

21
for
25



**PRAYER + FASTING
JOURNAL**

**If you are
willing to
seek God
He is eager
to be found.**



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**"No one's a firmer
believer in the power of
prayer than the devil;
not that he practices it,
but he suffers from it."
-Guy H. King**

21 DAYS OF
PRAYER
& FASTING
for
2025



WHY 21 for 25?

Why have we as a church set aside 21 days, from Monday January 13th to Sunday February 2nd, to pray and fast? There are many reasons, but here a couple of them:

1. We want less of us-

It is easy to drift towards self-centeredness. When this happens, our judgment and desires become clouded, affecting our relationships. Both the relationship with those we do life with here on earth, as well as the relationship with our heavenly Father. These 21 days are a 'reset' of sorts.

2. We want more of God-

One thing that the spiritual disciplines of prayer and fasting produce in us, is an awareness of how desperately we need God, and how willingly He is to give of Himself to us. In our weakened state we find that God is powerful and able to meet our every need; both physical as well as spiritual.

Whether this is your first time doing something like this, or this is a familiar practice in your walk with Jesus Christ, we hope that you approach the next 21 days with high expectations. It will be amazing at times. It will be rough at other times. But along the way, your view of God will be enlarged. If you are willing to seek God, He is eager to be found.



WHY THE PSALMS?

We will be covering the first 21 Psalms, one a day. The Psalms are divinely inspired, ancient songs and poems that express raw human emotion and reveal God's character unlike anything else. Christians have been not only reading and singing these words for thousands of years, but also praying through them!

At times some portions may seem confusing, or disturbing even, so it helps to understand the style of Scripture we're reading. Old Testament scholar Walter Brueggemann helpfully categorizes all Psalms into one of three types:

- *Psalms of orientation*
- *Psalms of disorientation*
- *Psalms of reorientation*

Psalms of **Orientation**—where the Psalmist's gaze is oriented toward God and things look hopeful.

Psalms of **Disorientation**—where the Psalmist's gaze is oriented away from God and things look grim.

Psalms of **Reorientation**—where the Psalmist moves from disorientation away from God back to orientation toward God.

These classifications can help us make sense of what we are reading, and how to pray.



HOW DO I PRAY?

Prayer is simply talking and listening to God. In a sense, there is no right formula to pray (as long as the heart of the one praying is humble). Nevertheless, certain styles of praying can be helpful for different reasons.

During these next 21 days we will borrow from an ancient practice called *Lectio Divina* (Divine Reading). This form of prayer begins first with reading the Scriptures themselves, and then allowing the text to influence our prayer time.

We will use the first 21 Psalms. Read carefully through the text and meditate on it. Look for things that stand out to you. We have provided ‘*Questions to go Deeper*’, in hopes that it will aid your meditation on the text.

Once your mind has been marinated in Scripture, it is now time to pray. We have provided prayer prompts to help guide your prayers to be more focused. (We believe these will be useful, but please be open to allow the Holy Spirit to lead your prayers.) The prompts are divided into three sections: Reverence, Response, and Requests.

Take as much time as you are able to during this time. Everyday will look a little different, but do your best to carve out intended time for this.

We encourage you to write down in the provided spaces the highlights of your mediation on the text as well as the insights of your prayer times. This will be a great resource for you to look back on at a later time.

However, be careful that writing down what God is revealing to you in this special moment does not distract or take away from being present in that moment.

So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer. -Ezra 8:23



HOW DO I FAST?

Before starting any fast, it's important to consult your doctor or physician if you have any concerns. If you have a history of eating disorders or find that fasting negatively impacts you, consider abstaining from something other than food that you enjoy, such as social media, television, a favorite drink, or an activity. For those who can fast from food in a healthy way, we encourage practicing this discipline. However, if fasting is not suitable for you physically, emotionally, or mentally, focus instead on giving up something meaningful for a time as a way to feast on the Bread of Life.

With those things in mind, there are four types of fast that we recommend that you prayerfully consider.

