

GOD IS...

a study of psalms



***Let everything that breathes
sing praises to the Lord!
Praise the Lord!***

Psalm 150:6

INTRODUCTION

The Book of Psalms is full of praise, adoration, worship, lament, and even cries for help to our Creator, God. The Psalms are written by a group of authors who have taken their theology and understanding of God and created songs of worship that reflect his character. The Psalms have given new language to help us understand who God is and how we can respond to him in worship.

This summer, we want to spend time studying the Psalms so we can better understand who God is. In this study, we will focus on key attributes of God—some that we share with him, but others are his alone. One of the key takeaways we hope you gain is a better understanding of who God is and a greater desire to give him the praise and honor he deserves.

We will study 10 attributes of God, and throughout each attribute, you will engage with Scripture in four unique ways that help you give focused praise to our Creator. We hope this study illuminates God's Word and gives you some tools to better understand and read your Bible. As always, if you have questions or you don't understand something, reach out to your small group leader or Students staff person; they would love to help. Just because it is summer does not mean that you should do this reading plan alone. Invite your family, friends, small group leader, and student staff person into this study with you.

We are expectant and trust that if you spend this summer in the Psalms learning more about who God is, he will meet you there and it will not come back void.

GLOSSARY OF PSALMS

Faithful

36 • 98 • 108 • 136

Eternal

90 • 102 • 119:89–96 • 146

Protector

3 • 5 • 91 • 115

All-Powerful

33 • 139 • 147 • 148

Loving

57 • 63 • 66 • 103

Sovereign

24 • 46 • 145 • 103

WHAT TO EXPECT

Verse Mapping

For each attribute, you will be asked to engage with Scripture through Verse Mapping. We have created an example to help you get started. Each time you map out a passage, there will be specific instructions for you to follow along with as well.



= Attributes / What God does



= How we respond

Write out any words you do not know / understand and search for a definition.

Verse Mapping Example (Psalm 96)

¹ Sing a new song to the Lord!

Let the whole earth sing to the Lord!

² Sing to the Lord; praise his name.

Each day proclaim the good news that he saves.

³ Publish his glorious deeds among the nations.

Tell everyone about the amazing things he does.

⁴ Great is the Lord! He is most worthy of praise!

He is to be feared above all gods.

⁵ The gods of other nations are mere idols,

but the Lord made the heavens!

⁶ Honor and majesty surround him;

strength and beauty fill his sanctuary.

majesty: royal power

6 ⁷ O nations of the world, recognize the Lord;

recognize that the Lord is glorious and strong.

⁸ Give to the Lord the glory he deserves!

Bring your offering and come into his courts.

glory: take
great pride or
treasure in

⁹ Worship the Lord in all his holy splendor.

Let all the earth tremble before him.

¹⁰ Tell all the nations, "The Lord reigns!"

The world stands firm and cannot be shaken.

He will judge all peoples fairly.

tremble: to have a
physical reaction to
overload of emotions

¹¹ Let the heavens be glad, and the earth rejoice!

Let the sea and everything in it shout his praise!

¹² Let the fields and their crops burst out with joy!

Let the trees of the forest sing for joy

¹³ before the Lord, for he is coming!

He is coming to judge the earth.

He will judge the world with justice,

and the nations with his truth.

Guided Prayer


We have provided Guided Prayers to accompany some of the Psalms. Use the Psalm itself to guide how you fill in the blanks with details that apply to your life.

Spotify Playlist

We have created a spotify playlist to enrich our study of God's character. There are different songs listed at the end of each chapter that highlight each attribute of God. This is a way for you to spend intentional time in worship along with reading Scripture. Feel free to like or save the playlist so it's easy for you to find throughout the summer.




GOD IS FAITHFUL



**God will
always fulfill
his promises.**

Psalms: 36, 98, 136, 138

The background of the image features a solid light orange color. Overlaid on this are two large, semi-transparent circles. One circle is a vibrant yellow-orange and is positioned in the center-right, partially overlapping the other. The second circle is a muted blue and is located in the upper-left and lower-right areas, creating a layered effect.

*Your unfailing love, O Lord,
is as vast as the heavens;
your faithfulness reaches
beyond the clouds.*

Psalm 36:5

GOD'S FAITHFULNESS IN THE UNKNOWN

When I was younger, one of the most dreaded questions was: "What do you want to be when you grow up?" I never knew the answer!

At the beginning of my freshman year, I was determined to go to Harvard, and this dream drove most of my choices around school and extracurricular activities. However, I also joined my school's cosmetology program, which I loved. I had always been interested in hair, but I didn't know much about what it would look like to have a career as a stylist.

Through a series of unexpected events, and even a terrible interview, I got an amazing job at a local salon. They took me under their wing, taught me everything I needed to know, and I ended up working there throughout the rest of high school. I discovered that I had a natural talent for understanding hair and a relational gift of connecting with my clients. All these things were not of my own doing but were a gift from God.

Approaching graduation, I had a big decision to make: was I going to do hair or go to college? Four years prior, I would have said 100% go to college, but the Lord had been **faithful** to his plan for me and opened up the doors for me to have a successful career right away without a degree. I wrestled with this decision for over a year. After many conversations with my parents, spiritual leaders in my life, and other hairstylists, I decided not to go directly to college but take a gap year and do hair.

God's **faithfulness** to me and his plan for my life were evident through this whole process. All the doors opened at just the right moment, and pieces of my life fell into place in ways I never could have imagined possible. Even though I wasn't always clear on God's plan for me, I trusted the process and took the next small step. As I reflect over my high school career, I see how **faithful** the Lord was to me. He had a plan the whole time, even though I couldn't see it in the moment. While I still don't have all the answers, I can trust and have faith that God has me every step of the way.



