my accusers be clothed with disgrace and wrapped in shame as in a cloak. ³⁰ With my mouth I will greatly extol the LORD; in the great throng of worshipers I will praise Him. ³¹ For He stands at the right hand of the needy, to save their lives from those who would condemn them.

This is an imprecatory psalm – a call for God to judge the wicked. David was not taking vengeance into his own hands, but was asking God to be swift in His promised judgment of evil people. David's words depict the eventual doom of all God's enemies

Faith That Thrives In Tough Times

God :

Me :



1. Have you ever been a victim in an intense conflict? What hurt did you sustain?
2. What did you feel? In what ways did you share David's feelings?
3. When you consider how God hurts when people sin against other people and hurt them, how do you think that God is actually able to forgive and love the guilty party?
4. Are you facing any mistreatment at this time?
5. Pray that the LORD would heal your pain. Pray verse 31. Pray that God reaches your accusers and saves their souls.

Faith That Thrives In Tough Times

God :



Me :

Monday March 8

Psalm 110

¹ The LORD says to my Lord: “Sit at my right hand until I make Your enemies a footstool for Your feet.” ² The LORD will extend Your mighty scepter from Zion, saying, “Rule in the midst of Your enemies!” ³ Your troops will be willing on Your day of battle. Arrayed in holy splendor, Your young men will come to You like dew from the morning’s womb. ⁴ The LORD has sworn and will not change His mind: “You are a priest forever, in the order of Melchizedek.” ⁵ The Lord is at Your right hand; He will crush kings on the day of His wrath. ⁶ He will judge the nations, heaping up the dead and crushing the rulers of the whole earth. ⁷ He will drink from a brook along the way, and so He will lift His head high.

Acts 2:32-36

³² God has raised this Jesus to life, and we are all witnesses of it. ³³ Exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear. ³⁴ For David did not ascend to heaven, and yet he said, “The LORD said to my Lord: “Sit at my right hand ³⁵ until I make your enemies a footstool for your feet.”” ³⁶ “Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah.”

1. The New Testament (Acts 2:32-36) applies this psalm to Jesus. In that light what do the two “Lords” in verse 1 refer to? What is the meaning of Psalm 110:1?
2. Melchizedek was a priest without beginning or end who blessed Abraham. His name means king of righteousness and he was the priest of Salem (later named Jerusalem). How is Jesus a priest forever in the order of Melchizedek (Psalm 110:4)?
3. How do you suppose that Jesus will judge the people of this world and on what basis (verse 6)?
4. Ask the LORD to help you see how you will fare in God’s judgment. How do you respond to His judgment of you?

Faith That Thrives In Tough Times

God :

Me :



Tuesday March 9

Psalm 111

¹ Praise the LORD. I will extol the LORD with all my heart in the council of the upright and in the assembly.

² Great are the works of the LORD; they are pondered by all who delight in them.

³ Glorious and majestic are His deeds, and His righteousness endures forever.

⁴ He has caused His wonders to be remembered; the LORD is gracious and compassionate.

⁵ He provides food for those who fear Him; He remembers His covenant forever.

⁶ He has shown His people the power of His works, giving them the lands of other nations.

⁷ The works of His hands are faithful and just; all His precepts are trustworthy.

⁸ They are established for ever and ever, enacted in faithfulness and uprightness.

⁹ He provided redemption for His people; He ordained His covenant forever — holy and awesome is His name.

¹⁰ The fear of the LORD is the beginning of wisdom; all who follow His precepts have good understanding. To Him belongs eternal praise.

1. Why does the psalmist praise the LORD?
2. What works of the LORD show faithfulness and justice?
3. What is redemption (verse 9)?
4. What is the source of wisdom in verse 10? How is this the source of wisdom. Ask God for His wisdom.
5. Pray through Psalm 111 thanking God for what He promises to do for you and ways that He has already brought you these blessings.