SOUL FAST

This type of fast is an excellent choice if you're new to fasting from food, have health conditions that make fasting food unsafe, or want to realign areas of your life that feel imbalanced. For example, you might choose to pause your use of social media or streaming platforms during the fast, then reintroduce them in moderation afterward. Other ideas for a soul fast include giving up coffee, shopping, alcohol, video games, or any other comfort or habit that the Holy Spirit may be prompting you to surrender during the 21 days.

SELECTIVE FAST

A selective fast involves eliminating specific foods from your diet. One example is the Daniel Fast, often referred to as a vegan diet, where you avoid meat, sweets, and bread while consuming water and juice for fluids and fruits and vegetables for nourishment. Alternatively, you can choose to eliminate just one category of food, such as meats, sweets, or bread. The purpose of a selective fast is to abstain from the specific food or foods the Holy Spirit leads you to give up during the fasting period.

PARTIAL FAST

This fast, often referred to as the "Jewish Fast," involves refraining from eating any food during the morning and afternoon. This can be based on specific times, such as 6:00 AM to 3:00 PM, or from sunrise to sunset. Today, this approach is also commonly known as "intermittent fasting." While you abstain from food during the chosen period, it is highly recommended to stay hydrated by drinking plenty of water or juice throughout the fasting hours.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water. But you may introduce light juices or soups such as chicken broth, tomato lobster bisque, and miso soup.

Whatever type you chose, remember, this fasting is not about losing weight (it's not a diet!). Your fast must first and foremost, center on God. It must be about Him. It must lead us to Him, to enjoy Him, to cherish Him, to worship Him.



HELPFUL TIPS

1.Carefully Consider your approach- Don't rush into a complete fast if it would be detrimental to your health or safety. Don't vow to pray 3 hours a day if that is not realistic for you. Don't just do what your spouse or friends commit to do themselves. Ask God to direct you. Be open to altering your methods along the way if need be. In the words of Edward Paz, "This is not a competition. This is not about doing the most extreme thing so you can get God's attention. This is not about losing weight. This is about responding to the Holy Spirit's leading with joyful submission because God is worthy of our obedience!".

2.Don't go at it alone- Join others and commit to encourage each other and hold each other accountable. Make a group text or do a daily conference call. You can meet up in person along the way to talk about your experiences and pray for one another.

3.It will be normal to feel hunger and irritability- Don't be surprised when stomach pains come. Plan for them; perhaps you can write out a prayer that you will recite every time the temptation to abort your fast arises.

4.It will be normal to run out of words during prayer times-

There will be days when because of fatigue or distraction, you will not find words to pray. That's ok. Stay there for the amount of time you have previously allotted to prayer. Learn to sit with God and listen to what He may be saying to you. Reflect on the words of the Psalm for that day.

5.Don't quit entirely if you trip momentarily- If you accidentally forget about your fast and eat, don't panic! If you lost track of time and neglected to pray, don't condemn yourself! This is not a gameshow or tournament that eliminates those who fail once. Thank the Lord for His grace and mercy, acknowledge your weakness and need for Him, and jump right back in.

6.It's not over when it ends- While we will only be covering the first 21 Psalms, our hope is that you will discover a new hunger for God's word and continue your meditation upon the rest of the Psalms (and the rest of Scripture!) in the days to follow.

7.This guide is supplemental- While each scripture is included in its corresponding day in this booklet, we highly encourage you to open up the Bible you most often use in your personal reading (paper or digital). Use highlighters and pens, and feel free to journal beyond what is provided here.

Day 1 | Monday, January 13

Psalm 1 (CSB)

- 1 How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers!
- 2 Instead, his delight is in the Lord's instruction, and he meditates on it day and night.
- 3 He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither. Whatever he does prospers.
- 4 The wicked are not like this; instead, they are like chaff that the wind blows away.
- 5 Therefore the wicked will not stand up in the judgment, nor sinners in the assembly of the righteous.
- 6 For the Lord watches over the way of the righteous, but the way of the wicked leads to ruin.

Questions To Go Deeper

What does this Psalm reveal about *God's character*?

What kind of person is this Psalm calling me to *be* (in character or action)?

In light of the truths of this Psalm, what do I need to *repent* of?

Given the insights of this Psalm, what do I need to *ask* of God?