*“God’s faithfulness to me
and his plan for my life
were evident through this
whole process.”*



FAITHFUL



PSALM 136

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is and what he does for his people.
 - Underline how we are instructed to respond to God's faithfulness.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

¹ Give thanks to the Lord, for he is good!

His faithful love endures forever.

² Give thanks to the God of gods.

His faithful love endures forever.

³ Give thanks to the Lord of lords.

His faithful love endures forever.

⁴ Give thanks to him who alone does mighty miracles.

His faithful love endures forever.

⁵ Give thanks to him who made the heavens so skillfully.

His faithful love endures forever.

⁶ Give thanks to him who placed the earth among the waters.

His faithful love endures forever.

⁷ Give thanks to him who made the heavenly lights—

12 His faithful love endures forever.

⁸ the sun to rule the day,

His faithful love endures forever.

⁹ and the moon and stars to rule the night.

His faithful love endures forever.

¹⁰ Give thanks to him who killed the firstborn of Egypt.

His faithful love endures forever.

¹¹ He brought Israel out of Egypt.

His faithful love endures forever.

¹² He acted with a strong hand and powerful arm.

His faithful love endures forever.

¹³ Give thanks to him who parted the Red Sea.

His faithful love endures forever.

¹⁴ He led Israel safely through,

His faithful love endures forever.

¹⁵ but he hurled Pharaoh and his army into the Red Sea.

His faithful love endures forever.

¹⁶ Give thanks to him who led his people through the wilderness.

His faithful love endures forever.

¹⁷ Give thanks to him who struck down mighty kings.

His faithful love endures forever.

¹⁸ He killed powerful kings—

His faithful love endures forever.

¹⁹ Sihon king of the Amorites,

His faithful love endures forever.

²⁰ and Og king of Bashan.

His faithful love endures forever.

²¹ God gave the land of these kings as an inheritance—

His faithful love endures forever.

²² a special possession to his servant Israel.

His faithful love endures forever.

²³ He remembered us in our weakness.

His faithful love endures forever.

²⁴ He saved us from our enemies.

His faithful love endures forever.

²⁵ He gives food to every living thing.

His faithful love endures forever.

²⁶ Give thanks to the God of heaven.

His faithful love endures forever.

PSALM 36

¹ Sin whispers to the wicked, deep within their hearts.

They have no fear of God at all.

² In their blind conceit,

they cannot see how wicked they really are.

³ Everything they say is crooked and deceitful.

They refuse to act wisely or do good.

⁴ They lie awake at night, hatching sinful plots.

Their actions are never good.

They make no attempt to turn from evil.

⁵ Your unfailing love, O Lord, is as vast as the heavens;

your faithfulness reaches beyond the clouds.

⁶ Your righteousness is like the mighty mountains,

your justice like the ocean depths.

You care for people and animals alike, O Lord.

⁷ How precious is your unfailing love, O God!

All humanity finds shelter

in the shadow of your wings.

⁸ You feed them from the abundance of your own house,

letting them drink from your river of delights.

⁹ For you are the fountain of life,

the light by which we see.

¹⁰ Pour out your unfailing love on those who love you;
give justice to those with honest hearts.

¹¹ Don't let the proud trample me
or the wicked push me around.

¹² Look! Those who do evil have fallen!
They are thrown down, never to rise again.

Questions

Rewrite Psalm 36 in your own words. What is the author saying?

What does this passage reveal to us about man?

Who does this passage say that God is?

PSALM 98

¹ Sing a new song to the Lord,

for he has done wonderful deeds.

His right hand has won a mighty victory;

his holy arm has shown his saving power!

² The Lord has announced his victory

and has revealed his righteousness to every nation!

³ He has remembered his promise to love and be faithful to Israel.

The ends of the earth have seen the victory of our God.

⁴ Shout to the Lord, all the earth;

break out in praise and sing for joy!

⁵ Sing your praise to the Lord with the harp,

with the harp and melodious song,

⁶ with trumpets and the sound of the ram's horn.

Make a joyful symphony before the Lord, the King!

⁷ Let the sea and everything in it shout his praise!

Let the earth and all living things join in.

⁸ Let the rivers clap their hands in glee!

Let the hills sing out their songs of joy

⁹ before the Lord,

for he is coming to judge the earth.

He will judge the world with justice,

and the nations with fairness.

GUIDED PRAYER

Response to Psalm 98

Thank you, Lord, for all the ways you have been faithful in my life. You have done so many wonderful things in my life (vs 1), I cannot even write them all down. As I sit and pause for a moment, I want to thank you for how you have been faithful in my life. A few moments that come to mind are

God, you are a loving and faithful God. You do not forget your promises or your children (vs 3). Often, I am distracted by people and things in this world—things like

I confess that I too easily put others above you, but you alone are worthy of all of my praise and affection. Help me to live my days praising your name, shouting for joy with the rest of creation (vs 4–8). For there will be a day when you return and all of creation will praise your name (Revelation 15:4).

Through Jesus' faithfulness in his life and on the cross, I am redeemed (Ephesians 1:7). I know that I am a sinner, in need of your mercy, God. It is only out of your love and your faithfulness to the promises you have made that I am offered eternal life. Thank you for this gift I do not deserve. Thank you for your Son and the sacrifice he made. I praise you because you are a faithful God. I praise you because you are

PSALM 138

¹ I give you thanks, O Lord, with all my heart;

I will sing your praises before the gods.

² I bow before your holy Temple as I worship.

I praise your name for your unfailing love and faithfulness;

for your promises are backed

by all the honor of your name.

³ As soon as I pray, you answer me;

you encourage me by giving me strength.

⁴ Every king in all the earth will thank you, Lord,

for all of them will hear your words.

⁵ Yes, they will sing about the Lord's ways,

for the glory of the Lord is very great.