Faith That Thrives In Tough Times

God :



Me :

Wednesday March 10 Psalm 112

- ¹ Praise the LORD. Blessed are those who fear the LORD, who find great delight in His commands.
² Their children will be mighty in the land; the generation of the upright will be blessed.
³ Wealth and riches are in their houses, and their righteousness endures forever.
⁴ Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous.
⁵ Good will come to those who are generous and lend freely, who conduct their affairs with justice.
⁶ Surely the righteous will never be shaken; they will be remembered forever.
⁷ They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.
⁸ Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes.
⁹ They have freely scattered their gifts to the poor, their righteousness endures forever; their horn will be lifted high in honor.
¹⁰ The wicked will see and be vexed, they will gnash their teeth and waste away; the longings of the wicked will come to nothing.*

“Blessed” means experiencing great fortune from God that meets our deepest needs for love, validation, peace, joy, and eternal life.

1. What does a person need to be do in order to experience God’s blessing (verse 1)?
2. To what “commands” does the psalmist refer? What does it mean to “fear the LORD”?
3. What else does a person need to do in order to experience God’s blessing (verses 5-9)?
4. Ask God how well you are following the path to be blessed by God. How well do you fear the LORD and delight in His commands? Would God say that you are gracious? Compassionate? Righteous? Generous? (Verses 4-5)

Faith That Thrives In Tough Times

God :



Me :

Thursday March 11

Psalm 113

- ¹ *Praise the LORD. Praise the LORD, you His servants; praise the name of the LORD.*
² *Let the name of the LORD be praised, both now and forevermore.*
³ *From the rising of the sun to the place where it sets, the name of the LORD is to be praised.*
⁴ *The LORD is exalted over all the nations, His glory above the heavens.*
⁵ *Who is like the LORD our God, the One who sits enthroned on high,*
⁶ *who stoops down to look on the heavens and the earth?*
⁷ *He raises the poor from the dust and lifts the needy from the ash heap;*
⁸ *He seats them with princes, with the princes of his people.*
⁹ *He settles the childless woman in her home as a happy mother of children. Praise the LORD.*

1. God's name describes His being and character. How can you praise the LORD's name?

2. What in this psalm motivates you to praise God?

3. What name of God means the most to you? Why?

4. Consider how God cares for the poor and needy in verses 7-9. How do you treat them?

5. Talk with the LORD about how He wants to serve the poor and needy through you.

Faith That Thrives In Tough Times

God :

Me :



Friday March 12

Psalm 115

¹ Not to us, LORD, not to us but to Your name be the glory, because of Your love and faithfulness.

² Why do the nations say, "Where is their God?"

³ Our God is in heaven; He does whatever pleases Him.

⁴ But their idols are silver and gold, made by human hands. ⁵ They have mouths, but cannot speak, eyes, but cannot see. ⁶ They have ears, but cannot hear, noses, but cannot smell. ⁷ They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats.

⁸ Those who make them will be like them, and so will all who trust in them.

⁹ All you Israelites, trust in the LORD — He is their help and shield. ¹⁰ House of Aaron, trust in the LORD — He is their help and shield. ¹¹ You who fear Him, trust in the LORD — He is their help and shield. ¹² The LORD remembers us and will bless us: He will bless His people Israel, He will bless the house of Aaron,

¹³ He will bless those who fear the LORD — small and great alike. ¹⁴ May the LORD cause you to flourish, both you and your children. ¹⁵ May you be blessed by the LORD, the Maker of heaven and earth.

¹⁶ The highest heavens belong to the LORD, but the earth He has given to mankind.

¹⁷ It is not the dead who praise the LORD, those who go down to the place of silence;

¹⁸ it is we who extol the LORD, both now and forevermore. Praise the LORD.

1. What would it mean in practical terms to follow the advice in verse 1?
2. Why do people worship idols (verses 2-8)? What happens to people who worship idols?
3. What are the idols that people can worship today?
4. How are you tempted to worship idols? Why?
5. What are practical ways to enjoy God's blessing (verses 9-15)? Talk with the LORD about how you do these things in your life.