Prayers To Go Nearer

REVERANCE- *Heavenly Father, I praise You/ thank You, because you...*

RESPONSE- *Forgive me for... Empower me to... I seek to/ desire to...*

REQUESTS- *Help me to... Provide for me in... I ask for...*

Day 2 | Tuesday, January 14

Psalm 2 (CSB)

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

2 The kings of the earth take their stand,
and the rulers conspire together
against the Lord and his Anointed One:

3 “Let’s tear off their chains
and throw their ropes off of us.”

4 The one enthroned in heaven laughs;
the Lord ridicules them.

5 Then he speaks to them in his anger
and terrifies them in his wrath:

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

7 I will declare the Lord’s decree.
He said to me, “You are my Son;
today I have become your Father.

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

9 You will break them with an iron scepter;
you will shatter them like pottery.”

10 So now, kings, be wise;
receive instruction, you judges of the earth.

11 Serve the Lord with reverential awe
and rejoice with trembling.

12 Pay homage to the Son or he will be angry
and you will perish in your rebellion,
for his anger may ignite at any moment.

All who take refuge in him are happy.

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Day 3 | Wednesday, January 15

Psalm 3 (CSB)

1 Lord, how my foes increase!

There are many who attack me.

2 Many say about me,

“There is no help for him in God.”Selah

3 But you, Lord, are a shield around me,
my glory, and the one who lifts up my head.

4 I cry aloud to the Lord,
and he answers me from his holy mountain.Selah

5 I lie down and sleep;

I wake again because the Lord sustains me.

6 I will not be afraid of thousands of people
who have taken their stand against me on every side.

7 Rise up, Lord!

Save me, my God!

You strike all my enemies on the cheek;
you break the teeth of the wicked.

8 Salvation belongs to the Lord;
may your blessing be on your people.Selah

Questions To Go Deeper

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Day 4 | Thursday, January 16

Psalm 4 (CSB)

1 Answer me when I call,
God, who vindicates me.
You freed me from affliction;
be gracious to me and hear my prayer.

2 How long, exalted ones, will my honor be insulted?
How long will you love what is worthless
and pursue a lie? Selah

3 Know that the Lord has set apart
the faithful for himself;
the Lord will hear when I call to him.

4 Be angry and do not sin;
reflect in your heart while on your bed and be silent. Selah

5 Offer sacrifices in righteousness
and trust in the Lord.

6 Many are asking, “Who can show us anything good?”
Let the light of your face shine on us, Lord.

7 You have put more joy in my heart
than they have when their grain and new wine abound.

8 I will both lie down and sleep in peace,
for you alone, Lord, make me live in safety.

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Day 5 | Friday, January 17

Psalm 5 (CSB)

1 Listen to my words, Lord;
consider my sighing.

2 Pay attention to the sound of my cry,
my King and my God,
for I pray to you.

3 In the morning, Lord, you hear my
voice;
in the morning I plead my case to you
and watch expectantly.

4 For you are not a God who delights in
wickedness;
evil cannot dwell with you.

5 The boastful cannot stand in your
sight;
you hate all evildoers.

6 You destroy those who tell lies;
the Lord abhors violent and
treacherous people.

7 But I enter your house
by the abundance of your faithful love;
I bow down toward your holy temple
in reverential awe of you.

8 Lord, lead me in your righteousness
because of my adversaries;
make your way straight before me.

9 For there is nothing reliable in what
they say;
destruction is within them;
their throat is an open grave;
they flatter with their tongues.

10 Punish them, God;
let them fall by their own schemes.
Drive them out because of their many
crimes,
for they rebel against you.

11 But let all who take refuge in you
rejoice;
let them shout for joy forever.
May you shelter them,
and may those who love your name
boast about you.

12 For you, Lord, bless the righteous
one;
you surround him with favor like a
shield.

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Day 6 | Saturday, January 18

Psalm 6 (CSB)

1 Lord, do not rebuke me in your anger;
do not discipline me in your wrath.

2 Be gracious to me, Lord, for I am weak;
heal me, Lord, for my bones are shaking;

3 my whole being is shaken with terror.
And you, Lord—how long?