⁶ Though the Lord is great, he cares for the humble,

but he keeps his distance from the proud.

⁷ Though I am surrounded by troubles,

you will protect me from the anger of my enemies.

You reach out your hand,

and the power of your right hand saves me.

⁸ The Lord will work out his plans for my life—

for your faithful love, O Lord, endures forever.

Don't abandon me, for you made me.

Reflect

According to this passage, what does it mean that the Lord is faithful?

What promises for God's people are found in this psalm?

How have you seen the Lord be faithful in your own life?

NOTES

For Further Study

Hebrews 10

1 John 1:8–10

Lamentations 3:21–33

Songs

Faithfulness

Promises

Same God



NOTES

FAITHFUL

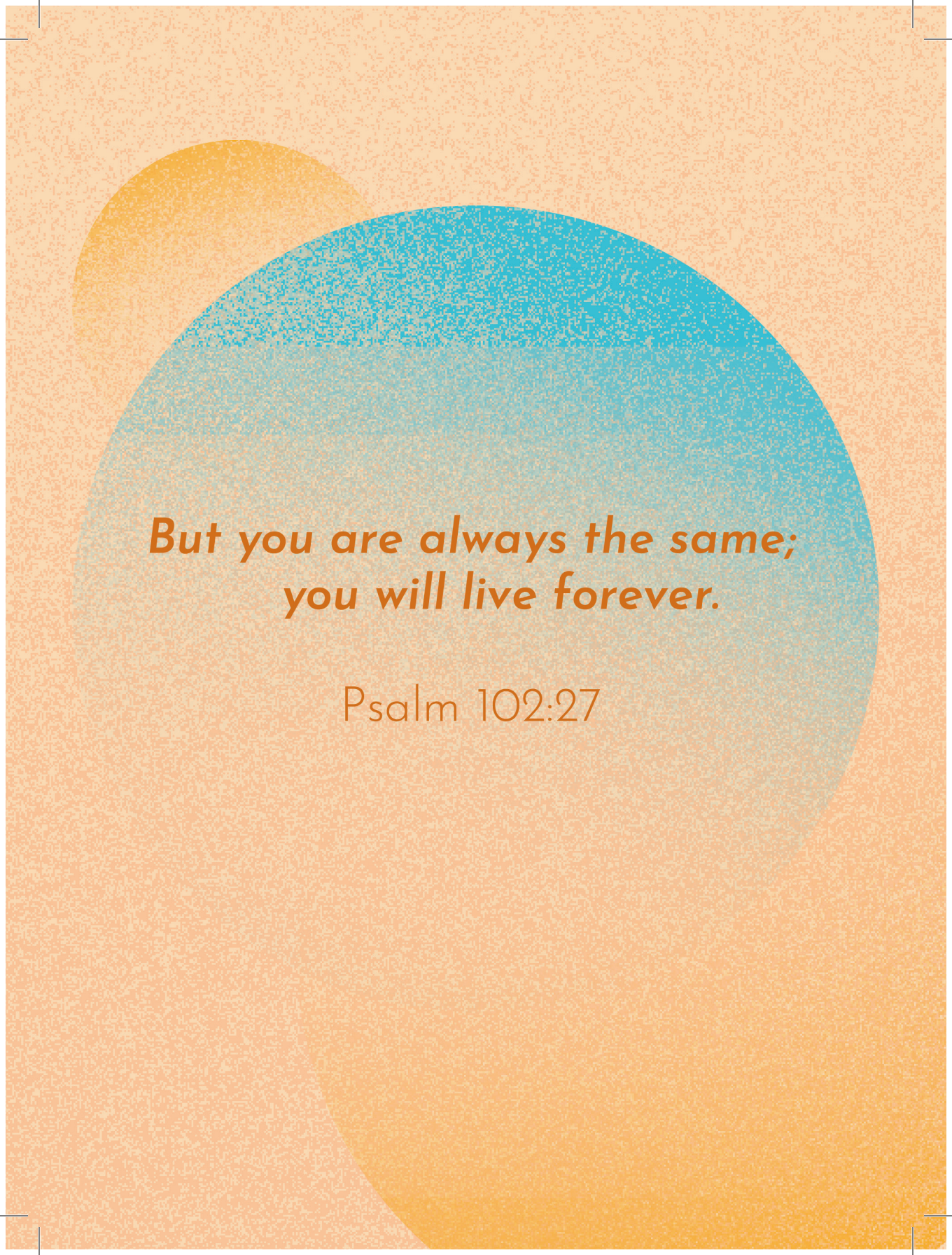
23

GOD IS ETERNAL



*God has no
beginning and
no end; he exists
outside of time.*

Psalms: 90, 119, 102, 146

The background is a textured orange surface. Overlaid on this are two large, semi-transparent circles. The circle in the foreground is a vibrant blue, while the one behind it is a lighter, yellowish-orange. The text is centered within the blue circle.

***But you are always the same;
you will live forever.***

Psalm 102:27

PSALM 90

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is or phrases that show how God is eternal.
 - Underline what the Psalmist asks God for in response to who God is.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

A prayer of Moses, the man of God.

¹ Lord, through all the generations

you have been our home!

² Before the mountains were born,

before you gave birth to the earth and the world,

from beginning to end, you are God.

³ You turn people back to dust, saying,

“Return to dust, you mortals!”

⁴ For you, a thousand years are as a passing day,

as brief as a few night hours.

⁵ You sweep people away like dreams that disappear.

They are like grass that springs up in the morning.