Faith That Thrives In Tough Times

God :

Me :



Saturday March 13

Psalm 116

¹ *I love the LORD, for He heard my voice; He heard my cry for mercy.*

² *Because He turned his ear to me, I will call on Him as long as I live.*

³ *The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.*

⁴ *Then I called on the name of the LORD: "LORD, save me!"*

⁵ *The LORD is gracious and righteous; our God is full of compassion.*

⁶ *The LORD protects the unwary; when I was brought low, He saved me.*

⁷ *Return to your rest, my soul, for the LORD has been good to you.*

⁸ *For You, LORD, have delivered me from death, my eyes from tears, my feet from stumbling,*

⁹ *that I may walk before the LORD in the land of the living.*

¹⁰ *I trusted in the LORD when I said, "I am greatly afflicted";*

¹¹ *in my alarm I said, "Everyone is a liar."*

¹² *What shall I return to the LORD for all His goodness to me?*

¹³ *I will lift up the cup of salvation and call on the name of the LORD.*

¹⁴ *I will fulfill my vows to the LORD in the presence of all His people.*

¹⁵ *Precious in the sight of the LORD is the death of His faithful servants.*

¹⁶ *Truly I am Your servant, LORD; I serve You just as my mother did; You have freed me from my chains. ¹⁷ I will sacrifice a thank offering to You and call on the name of the LORD.*

¹⁸ *I will fulfill my vows to the LORD in the presence of all His people,*

¹⁹ *in the courts of the house of the LORD — in your midst, Jerusalem. Praise the LORD.*

1. How has God helped the psalmist (verses 1-9)?
2. How have you been helped by the LORD in similar ways?
3. How does the psalmist respond to the LORD's help (verses 1-2, 12-19)?
4. Take time to respond to the LORD's help to you by using the psalmist's response as a guide.

Faith That Thrives In Tough Times

God :



Me :

Sunday March 14

Psalm 118

¹ Give thanks to the LORD, for He is good; His love endures forever.

² Let Israel say: "His love endures forever." ³ Let the house of Aaron say: "His love endures forever." ⁴ Let those who fear the LORD say: "His love endures forever."

⁵ When hard pressed, I cried to the LORD; He brought me into a spacious place.

⁶ The LORD is with me; I will not be afraid. What can mere mortals do to me?

⁷ The LORD is with me; He is my helper. I look in triumph on my enemies.

⁸ It is better to take refuge in the LORD than to trust in humans.

⁹ It is better to take refuge in the LORD than to trust in princes.

¹⁰ All the nations surrounded me, but in the name of the LORD I cut them down.

¹¹ They surrounded me on every side, but in the name of the LORD I cut them down.

¹² They swarmed around me like bees, but they were consumed as quickly as burning thorns; in the name of the LORD I cut them down.

¹³ I was pushed back and about to fall, but the LORD helped me.

¹⁴ The LORD is my strength and my defense; He has become my salvation.

¹⁵ Shouts of joy and victory resound in the tents of the righteous: "The LORD's right hand has done mighty things!"

¹⁶ The LORD's right hand is lifted high; the LORD's right hand has done mighty things!"

¹⁷ I will not die but live, and will proclaim what the LORD has done.

¹⁸ The LORD has chastened me severely, but He has not given me over to death.

¹⁹ Open for me the gates of the righteous; I will enter and give thanks to the LORD.

²⁰ This is the gate of the LORD through which the righteous may enter.

²¹ I will give You thanks, for You answered me; You have become my salvation.

²² The stone the builders rejected has become the cornerstone;

²³ the LORD has done this, and it is marvelous in our eyes.

²⁴ The LORD has done it this very day; let us rejoice today and be glad.

²⁵ LORD, save us! LORD, grant us success!

²⁶ Blessed is He who comes in the name of the LORD. From the house of the LORD we bless You.

²⁷ The LORD is God, and He has made His light shine on us. With boughs in hand, join in the festal procession up to the horns of the altar.