4 Turn, Lord! Rescue me;
save me because of your faithful love.

5 For there is no remembrance of you in death;
who can thank you in Sheol?

6 I am weary from my groaning;
with my tears I dampen my bed
and drench my couch every night.

7 My eyes are swollen from grief;
they grow old because of all my enemies.

8 Depart from me, all evildoers,
for the Lord has heard the sound of my weeping.

9 The Lord has heard my plea for help;
the Lord accepts my prayer.

10 All my enemies will be ashamed and shake with terror;
they will turn back and suddenly be disgraced.

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Day 7 | Sunday, January 19

Psalm 7 (CSB)

1 Lord my God, I seek refuge in you;
save me from all my pursuers and rescue
me,
2 or they will tear me like a lion,
ripping me apart with no one to rescue me.

3 Lord my God, if I have done this,
if there is injustice on my hands,
4 if I have done harm to one at peace with
me
or have plundered my adversary without
cause,
5 may an enemy pursue and overtake me;
may he trample me to the ground
and leave my honor in the dust. Selah

6 Rise up, Lord, in your anger;
lift yourself up against the fury of my
adversaries;
awake for me;
you have ordained a judgment.
7 Let the assembly of peoples gather
around you;
take your seat on high over it.
8 The Lord judges the peoples;
vindicate me, Lord,
according to my righteousness and my
integrity.

9 Let the evil of the wicked come to an
end,
but establish the righteous.
The one who examines the thoughts and
emotions
is a righteous God.
10 My shield is with God,
who saves the upright in heart.
11 God is a righteous judge
and a God who shows his wrath every day.

12 If anyone does not repent,
he will sharpen his sword;
he has strung his bow and made it ready.
13 He has prepared his deadly weapons;
he tips his arrows with fire.

14 See, the wicked one is pregnant with
evil,
conceives trouble, and gives birth to
deceit.

15 He dug a pit and hollowed it out
but fell into the hole he had made.
16 His trouble comes back on his own
head;
his own violence comes down on top of his
head.

17 I will thank the Lord for his
righteousness;
I will sing about the name of the Lord Most
High.

Questions To Go Deeper

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Day 8 | Monday, January 20

Psalm 8 (CSB)

1 Lord, our Lord,
how magnificent is your name throughout the earth!
You have covered the heavens with your majesty.

2 From the mouths of infants and nursing babies,
you have established a stronghold
on account of your adversaries
in order to silence the enemy and the avenger.

3 When I observe your heavens,
the work of your fingers,
the moon and the stars,
which you set in place,

4 what is a human being that you remember him,
a son of man that you look after him?

5 You made him little less than God
and crowned him with glory and honor.

6 You made him ruler over the works of your hands;
you put everything under his feet:

7 all the sheep and oxen,
as well as the animals in the wild,

8 the birds of the sky,
and the fish of the sea

that pass through the currents of the seas.

9 Lord, our Lord,
how magnificent is your name throughout the earth!

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Day 9 | Tuesday, January 21

Psalms 9 (CSB)

1 I will thank the Lord with all my heart;
I will declare all your wondrous works.
2 I will rejoice and boast about you;
I will sing about your name, Most High.

3 When my enemies retreat,
they stumble and perish before you.
4 For you have upheld my just cause;
you are seated on your throne as a
righteous judge.
5 You have rebuked the nations:
You have destroyed the wicked;
you have erased their name forever and
ever.
6 The enemy has come to eternal ruin;
you have uprooted the cities,
and the very memory of them has
perished.

7 But the Lord sits enthroned forever;
he has established his throne for
judgment.
8 And he judges the world with
righteousness;
he executes judgment on the nations with
fairness.
9 The Lord is a refuge for the persecuted,
a refuge in times of trouble.
10 Those who know your name trust in you
because you have not abandoned
those who seek you, Lord.

11 Sing to the Lord, who dwells in Zion;
proclaim his deeds among the nations.
12 For the one who seeks an accounting
for bloodshed remembers them;
he does not forget the cry of the
oppressed.

13 Be gracious to me, Lord;
consider my affliction at the hands of
those who hate me.
Lift me up from the gates of death,
14 so that I may declare all your praises.
I will rejoice in your salvation
within the gates of Daughter Zion.