- ⁶ In the morning it blooms and flourishes,
but by evening it is dry and withered.
- ⁷ We wither beneath your anger;
we are overwhelmed by your fury.
- ⁸ You spread out our sins before you—
our secret sins—and you see them all.
- ⁹ We live our lives beneath your wrath,
ending our years with a groan.
- ¹⁰ Seventy years are given to us!
Some even live to eighty.
But even the best years are filled with pain and trouble;
soon they disappear, and we fly away.
- ¹¹ Who can comprehend the power of your anger?
Your wrath is as awesome as the fear you deserve.
- ¹² Teach us to realize the brevity of life,
so that we may grow in wisdom.
- ¹³ O Lord, come back to us!
How long will you delay?
Take pity on your servants!
- ¹⁴ Satisfy us each morning with your unfailing love,

so we may sing for joy to the end of our lives.

¹⁵ Give us gladness in proportion to our former misery!

Replace the evil years with good.

¹⁶ Let us, your servants, see you work again;

let our children see your glory.

¹⁷ And may the Lord our God show us his approval

and make our efforts successful.

Yes, make our efforts successful!

PSALM 119:89-96

Lamedh

⁸⁹ Your eternal word, O Lord,

stands firm in heaven.

⁹⁰ Your faithfulness extends to every generation,

as enduring as the earth you created.

⁹¹ Your regulations remain true to this day,

for everything serves your plans.

⁹² If your instructions hadn't sustained me with joy,

I would have died in my misery.

⁹³ I will never forget your commandments,

for by them you give me life.

94 I am yours; rescue me!

For I have worked hard at obeying your commandments.

95 Though the wicked hide along the way to kill me,

I will quietly keep my mind on your laws.

96 Even perfection has its limits,

but your commands have no limit.

Questions

Rewrite Psalm 119:89–96 in your own words. What is the author saying?

Who does this passage say that God is?

What does God being eternal mean for us as believers?

PSALM 102

A prayer of one overwhelmed with trouble, pouring out problems before the Lord.

¹ Lord, hear my prayer!

Listen to my plea!

² Don't turn away from me

in my time of distress.

Bend down to listen,

and answer me quickly when I call to you.

³ For my days disappear like smoke,

and my bones burn like red-hot coals.

⁴ My heart is sick, withered like grass,

and I have lost my appetite.

⁵ Because of my groaning,

I am reduced to skin and bones.

⁶ I am like an owl in the desert,

like a little owl in a far-off wilderness.

⁷ I lie awake,

lonely as a solitary bird on the roof.

⁸ My enemies taunt me day after day.

They mock and curse me.

⁹ I eat ashes for food.

ETERNAL

30

My tears run down into my drink

¹⁰ because of your anger and wrath.

For you have picked me up and thrown me out.

¹¹ My life passes as swiftly as the evening shadows.

I am withering away like grass.

¹² But you, O Lord, will sit on your throne forever.

Your fame will endure to every generation.

¹³ You will arise and have mercy on Jerusalem[a]—

and now is the time to pity her,

now is the time you promised to help.

¹⁴ For your people love every stone in her walls

and cherish even the dust in her streets.

¹⁵ Then the nations will tremble before the Lord.

The kings of the earth will tremble before his glory.

¹⁶ For the Lord will rebuild Jerusalem.

He will appear in his glory.

¹⁷ He will listen to the prayers of the destitute.

He will not reject their pleas.

¹⁸ Let this be recorded for future generations,

so that a people not yet born will praise the Lord.

¹⁹ Tell them the Lord looked down

from his heavenly sanctuary.

He looked down to earth from heaven

²⁰ to hear the groans of the prisoners,

to release those condemned to die.

²¹ And so the Lord's fame will be celebrated in Zion,
his praises in Jerusalem,

²² when multitudes gather together
and kingdoms come to worship the Lord.

²³ He broke my strength in midlife,
cutting short my days.

²⁴ But I cried to him, "O my God, who lives forever,
don't take my life while I am so young!

²⁵ Long ago you laid the foundation of the earth
and made the heavens with your hands.

²⁶ They will perish, but you remain forever;
they will wear out like old clothing.

You will change them like a garment
and discard them.

²⁷ But you are always the same;
you will live forever.

²⁸ The children of your people
will live in security.

Their children's children
will thrive in your presence."

GUIDED PRAYER

Response to Psalm 102

Heavenly Father,

I am grateful I can come to you for help and you hear my cries (vs 1–2). You are eternal, Father. You have no beginning or end, and nothing can limit your great power over all creation.

My life is like a vapor, here one day but soon gone. I recognize my physical health is a gift from you but has limits—my body will fail me (vs 3–7). Father, I lift up _____; these prayers are specifically for health for myself and for those I know and love.

God, I recognize the enemy constantly seeks to tempt me into sin. Today, I am wrestling with _____.

Some days it feels as if your wrath burns against me and you are distant (vs 8–11). I repent specifically for _____.

Remind me today that you have already paid for my sins and that forgiveness and love are found in you.

Father, you are everlasting! You will endure forever, and every generation will know of your faithfulness (vs 12). Give me opportunities this week to tell others about your faithfulness in my life. Right now, I pray specifically for my conversations with _____; be with me and help our words honor you.

Today, I recognize your favor with Jerusalem as the same favor you extend to me (vs 13–22). Although you humble me through my own weakness, let me be reminded where my strength comes from (vs 24). I need strength specifically for _____. God, you are always the same and will remain forever. Help me to thrive in your presence this week. (vs 27–28).

Amen

PSALM 146

¹ Praise the Lord!

Let all that I am praise the Lord.

² I will praise the Lord as long as I live.

I will sing praises to my God with my dying breath.

³ Don't put your confidence in powerful people;

there is no help for you there.

⁴ When they breathe their last, they return to the earth,

and all their plans die with them.

⁵ But joyful are those who have the God of Israel as their helper,

whose hope is in the Lord their God.

⁶ He made heaven and earth,

the sea, and everything in them.

He keeps every promise forever.