²⁸ You are my God, and I will praise you; are my God, and I will exalt You.

²⁹ Give thanks to the LORD, for He is good; His love endures forever.

1. What has the LORD done for the psalmist according to verses 1-16? What do you think that this meant? How important was God's help to him?

Faith That Thrives In Tough Times

God :

Me :



2. How has the LORD helped you in a similar way? Praise God for that.
3. Why does the psalmist feel worthy to enter the gates of righteousness (verse 17-21)? What roles do the LORD's chastening and salvation play in our righteousness?

4. How do you see verses 22-25 fulfilled in these New Testament verses?

The crowds that went ahead of Jesus and those that followed shouted, "Hosanna to the Son of David!" "Blessed is He who comes in the name of the Lord!" "Hosanna in the highest heaven!" (Matthew 21:9)

Peter said, "It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed. ¹¹ Jesus is "the stone you builders rejected, which has become the cornerstone." (Acts 4:8-11)

The "capstone" is the centre stone at the top of the arch holding the whole arch together. "Hosanna" is Hebrew for "O grant salvation."

5. Where do you need help (verse 7), joy (verse 15), victory (verse 15), success (verse 25) right now? Ask God for this and thank Him for aspects in Psalm 118 that encourage you of His help.

Faith That Thrives In Tough Times

God :

Me :



Monday March 15

Psalm 119:1-16

¹ Blessed are those whose ways are blameless, who walk according to the law of the LORD.

² Blessed are those who keep His statutes and seek Him with all their heart —

³ they do no wrong but follow His ways.

⁴ You have laid down precepts that are to be fully obeyed.

⁵ Oh, that my ways were steadfast in obeying Your decrees!

⁶ Then I would not be put to shame when I consider all Your commands.

⁷ I will praise You with an upright heart as I learn Your righteous laws.

⁸ I will obey Your decrees; do not utterly forsake me.

⁹ How can a young person stay on the path of purity? By living according to Your word.

¹⁰ I seek You with all my heart; do not let me stray from Your commands.

¹¹ I have hidden Your word in my heart that I might not sin against You.

¹² Praise be to You, LORD; teach me Your decrees.

¹³ With my lips I recount all the laws that come from Your mouth.

¹⁴ I rejoice in following Your statutes as one rejoices in great riches.

¹⁵ I meditate on Your precepts and consider Your ways.

¹⁶ I delight in Your decrees; I will not neglect Your word.

1. What is the positive intention and purpose of God's law?
2. How do we experience God's blessing through God's law?
3. What deeper devotion underlies devotion to God's law? How is such commitment shown?
4. Ask God to help you see how well you are seeking God with your whole heart and walking according to God's law.
5. Talk with God how you will improve with His help at seeking and following God wholeheartedly.

Faith That Thrives In Tough Times

God :



Me :

Tuesday March 16

Psalm 119:17-32

17 Be good to Your servant while I live, that I may obey Your word.

18 Open my eyes that I may see wonderful things in Your law.

19 I am a stranger on earth; do not hide Your commands from me.

20 My soul is consumed with longing for Your laws at all times.

21 You rebuke the arrogant, who are accursed, those who stray from Your commands.

22 Remove from me their scorn and contempt, for I keep Your statutes.

23 Though rulers sit together and slander me, Your servant will meditate on Your decrees.

24 Your statutes are my delight; they are my counselors.

25 I am laid low in the dust; preserve my life according to Your word.

26 I gave an account of my ways and You answered me; teach me Your decrees.

27 Cause me to understand the way of Your precepts, that I may meditate on Your wonderful deeds.

28 My soul is weary with sorrow; strengthen me according to Your word.

29 Keep me from deceitful ways; be gracious to me and teach me Your law.

30 I have chosen the way of faithfulness; I have set my heart on Your laws.

31 I hold fast to Your statutes, LORD; do not let me be put to shame.

32 I run in the path of Your commands, for You have broadened my understanding.

1. How does God minister to the psalmist through His Word (verses 17-25, 28-29)?
2. Thank God for similar ways that He has ministered to you personally through His Word.
3. What does the psalmist do in order to benefit from God's Word (verses 17, 18, 20-24, 27, 30-32)
4. Talk with the Lord about which of the ways of benefitting from God's word that you want to work at.
5. What help do you need from the LORD today? How can His Word help you? Ask God to help you by His Word and presence.