15 The nations have fallen into the pit they
made;
their foot is caught in the net they have
concealed.
16 The Lord has made himself known;
he has executed justice,
snaring the wicked
by the work of their hands. *Higgaion. Selah*

17 The wicked will return to Sheol—
all the nations that forget God.
18 For the needy will not always be
forgotten;
the hope of the oppressed will not perish
forever.

19 Rise up, Lord! Do not let mere humans
prevail;
let the nations be judged in your presence.
20 Put terror in them, Lord;
let the nations know they are only
humans. *Selah*

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Day 10 | Wednesday, January 22

Psalm 9 (CSB)

1 Lord, why do you stand so far away?
Why do you hide in times of trouble?

2 In arrogance the wicked relentlessly
pursue their victims;
let them be caught in the schemes they
have devised.

3 For the wicked one boasts about his own
cravings;
the one who is greedy curses and despises
the Lord.

4 In all his scheming,
the wicked person arrogantly thinks,
“There’s no accountability,
since there’s no God.”

5 His ways are always secure;
your lofty judgments have no effect on
him;
he scoffs at all his adversaries.

6 He says to himself, “I will never be
moved—
from generation to generation I will be
without calamity.”

7 Cursing, deceit, and violence fill his
mouth;
trouble and malice are under his tongue.

8 He waits in ambush near settlements;
he kills the innocent in secret places.
His eyes are on the lookout for the
helpless;

9 he lurks in secret like a lion in a thicket.
He lurks in order to seize a victim;
he seizes a victim and drags him in his net.

10 So he is oppressed and beaten down;
helpless people fall because of the wicked
one’s strength.

11 He says to himself, “God has forgotten;
he hides his face and will never see.”

12 Rise up, Lord God! Lift up your hand.
Do not forget the oppressed.

13 Why has the wicked person despised
God?

He says to himself, “You will not demand
an account.”

14 But you yourself have seen trouble and
grief,
observing it in order to take the matter
into your hands.

The helpless one entrusts himself to you;
you are a helper of the fatherless.

15 Break the arm of the wicked, evil
person,
until you look for his wickedness,
but it can’t be found.

16 The Lord is King forever and ever;
the nations will perish from his land.

17 Lord, you have heard the desire of the
humble;
you will strengthen their hearts.

You will listen carefully,

18 doing justice for the fatherless and the
oppressed
so that mere humans from the earth may
terrify them no more.

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Day 11 | Thursday, January 23

Psalm 11 (CSB)

1 I have taken refuge in the Lord.

How can you say to me,

“Escape to the mountains like a bird!

2 For look, the wicked string bows;

they put their arrows on bowstrings

to shoot from the shadows at the upright in heart.

3 When the foundations are destroyed,

what can the righteous do?”

4 The Lord is in his holy temple;

the Lord—his throne is in heaven.

His eyes watch;

his gaze examines everyone.

5 The Lord examines the righteous,

but he hates the wicked

and those who love violence.

6 Let him rain burning coals and sulfur on the wicked;

let a scorching wind be the portion in their cup.

7 For the Lord is righteous; he loves righteous deeds.

The upright will see his face.

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Day 12 | Friday, January 24

Psalm 12 (CSB)

1 Help, Lord, for no faithful one remains;
the loyal have disappeared from the human race.

2 They lie to one another;
they speak with flattering lips and deceptive hearts.

3 May the Lord cut off all flattering lips
and the tongue that speaks boastfully.

4 They say, “Through our tongues we have power;
our lips are our own—who can be our master?”

5 “Because of the devastation of the needy
and the groaning of the poor,
I will now rise up,” says the Lord.
“I will provide safety for the one who longs for it.”

6 The words of the Lord are pure words,
like silver refined in an earthen furnace,
purified seven times.

7 You, Lord, will guard us;
you will protect us from this generation forever.

8 The wicked prowl all around,
and what is worthless is exalted by the human race

Questions To Go Deeper

What does this Psalm reveal about *God's character*?

What kind of person is this Psalm calling me to *be* (in character or action)?

In light of the truths of this Psalm, what do I need to *repent* of?

Given the insights of this Psalm, what do I need to *ask* of God?