⁷ He gives justice to the oppressed

and food to the hungry.

The Lord frees the prisoners.

⁸ The Lord opens the eyes of the blind.

The Lord lifts up those who are weighed down.

The Lord loves the godly.

⁹ The Lord protects the foreigners among us.

He cares for the orphans and widows,
but he frustrates the plans of the wicked.

¹⁰ The Lord will reign forever.

He will be your God, O Jerusalem, throughout the generations.

Praise the Lord!

Reflect

Write in your own words what it means that God is eternal.

How should we respond to a God who is eternal?

As believers, what hope does God being eternal give us?

NOTES

ETERNAL

For Further Study

Deuteronomy 32:40

Isaiah 57:15

Psalms 136

Songs

Yahweh

You Reign (Psalm 146)



ETERNAL


37

GOD IS PROTECTOR



*God is
always with
us and can
be trusted with
our wellbeing.*

Psalms: 3, 5, 91, 115



***But let all who take
refuge in you rejoice.***

Psalm 5:11a

GOD'S PROTECTION IN THE MIDST OF PAIN

In May of 2023, I was diagnosed with a neurological disorder that led to my need for brain surgery. Walking through this diagnosis has been difficult, but as I look back, it is abundantly clear that God has had a **protective** hand over me.

Leading up to my diagnosis, we were unsure of what was going on with my body. I experienced many confusing symptoms, visited multiple doctors, and still had no answers. For a long season, I could barely function, and I was mentally and emotionally drained. I also felt isolated because nobody else really understood what I was going through. Because I only had God, I relied on prayer to get me through the difficult days and long nights.

One of the times I felt the Lord's **protection** most clearly was going into my first MRI. I had been told a brain tumor was likely, so I was terrified. The day of the MRI, I spent that morning in prayer, anxious and nervous. But as I walked into the building, a wave of peace washed over me. All of my fears and anxiety were forgotten, and I was able to rest for what seemed like the first time in months. God was **protecting** me; he was with me no matter the outcome.

Ultimately, I was diagnosed with Chiari Malformation, and surgery was scheduled. As surgery grew closer, my symptoms grew worse, but I was overwhelmed by the kindness of God's people and the small moments when I knew God was watching over me.

I started my summer internship at Grace Church two weeks before my surgery. I was nervous that my health would ruin the summer, but God moved in big ways through our Kairos community. They provided strength when I had none and constantly reminded me of God's faithfulness. He placed me in a season of sorrow and pain, and yet he let me experience the joy of being surrounded by his people—this was clear evidence of his **protection**.

It has been a long, hard road, and there are still days when I struggle to get out of bed. But looking back on how the Lord has **protected** me, I know I can always find strength and peace in him.

||

"He placed me in a season of sorrow and pain, and yet he let me experience the joy of being surrounded by his people—this was clear evidence of his protection."

||

PSALM 3

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is or what he does for us.
 - Underline how we are instructed to respond to God's protection.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

¹ O Lord, I have so many enemies;

so many are against me.

² So many are saying,

“God will never rescue him!” *Interlude*

³ But you, O Lord, are a shield around me;

you are my glory, the one who holds my head high.

⁴ I cried out to the Lord,

and he answered me from his holy mountain. *Interlude*

⁵ I lay down and slept,

yet I woke up in safety,

for the Lord was watching over me.

⁶ I am not afraid of ten thousand enemies

who surround me on every side.

⁷ Arise, O Lord!

Rescue me, my God!

Slap all my enemies in the face!

Shatter the teeth of the wicked!

⁸ Victory comes from you, O Lord.

May you bless your people. *Interlude*

PSALM 5

¹ O Lord, hear me as I pray;

pay attention to my groaning.

² Listen to my cry for help, my King and my God,

for I pray to no one but you.

³ Listen to my voice in the morning, Lord.

Each morning I bring my requests to you and wait expectantly.

⁴ O God, you take no pleasure in wickedness;

you cannot tolerate the sins of the wicked.

⁵ Therefore, the proud may not stand in your presence,

for you hate all who do evil.

⁶ You will destroy those who tell lies.

The Lord detests murderers and deceivers.

⁷ Because of your unfailing love, I can enter your house;

I will worship at your Temple with deepest awe.

⁸ Lead me in the right path, O Lord,

or my enemies will conquer me.

Make your way plain for me to follow.

⁹ My enemies cannot speak a truthful word.

Their deepest desire is to destroy others.

Their talk is foul, like the stench from an open grave.

Their tongues are filled with flattery.

¹⁰ O God, declare them guilty.

Let them be caught in their own traps.

¹¹ Drive them away because of their many sins,

for they have rebelled against you.

¹² But let all who take refuge in you rejoice;

let them sing joyful praises forever.

Spread your protection over them,

that all who love your name may be filled with joy.

¹³ For you bless the godly, O Lord;

you surround them with your shield of love.

Questions:

Rewrite Psalm 5 in your own words. What is the author saying?

What does this passage reveal to us about man?

According to this passage, how is God a protector?

PSALM 91

¹ Those who live in the shelter of the Most High

will find rest in the shadow of the Almighty.

² This I declare about the Lord:

He alone is my refuge, my place of safety;

he is my God, and I trust him.

³ For he will rescue you from every trap

and protect you from deadly disease.

⁴ He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

⁵ Do not be afraid of the terrors of the night,

nor the arrow that flies in the day.

⁶ Do not dread the disease that stalks in darkness,

nor the disaster that strikes at midday.

⁷ Though a thousand fall at your side,

though ten thousand are dying around you,

these evils will not touch you.

⁸ Just open your eyes,

and see how the wicked are punished.

⁹ If you make the Lord your refuge,

if you make the Most High your shelter,

¹⁰ no evil will conquer you;

no plague will come near your home.