Faith That Thrives In Tough Times

God :

Me :



Thursday March 18

Psalm 127

¹ Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain.

² In vain You rise early and stay up late, toiling for food to eat — for He grants sleep to those He loves.

³ Children are a heritage from the LORD, offspring a reward from Him.

⁴ Like arrows in the hands of a warrior are children born in one's youth.

⁵ Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.

1. What work does the psalmist, Solomon, denounce (verse 1)? Why do you suppose he denounces that?
2. Is God building your life work or are you? Talk with the LORD about how you want to address that.
3. What is the LORD saying to you through verse 2?
4. What is God saying to you about family in verses 3-5?
5. Thank God for your family and pray that the LORD would do His will in their lives.

Faith That Thrives In Tough Times

God :

Me :



Friday March 19 Psalm 130

¹ *Out of the depths I cry to You, LORD; ²Lord, hear my voice. Let Your ears be attentive to my cry for mercy.*

³ *If You, LORD, kept a record of sins, Lord, who could stand?*

⁴ *But with You there is forgiveness, so that we can, with reverence, serve You.*

⁵ *I wait for the LORD, my whole being waits, and in His word I put my hope.*

⁶ *I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.*

⁷ *Israel, put your hope in the LORD, for with the LORD is unfailing love and with Him is full redemption. ⁸ He Himself will redeem Israel from all their sins.*

1. What are the “depths” in which people can find themselves (verse 1)?
2. What is the depth in which you are currently? Praise God for His encouragement to you in this psalm.
3. What disrupted the psalmist’s relationship with the LORD (verse 3)? How has this disrupted your relationship with God?
4. What hope does God give you in this psalm that your relationship with God can be very close again? Thank God for this hope and receive it joyfully.
5. Have you been waiting for something for a long time (verse 6)? Why don’t you give up? What have you learned about God and yourself as you wait?

Faith That Thrives In Tough Times

God :

Me :



Saturday March 20

Psalm 135

¹ Praise the LORD. Praise the name of the LORD; praise Him, You servants of the LORD,
² You who minister in the house of the LORD, in the courts of the house of our God.
³ Praise the LORD, for the LORD is good; sing praise to His name, for that is pleasant.
⁴ For the LORD has chosen Jacob to be His own, Israel to be His treasured possession.
⁵ I know that the LORD is great, that our Lord is greater than all gods.
⁶ The LORD does whatever pleases Him, in the heavens and on the earth, in the seas and all their depths. ⁷ He makes clouds rise from the ends of the earth; He sends lightning with the rain and brings out the wind from His storehouses. ⁸ He struck down the firstborn of Egypt, the firstborn of people and animals. ⁹ He sent His signs and wonders into your midst, Egypt, against Pharaoh and all His servants. ¹⁰ He struck down many nations and killed mighty kings—¹² and He gave their land as an inheritance, an inheritance to His people Israel.
¹³ Your name, LORD, endures forever, Your renown, LORD, through all generations.
¹⁴ For the LORD will vindicate His people and have compassion on His servants.
¹⁵ The idols of the nations are silver and gold, made by human hands.
¹⁶ They have mouths, but cannot speak, eyes, but cannot see. ¹⁷ They have ears, but cannot hear, nor is there breath in their mouths. ¹⁸ Those who make them will be like them, and so will all who trust in them. ¹⁹ All You Israelites, praise the LORD; house of Aaron, praise the LORD; ²⁰ house of Levi, praise the LORD; who fear Him, praise the LORD.
²¹ Praise be to the LORD from Zion, to Him who dwells in Jerusalem. Praise the LORD.