Prayers To Go Nearer

REVERANCE- *Heavenly Father, I praise You/ thank You, because you...*

RESPONSE- *Forgive me for... Empower me to... I seek to/ desire to...*

REQUESTS- *Help me to... Provide for me in... I ask for...*

Day 13 | Saturday, January 25

Psalm 13 (CSB)

1 How long, Lord? Will you forget me forever?

How long will you hide your face from me?

2 How long will I store up anxious concerns within me,
agony in my mind every day?

How long will my enemy dominate me?

3 Consider me and answer, Lord my God.

Restore brightness to my eyes;
otherwise, I will sleep in death.

4 My enemy will say, “I have triumphed over him,”
and my foes will rejoice because I am shaken.

5 But I have trusted in your faithful love;
my heart will rejoice in your deliverance.

6 I will sing to the Lord
because he has treated me generously.

Questions To Go Deeper

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Day 14 | Sunday, January 26

Psalms 14 (CSB)

1 The fool says in his heart, “There’s no God.”

They are corrupt; they do vile deeds.

There is no one who does good.

2 The Lord looks down from heaven on the human race
to see if there is one who is wise,
one who seeks God.

3 All have turned away;
all alike have become corrupt.

There is no one who does good,
not even one.

4 Will evildoers never understand?

They consume my people as they consume bread;
they do not call on the Lord.

5 Then they will be filled with dread,
for God is with those who are righteous.

6 You sinners frustrate the plans of the oppressed,
but the Lord is his refuge.

7 Oh, that Israel’s deliverance would come from Zion!
When the Lord restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

Questions To Go Deeper

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Day 15 | Monday, January 27

Psalm 15 (CSB)

1 Lord, who can dwell in your tent?
Who can live on your holy mountain?

2 The one who lives blamelessly, practices righteousness,
and acknowledges the truth in his heart—

3 who does not slander with his tongue,
who does not harm his friend
or discredit his neighbor,

4 who despises the one rejected by the Lord
but honors those who fear the Lord,
who keeps his word whatever the cost,

5 who does not lend his silver at interest
or take a bribe against the innocent—
the one who does these things will never be shaken.

Questions To Go Deeper

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Day 16 | Tuesday, January 28

Psalm 16 (CSB)

1 Protect me, God, for I take refuge in you.

2 I said to the Lord, “You are my Lord;
I have nothing good besides you.”

3 As for the holy people who are in the land,
they are the noble ones.

All my delight is in them.

4 The sorrows of those who take another god
for themselves will multiply;

I will not pour out their drink offerings of blood,
and I will not speak their names with my lips.

5 Lord, you are my portion
and my cup of blessing;
you hold my future.

6 The boundary lines have fallen for me
in pleasant places;
indeed, I have a beautiful inheritance.

7 I will bless the Lord who counsels me—
even at night when my thoughts trouble me.

8 I always let the Lord guide me.
Because he is at my right hand,
I will not be shaken.

9 Therefore my heart is glad
and my whole being rejoices;
my body also rests securely.

10 For you will not abandon me to Sheol;
you will not allow your faithful one to see decay.

11 You reveal the path of life to me;
in your presence is abundant joy;
at your right hand are eternal pleasures.

Questions To Go Deeper

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Day 17 | Wednesday, January 29

Psalm 17 (CSB)

1 Lord, hear a just cause;
pay attention to my cry;
listen to my prayer—
from lips free of deceit.

2 Let my vindication come from you,
for you see what is right.

3 You have tested my heart;
you have examined me at night.
You have tried me and found nothing
evil;

I have determined that my mouth will
not sin.

4 Concerning what people do:
by the words from your lips
I have avoided the ways of the violent.

5 My steps are on your paths;
my feet have not slipped.

6 I call on you, God,
because you will answer me;
listen closely to me; hear what I say.

7 Display the wonders of your faithful
love,

Savior of all who seek refuge
from those who rebel against your right
hand.

8 Protect me as the pupil of your eye;
hide me in the shadow of your wings

9 from the wicked who treat me
violently,
my deadly enemies who surround me.

10 They are uncaring;
their mouths speak arrogantly.

11 They advance against me; now they
surround me.

They are determined
to throw me to the ground.