¹¹ For he will order his angels

to protect you wherever you go.

¹² They will hold you up with their hands

so you won't even hurt your foot on a stone.

¹³ You will trample upon lions and cobras;

you will crush fierce lions and serpents under your feet!

¹⁴ The Lord says, "I will rescue those who love me.

I will protect those who trust in my name.

¹⁵ When they call on me, I will answer;

I will be with them in trouble.

I will rescue and honor them.

¹⁶ I will reward them with a long life

and give them my salvation."

GUIDED PRAYER

Response to Psalm 91

God,

You alone are my refuge, my shield, and my protector (vs 2). I trust you alone as my God (vs 2). So often, I am filled with worry and anxious thoughts about

It causes me not to trust and depend on you fully. Your Word says I do not have to be afraid of the night or the day (vs 5) and that evil will not conquer me when you are my refuge (vs 9–10).

Something that I am fearful of is

I want to take a moment to give that to you right now. Lord, you promise to protect all who trust in you (vs 14). Teach me now what it looks like to trust you with all that I am and all that I have.

Thank you for being a protector. Thank you for going before me and never leaving me (Deuteronomy 31:8). Give me strength now to share the gospel with those around me, and bring me safely into your heavenly Kingdom (2 Timothy 4:17–18).

Amen

PSALM 115

¹ Not to us, O Lord, not to us,

but to your name goes all the glory

for your unfailing love and faithfulness.

² Why let the nations say,

“Where is their God?”

³ Our God is in the heavens,

and he does as he wishes.

⁴ Their idols are merely things of silver and gold,

shaped by human hands.

⁵ They have mouths but cannot speak,

and eyes but cannot see.

⁶ They have ears but cannot hear,

and noses but cannot smell.

⁷ They have hands but cannot feel,

and feet but cannot walk,

and throats but cannot make a sound.

⁸ And those who make idols are just like them,

as are all who trust in them.

⁹ O Israel, trust the Lord!

He is your helper and your shield.

¹⁰ O priests, descendants of Aaron, trust the Lord!

He is your helper and your shield.

¹¹ All you who fear the Lord, trust the Lord!

He is your helper and your shield.

¹² The Lord remembers us and will bless us.

He will bless the people of Israel

and bless the priests, the descendants of Aaron.

¹³ He will bless those who fear the Lord,

both great and lowly.

¹⁴ May the Lord richly bless

both you and your children.

¹⁵ May you be blessed by the Lord,

who made heaven and earth.

¹⁶ The heavens belong to the Lord,

but he has given the earth to all humanity.

¹⁷ The dead cannot sing praises to the Lord,

for they have gone into the silence of the grave.

¹⁸ But we can praise the Lord

both now and forever!

Praise the Lord!

Reflect

What does this passage tell us about God being our protector?

How should we respond to God being our protector?

How have you seen God's protection in your own life?

For Further Study

Psalm 18
Psalm 40
Isaiah 41:10–14
2 Timothy 4:16–18
Deuteronomy 31:7–8

Songs

You've Already Won
This We Know
Psalm 91 (I Will Say)