1. The purpose of God's salvation is to save us from the consequences of serving ourselves and idols so that we serve God. How do you feel about being a servant of God (verses 1, 2, 13-14)? What are the blessings and what are the challenges?
2. What are the idols that people serve today? What can idols do (verses 15-18)? What is the result of serving idols?
3. Ask God to show you ways that you trust and serve idols. Talk with God about how you will change this with His help.
4. Do you consider yourself to be God's treasured possession (verses 3-4)? Why? How would your life change if you lived as God's treasured possession?
5. Talk with the LORD seriously about how you want to live in the light of God's message to you through this psalm.

Faith That Thrives In Tough Times

God :



Me :

Sunday March 21

Psalm 138

¹ I will praise You, LORD, with all my heart; before the “gods” I will sing Your praise.

² I will bow down toward Your holy temple and will praise Your name for Your unfailing love and Your faithfulness, for You have so exalted Your solemn decree that it surpasses Your fame.

³ When I called, You answered me; You greatly emboldened me.

⁴ May all the kings of the earth praise You, LORD, when they hear what You have decreed.

⁵ May they sing of the ways of the LORD, for the glory of the LORD is great.

⁶ Though the LORD is exalted, He looks kindly on the lowly; though lofty, He sees them from afar.

⁷ Though I walk in the midst of trouble, preserve my life. You stretch out Your hand against the anger of my foes; with Your right hand You save me.

⁸ The LORD will vindicate me; Your love, LORD, endures forever — do not abandon the works of Your hands.

“Before the ‘gods’” may mean in the presence of subordinate heavenly beings (angels) or it may be a statement ridiculing the kings or gods of pagan nations.

1. For what reasons does the psalmist praise the LORD in this psalm?
2. Take some time to use this psalm as a guide to praise God with all your heart for the ways He has blessed you that are similar to the ways that God blessed David in this psalm. Thank God for specific things the LORD did that line up with the blessings David enjoyed from God.
3. Ask God to help you to know God’s purpose for your life (verse 8). Pray that the LORD would fulfill His purpose for you.

Faith That Thrives In Tough Times

God :

Me :



Monday March 22

Psalm 139

¹ You have searched me, LORD, and You know me. ² You know when I sit and when I rise; perceive my thoughts from afar. ³ You discern my going out and my lying down; You are familiar with all my ways.

⁴ Before a word is on my tongue You, LORD, know it completely. ⁵ You hem me in behind and before, and You lay Your hand upon me. ⁶ Such knowledge is too wonderful for me, too lofty for me to attain.

⁷ Where can I go from Your Spirit? Where can I flee from Your presence? ⁸ If I go up to the heavens, You are there; if I make my bed in the depths, You are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there Your hand will guide me, Your right hand will hold me fast. ¹¹ If I say, "Surely the darkness will hide me and the light become night around me," ¹² even the darkness will not be dark to You; the night will shine like the day, for darkness is as light to You.

¹³ For You created my inmost being; knit me together in my mother's womb. ¹⁴ I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

¹⁵ My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be.

¹⁷ How precious to me are Your thoughts, God! How vast is the sum of them! ¹⁸ Were I to count them, they would outnumber the grains of sand — when I awake, I am still with You.

²³ Search me, God, and know my heart; test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

1. How do you feel knowing that God knows all your thoughts (verses 1-12)? What are the pros and cons of this?
2. What is your reaction to verses 13-16? Talk with the LORD about that.
3. Why does the psalmist, David, ask God to search his thoughts (verses 23-24)? How does this show an awareness of his own limitations?
4. Pray verses 23 and 24 sincerely to the LORD and wait for His answers. Respond to His searching of your heart.

Faith That Thrives In Tough Times

God :



Me :

Tuesday March 23 Psalm 140

¹ Rescue me, LORD, from evildoers; protect me from the violent, ² who devise evil plans in their hearts and stir up war every day. ³ They make their tongues as sharp as a serpent's; the poison of vipers is on their lips. ⁴ Keep me safe, LORD, from the hands of the wicked; protect me from the violent, who devise ways to trip my feet.