12 They are like a lion eager to tear,
like a young lion lurking in ambush.

13 Rise up, Lord!
Confront him; bring him down.

With your sword, save me from the
wicked.

14 With your hand, Lord, save me from
men,
from men of the world
whose portion is in this life:
You fill their bellies with what you have
in store;
their sons are satisfied,
and they leave their surplus to their
children.

15 But I will see your face in
righteousness;
when I awake, I will be satisfied with
your presence.

Questions To Go Deeper

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Day 18 | Thursday, January 30

Psalm 18 (CSB)

1 I love you, Lord, my strength.

2 The Lord is my rock,
my fortress, and my deliverer,
my God, my rock where I seek refuge,
my shield and the horn of my salvation,
my stronghold.

3 I called to the Lord, who is worthy of praise,
and I was saved from my enemies.

4 The ropes of death were wrapped around me;
the torrents of destruction terrified me.

5 The ropes of Sheol entangled me;
the snares of death confronted me.

6 I called to the Lord in my distress,
and I cried to my God for help.
From his temple he heard my voice,
and my cry to him reached his ears.

7 Then the earth shook and quaked;
the foundations of the mountains trembled;
they shook because he burned with anger.

8 Smoke rose from his nostrils,
and consuming fire came from his mouth;
coals were set ablaze by it.

9 He bent the heavens and came down,
total darkness beneath his feet.

10 He rode on a cherub and flew,
soaring on the wings of the wind.

11 He made darkness his hiding place,
dark storm clouds his canopy around him.

12 From the radiance of his presence,
his clouds swept onward with hail and blazing coals.

13 The Lord thundered from heaven;
the Most High made his voice heard.

14 He shot his arrows and scattered them;
he hurled lightning bolts and routed them.

15 The depths of the sea became visible,
the foundations of the world were exposed,
at your rebuke, Lord,
at the blast of the breath of your nostrils.

16 He reached down from on high
and took hold of me;
he pulled me out of deep water.

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

18 They confronted me in the day of my calamity,
but the Lord was my support.

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

20 The Lord rewarded me
according to my righteousness;
he repaid me
according to the cleanness of my hands.

21 For I have kept the ways of the Lord
and have not turned from my God to wickedness.

22 Indeed, I let all his ordinances guide me
and have not disregarded his statutes.

23 I was blameless toward him
and kept myself from my iniquity.

24 So the Lord repaid me
according to my righteousness,
according to the cleanness of my hands in his sight.

25 With the faithful
you prove yourself faithful,
with the blameless
you prove yourself blameless,

26 with the pure
you prove yourself pure,
but with the crooked
you prove yourself shrewd.

27 For you rescue an oppressed people,
but you humble those with haughty eyes.

28 Lord, you light my lamp;
my God illuminates my darkness.

29 With you I can attack a barricade,
and with my God I can leap over a wall.

30 God—his way is perfect;
the word of the Lord is pure.
He is a shield to all who take refuge in him.

31 For who is God besides the Lord?
And who is a rock? Only our God.

32 God—he clothes me with strength
and makes my way perfect.

33 He makes my feet like the feet of a deer
and sets me securely on the heights.

34 He trains my hands for war;
my arms can bend a bow of bronze.

35 You have given me the shield of your salvation;
your right hand upholds me,
and your humility exalts me.

36 You make a spacious place beneath me for my steps,
and my ankles do not give way.

37 I pursue my enemies and overtake them;
I do not turn back until they are wiped out.

38 I crush them, and they cannot get up;
they fall beneath my feet.

39 You have clothed me with strength for battle;
you subdue my adversaries beneath me.

40 You have made my enemies retreat before me;
I annihilate those who hate me.

41 They cry for help, but there is no one to save them—
they cry to the Lord, but he does not answer them.

42 I pulverize them like dust before the wind;
I trample them like mud in the streets.

43 You have freed me from the feuds among the people;
you have appointed me the head of nations;
a people I had not known serve me.