NOTES

PROTECTOR

PROTECTOR

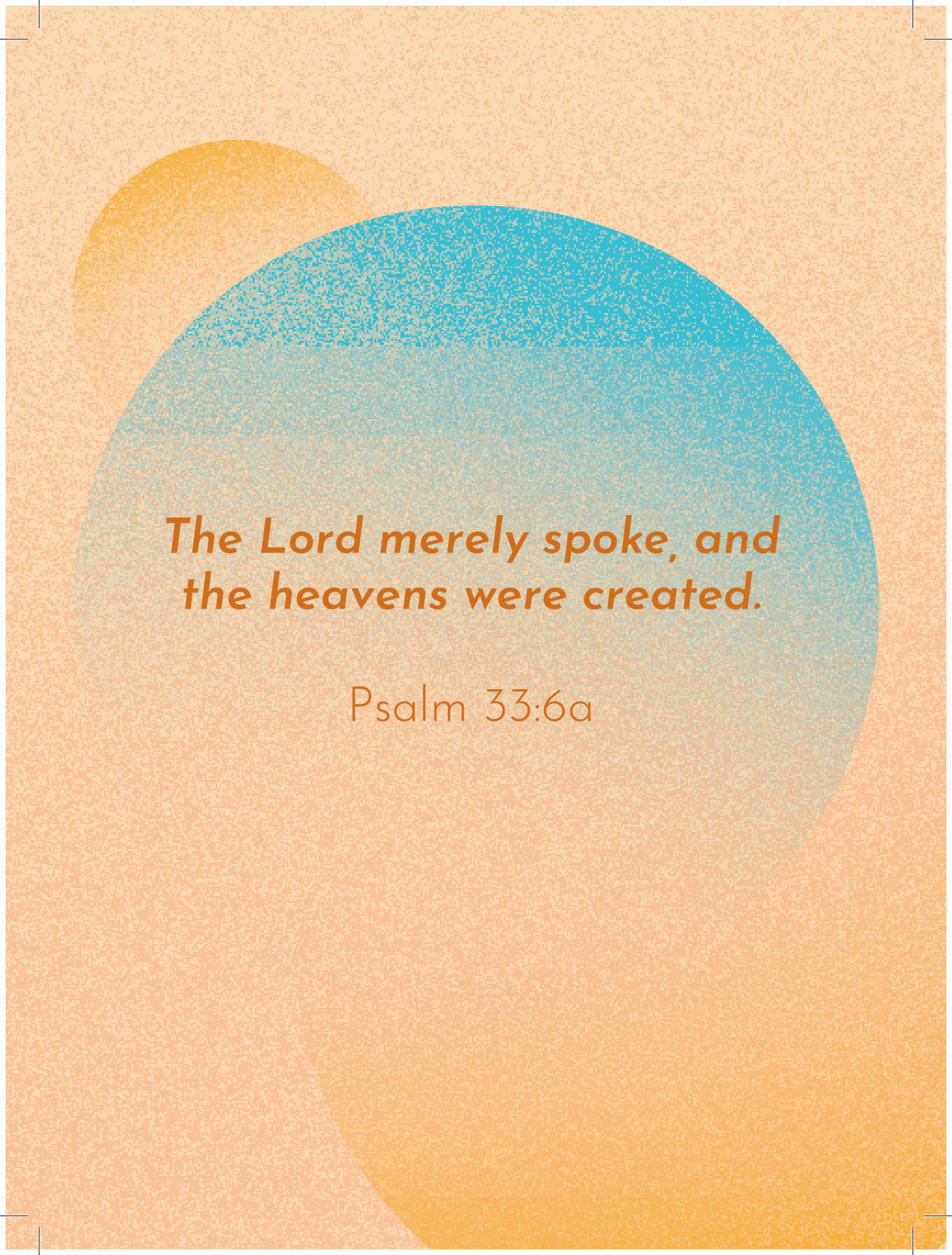
53

GOD IS ALL-POWERFUL



**God is
omnipotent—
he has power to
do what he decides
to do. His power creates
and sustains life.**

Psalms: 33, 138, 139, 147

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*The Lord merely spoke, and
the heavens were created.*

Psalm 33:6a

PSALM 139

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is or what he does for us.
 - Underline what the psalmist asks for because of God's power.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

For the choir director: A psalm of David.

¹ O Lord, you have examined my heart

and know everything about me.

² You know when I sit down or stand up.

You know my thoughts even when I'm far away.

³ You see me when I travel

and when I rest at home.

You know everything I do.

⁴ You know what I am going to say

even before I say it, Lord.

⁵ You go before me and follow me.

You place your hand of blessing on my head.

56

⁶ Such knowledge is too wonderful for me,

too great for me to understand!

7 I can never escape from your Spirit!

I can never get away from your presence!

8 If I go up to heaven, you are there;

if I go down to the grave, you are there.

9 If I ride the wings of the morning,

if I dwell by the farthest oceans,

10 even there your hand will guide me,

and your strength will support me.

11 I could ask the darkness to hide me

and the light around me to become night—

12 but even in darkness I cannot hide from you.

To you the night shines as bright as day.

Darkness and light are the same to you.

13 You made all the delicate, inner parts of my body

and knit me together in my mother's womb.

14 Thank you for making me so wonderfully complex!

Your workmanship is marvelous—how well I know it.

15 You watched me as I was being formed in utter seclusion,

as I was woven together in the dark of the womb.

16 You saw me before I was born.

Every day of my life was recorded in your book.

Every moment was laid out
before a single day had passed.

¹⁷ How precious are your thoughts about me, O God.

They cannot be numbered!

¹⁸ I can't even count them;
they outnumber the grains of sand!

And when I wake up,
you are still with me!

¹⁹ O God, if only you would destroy the wicked!

Get out of my life, you murderers!

²⁰ They blaspheme you;
your enemies misuse your name.

²¹ O Lord, shouldn't I hate those who hate you?

Shouldn't I despise those who oppose you?

²² Yes, I hate them with total hatred,
for your enemies are my enemies.

²³ Search me, O God, and know my heart;
test me and know my anxious thoughts.

²⁴ Point out anything in me that offends you,
and lead me along the path of everlasting life.

PSALM 147

¹ Praise the Lord!

How good to sing praises to our God!

How delightful and how fitting!

² The Lord is rebuilding Jerusalem

and bringing the exiles back to Israel.

³ He heals the brokenhearted

and bandages their wounds.

⁴ He counts the stars

and calls them all by name.

⁵ How great is our Lord! His power is absolute!

His understanding is beyond comprehension!

⁶ The Lord supports the humble,

but he brings the wicked down into the dust.

⁷ Sing out your thanks to the Lord;

sing praises to our God with a harp.

⁸ He covers the heavens with clouds,

provides rain for the earth,

and makes the grass grow in mountain pastures.

⁹ He gives food to the wild animals

and feeds the young ravens when they cry.

10 He takes no pleasure in the strength of a horse
or in human might.

11 No, the Lord's delight is in those who fear him,
those who put their hope in his unfailing love.

12 Glorify the Lord, O Jerusalem!

Praise your God, O Zion!

13 For he has strengthened the bars of your gates
and blessed your children within your walls.

14 He sends peace across your nation
and satisfies your hunger with the finest wheat.

15 He sends his orders to the world—
how swiftly his word flies!

16 He sends the snow like white wool;
he scatters frost upon the ground like ashes.

17 He hurls the hail like stones.
Who can stand against his freezing cold?

18 Then, at his command, it all melts.
He sends his winds, and the ice thaws.

19 He has revealed his words to Jacob,
his decrees and regulations to Israel.

20 He has not done this for any other nation;
they do not know his regulations.

60 Praise the Lord!

Questions

Rewrite Psalm 147 in your own words. What is the author saying?

Who does this passage say that God is? What does he do for his people?

According to this Psalm, how should we respond to God's power?

PSALM 138

A psalm of David.

¹ I give you thanks, O Lord, with all my heart;

I will sing your praises before the gods.

² I bow before your holy Temple as I worship.

I praise your name for your unfailing love and faithfulness;

for your promises are backed

by all the honor of your name.

³ As soon as I pray, you answer me;

you encourage me by giving me strength.

⁴ Every king in all the earth will thank you, Lord,

for all of them will hear your words.

⁵ Yes, they will sing about the Lord's ways,

for the glory of the Lord is very great.