⁵ The arrogant have hidden a snare for me; they have spread out the cords of their net and have set traps for me along my path.

⁶ I say to the LORD, "You are my God." Hear, LORD, my cry for mercy.

⁷ Sovereign LORD, my strong deliverer, shield my head in the day of battle.

⁸ Do not grant the wicked their desires, LORD; do not let their plans succeed.

⁹ Those who surround me proudly rear their heads; may the mischief of their lips engulf them.

¹⁰ May burning coals fall on them; may they be thrown into the fire, into miry pits, never to rise.

¹¹ May slanderers not be established in the land; may disaster hunt down the violent.

¹² I know that the LORD secures justice for the poor and upholds the cause of the needy.

¹³ Surely the righteous will praise Your name, and the upright will live in Your presence.

1. What characterizes "evil men" (verses 1-3)?
2. How does David contrast his character with his enemies' character (verses 6-8)? How does this contrast affect his prayer request? How does it affect his assurance of God's answer?
3. How do verses 12-13 encourage you? Thank God for that.
4. Who or what is your greatest enemy? What ensnares you, keeping you from following God's path for your life?
5. Ask God to help you overcome this enemy. Use insights from verses 6-8 and 12-13 to guide your prayer.

Faith That Thrives In Tough Times

God :



Me :

Wednesday March 24 Psalm 142

¹ I cry aloud to the LORD; I lift up my voice to the LORD for mercy.

² I pour out before Him my complaint; before Him I tell my trouble.

³ When my spirit grows faint within me, it is You who watch over my way. In the path where I walk people have hidden a snare for me.

⁴ Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.

⁵ I cry to You, LORD; I say, "You are my refuge, my portion in the land of the living."

⁶ Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

⁷ Set me free from my prison, that I may praise Your name.

Then the righteous will gather about me because of Your goodness to me.

1. When did you cry out to God in prayer with this kind of intensity? Why?
2. Would God say that your prayer was partly a complaint against God? Explain.
3. How did the LORD respond to that prayer? Thank God for that.
4. Would God say that the LORD is your portion (verse 5) or are you seeking an earthly inheritance?
5. What problem has you worried today? Use Psalm 142 as a guide in praying to God about your problem.

Faith That Thrives In Tough Times

God :

Me :



Thursday March 25

Psalm 143

¹ *LORD, hear my prayer, listen to my cry for mercy; in Your faithfulness and righteousness come to my relief.*

² *Do not bring Your servant into judgment, for no one living is righteous before You.*

³ *The enemy pursues me, he crushes me to the ground; he makes me dwell in the darkness like those long dead. ⁴ So my spirit grows faint within me; my heart within me is dismayed.*

⁵ *I remember the days of long ago; I meditate on all Your works and consider what Your hands have done.*

⁶ *I spread out my hands to You; I thirst for You like a parched land. ⁷ Answer me quickly, LORD; my spirit fails. Do not hide Your face from me or I will be like those who go down to the pit. ⁸ Let the morning bring me word of Your unfailing love, for I have put my trust in You. Show me the way I should go, for to You I entrust my life. ⁹ Rescue me from my enemies, LORD, for I hide myself in You.*

¹⁰ *Teach me to do Your will, for You are my God; may Your good Spirit lead me on level ground.*

¹¹ *For Your name's sake, LORD, preserve my life; in Your righteousness, bring me out of trouble.*

¹² *In Your unfailing love, silence my enemies; destroy all my foes, for I am Your servant.*

1. What does this psalm teach us about the importance of genuine desire in our prayers? Why is it important?
2. What encourages the psalmist that God will answer his prayer (verses 1-2, 8-10, 11-12)?
3. What does the psalmist know that he needs to do in order to see God answer his prayer (verses 5, 8, 10)?
4. Consider a challenge that troubles you. Pray about that challenge using this psalm to direct your prayer.