44 Foreigners submit to me cringing;
as soon as they hear they obey me.

45 Foreigners lose heart
and come trembling from their fortifications.

46 The Lord lives—blessed be my rock!
The God of my salvation is exalted.

47 God—he grants me vengeance
and subdues peoples under me.

48 He frees me from my enemies.
You exalt me above my adversaries;
you rescue me from violent men.

49 Therefore I will give thanks to you among the nations, Lord;
I will sing praises about your name.

50 He gives great victories to his king;
he shows loyalty to his anointed,
to David and his descendants forever.

Questions To Go Deeper

What does this Psalm reveal about *God's character*?

What kind of person is this Psalm calling me to *be* (in character or action)?

In light of the truths of this Psalm, what do I need to *repent* of?

Given the insights of this Psalm, what do I need to *ask* of God?

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REVERANCE- *Heavenly Father, I praise You/ thank You, because you...*

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REQUESTS- *Help me to... Provide for me in... I ask for...*

Day 19 | Friday, January 31

Psalm 19 (CSB)

1 The heavens declare the glory of God,
and the expanse proclaims the work of his hands.

2 Day after day they pour out speech;
night after night they communicate knowledge.

3 There is no speech; there are no words;
their voice is not heard.

4 Their message has gone out to the whole earth,
and their words to the ends of the world.

In the heavens he has pitched a tent for the sun.

5 It is like a bridegroom coming from his home;
it rejoices like an athlete running a course.

6 It rises from one end of the heavens
and circles to their other end;
nothing is hidden from its heat.

7 The instruction of the Lord is perfect,
renewing one's life;
the testimony of the Lord is trustworthy,
making the inexperienced wise.

8 The precepts of the Lord are right,
making the heart glad;
the command of the Lord is radiant,
making the eyes light up.

9 The fear of the Lord is pure,
enduring forever;
the ordinances of the Lord are reliable
and altogether righteous.

10 They are more desirable than gold—
than an abundance of pure gold;
and sweeter than honey
dripping from a honeycomb.

11 In addition, your servant is warned by them,
and in keeping them there is an abundant reward.

12 Who perceives his unintentional sins?
Cleanse me from my hidden faults.

13 Moreover, keep your servant from willful sins;
do not let them rule me.

Then I will be blameless
and cleansed from blatant rebellion.

14 May the words of my mouth
and the meditation of my heart
be acceptable to you,
Lord, my rock and my Redeemer.

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Day 20 | Saturday, February 1

Psalm 20 (CSB)

1 May the Lord answer you in a day of trouble;
may the name of Jacob's God protect you.

2 May he send you help from the sanctuary
and sustain you from Zion.

3 May he remember all your offerings
and accept your burnt offering. Selah

4 May he give you what your heart desires
and fulfill your whole purpose.

5 Let us shout for joy at your victory
and lift the banner in the name of our God.

May the Lord fulfill all your requests.

6 Now I know that the Lord gives victory to his anointed;
he will answer him from his holy heaven
with mighty victories from his right hand.

7 Some take pride in chariots, and others in horses,
but we take pride in the name of the Lord our God.

8 They collapse and fall,
but we rise and stand firm.

9 Lord, give victory to the king!

May he answer us on the day that we call.

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REQUESTS- *Help me to... Provide for me in... I ask for...*

Day 21 | Sunday, February 2

Psalm 21 (CSB)

1 Lord, the king finds joy in your strength.
How greatly he rejoices in your victory!

2 You have given him his heart's desire
and have not denied the request of his lips.*Selah*

3 For you meet him with rich blessings;
you place a crown of pure gold on his head.

4 He asked you for life, and you gave it to him—
length of days forever and ever.

5 His glory is great through your victory;
you confer majesty and splendor on him.

6 You give him blessings forever;
you cheer him with joy in your presence.

7 For the king relies on the Lord;
through the faithful love of the Most High
he is not shaken.

8 Your hand will capture all your enemies;
your right hand will seize those who hate you.

9 You will make them burn
like a fiery furnace when you appear;
the Lord will engulf them in his wrath,
and fire will devour them.

10 You will wipe their progeny from the earth
and their offspring from the human race.

11 Though they intend to harm you
and devise a wicked plan, they will not prevail.

12 Instead, you will put them to flight
when you ready your bowstrings to shoot at them.

13 Be exalted, Lord, in your strength;
we will sing and praise your might.

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