Faith That Thrives In Tough Times

God :

Me :



Friday March 26

Psalm 145

¹ I will exalt You, my God the King; I will praise Your name for ever and ever.

² Every day I will praise You and extol Your name for ever and ever.

³ Great is the LORD and most worthy of praise; His greatness no one can fathom.

⁴ One generation commends Your works to another; they tell of Your mighty acts.

⁵ They speak of the glorious splendor of Your majesty — and I will meditate on Your wonderful works.

⁶ They tell of the power of Your awesome works — and I will proclaim Your great deeds.

⁷ They celebrate Your abundant goodness and joyfully sing of Your righteousness.

⁸ The LORD is gracious and compassionate, slow to anger and rich in love.

⁹ The LORD is good to all; He has compassion on all He has made.

¹⁰ All Your works praise You, LORD; Your faithful people extol You.

¹¹ They tell of the glory of Your kingdom and speak of Your might,

¹² so that all people may know of Your mighty acts and the glorious splendor of Your kingdom.

¹³ Your kingdom is an everlasting kingdom, and Your dominion endures through all generations. The LORD is trustworthy in all He promises and faithful in all He does.

¹⁴ The LORD upholds all who fall and lifts up all who are bowed down.

¹⁵ The eyes of all look to You, and You give them their food at the proper time. ¹⁶ You open Your hand and satisfy the desires of every living thing.

¹⁷ The LORD is righteous in all His ways and faithful in all He does. ¹⁸ The LORD is near to all who call on Him, to all who call on Him in truth. ¹⁹ He fulfills the desires of those who fear Him; He hears their cry and saves them. ²⁰ The LORD watches over all who love Him, but all the wicked He will destroy. ²¹ My mouth will speak in praise of the LORD. Let every creature praise His holy name for ever and ever.

1. What reasons does the psalmist give to praise God?
2. Thank God for ways that you have been blessed by these attributes and actions of God in your life.
3. Talk with LORD about how God's attributes and blessings for your life listed in this psalm affect how you want to live each day.

Faith That Thrives In Tough Times

God :

Me :



Sunday March 28

Psalm 147

¹ Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise Him! ² The LORD builds up Jerusalem; He gathers the exiles of Israel. ³ He heals the brokenhearted and binds up their wounds. ⁴ He determines the number of the stars and calls them each by name.

⁵ Great is our Lord and mighty in power; His understanding has no limit.

⁶ The LORD sustains the humble but casts the wicked to the ground.

⁷ Sing to the LORD with grateful praise; make music to our God on the harp.

⁸ He covers the sky with clouds; He supplies the earth with rain and makes grass grow on the hills.

⁹ He provides food for the cattle and for the young ravens when they call.

¹⁰ His pleasure is not in the strength of the horse, nor His delight in the legs of the warrior;

¹¹ the LORD delights in those who fear Him, who put their hope in His unfailing love.

¹² Extol the LORD, Jerusalem; praise Your God, Zion. ¹³ He strengthens the bars of your gates and blesses your people within you. ¹⁴ He grants peace to your borders and satisfies you with the finest of wheat.

¹⁵ He sends His command to the earth; His word runs swiftly. ¹⁶ He spreads the snow like wool and scatters the frost like ashes. ¹⁷ He hurls down His hail like pebbles. Who can withstand His icy blast? ¹⁸ He sends His word and melts them; He stirs up His breezes, and the waters flow. ¹⁹ He has revealed His word to Jacob, His laws and decrees to Israel. ²⁰ He has done this for no other nation; they do not know His laws. Praise the LORD.

1. How does joyfully praising God bless God (verses 1-2)? How does it bless you?
2. Has your heart been wounded by other people? How were you affected?
3. Pray for God's healing of your heart that is promised in verse 3. Mourn your loss in the presence of your loving God.
4. Ask God to fill you with His promised love (verse 11) and strength (verse 13) and peace (verse 14).