⁶ Though the Lord is great, he cares for the humble,

but he keeps his distance from the proud.

⁷ Though I am surrounded by troubles,

you will protect me from the anger of my enemies.

You reach out your hand,

and the power of your right hand saves me.

⁸ The Lord will work out his plans for my life—

for your faithful love, O Lord, endures forever.

Don't abandon me, for you made me.

GUIDED PRAYER

Response to Psalm 138

Heavenly Father,

You are so good! I come to you today to give you my worship; I praise your name for your unfailing love and faithfulness. God, your promises are backed by your honor and name. Today, I thank you specifically for

what a gift to me! (vs 1–2)

I am comforted that you hear me when I pray and your Spirit encourages me and gives me strength. I am asking for strength for

Father, you hold limitless power; help me to believe that as truth today. (vs 4–5)

The Psalmist reminds me that you care for the humble but oppose the proud (vs 6). Help me have the humility to put others' needs before my own. Today, I am troubled by

Protect me from the evil one who seeks to tempt and destroy me. Stretch out your hand over me and guide me (vs 7).

Father, you work out your plans for my life. Thank you for your faithful love that endures forever. Be with me today and hold me close. (vs 8)

Amen

PSALM 33

¹ Let the godly sing for joy to the Lord;

it is fitting for the pure to praise him.

² Praise the Lord with melodies on the lyre;

make music for him on the ten-stringed harp.

³ Sing a new song of praise to him;

play skillfully on the harp, and sing with joy.

⁴ For the word of the Lord holds true,

and we can trust everything he does.

⁵ He loves whatever is just and good;

the unfailing love of the Lord fills the earth.

⁶ The Lord merely spoke,

and the heavens were created.

He breathed the word,

and all the stars were born.

⁷ He assigned the sea its boundaries

and locked the oceans in vast reservoirs.

⁸ Let the whole world fear the Lord,

and let everyone stand in awe of him.

⁹ For when he spoke, the world began!

It appeared at his command.

¹⁰ The Lord frustrates the plans of the nations

and thwarts all their schemes.

¹¹ But the Lord's plans stand firm forever;

his intentions can never be shaken.

¹² What joy for the nation whose God is the Lord,

whose people he has chosen as his inheritance.

¹³ The Lord looks down from heaven

and sees the whole human race.

¹⁴ From his throne he observes

all who live on the earth.

¹⁵ He made their hearts,

so he understands everything they do.

¹⁶ The best-equipped army cannot save a king,

nor is great strength enough to save a warrior.

¹⁷ Don't count on your warhorse to give you victory—

for all its strength, it cannot save you.

¹⁸ But the Lord watches over those who fear him,

those who rely on his unfailing love.

19 He rescues them from death
and keeps them alive in times of famine.

20 We put our hope in the Lord.
He is our help and our shield.

21 In him our hearts rejoice,
for we trust in his holy name.

22 Let your unfailing love surround us, Lord,
for our hope is in you alone.

Reflect

Psalms 33 is a psalm of praise for our great God. What is one thing you are praising God for today?

Write in your own words what it means that God is all-powerful.

How have you seen God's power displayed in your life?

NOTES

For Further Study

Genesis 18:14

Job 42:2

Jeremiah 23:23–24

Songs

Reign Above It All

Nobody Like You



NOTES

ALL-POWERFUL

ALL-POWERFUL


69

GOD IS LOVING



*God is
the source
of love; his
affections are
loyal and steadfast.*

Psalms: 57, 63, 66, 103

The background of the image features a solid light orange color. Overlaid on this are two large, semi-transparent circles. One circle is a vibrant yellow-orange and is positioned in the center-right, partially overlapping the other. The second circle is a muted blue and is located in the upper-left and lower-right areas, creating a layered effect.

***The Lord is like a father
to his children, tender and
compassionate to those
who fear him.***

Psalm 103:13

PSALM 103

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is or what he does for us.
 - Underline how we are instructed to respond to God's love.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

A psalm of David.

¹ Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.

² Let all that I am praise the Lord;
may I never forget the good things he does for me.

³ He forgives all my sins
and heals all my diseases.

⁴ He redeems me from death
and crowns me with love and tender mercies.

⁵ He fills my life with good things.
My youth is renewed like the eagle's!

⁶ The Lord gives righteousness
and justice to all who are treated unfairly.

- ⁷ He revealed his character to Moses
and his deeds to the people of Israel.
- ⁸ The Lord is compassionate and merciful,
slow to get angry and filled with unfailing love.
- ⁹ He will not constantly accuse us,
nor remain angry forever.
- ¹⁰ He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.
- ¹¹ For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.
- ¹² He has removed our sins as far from us
as the east is from the west.
- ¹³ The Lord is like a father to his children,
tender and compassionate to those who fear him.
- ¹⁴ For he knows how weak we are;
he remembers we are only dust.
- ¹⁵ Our days on earth are like grass;
like wildflowers, we bloom and die.
- ¹⁶ The wind blows, and we are gone—
as though we had never been here.

17 But the love of the Lord remains forever
with those who fear him.

His salvation extends to the children's children

18 of those who are faithful to his covenant,
of those who obey his commandments!

19 The Lord has made the heavens his throne;
from there he rules over everything.

20 Praise the Lord, you angels,
you mighty ones who carry out his plans,
listening for each of his commands.

21 Yes, praise the Lord, you armies of angels
who serve him and do his will!

22 Praise the Lord, everything he has created,
everything in all his kingdom.

Let all that I am praise the Lord.

PSALM 66

For the choir director: A song. A psalm.

¹ Shout joyful praises to God, all the earth!

² Sing about the glory of his name!

Tell the world how glorious he is.

³ Say to God, "How awesome are your deeds!

Your enemies cringe before your mighty power.

⁴ Everything on earth will worship you;

they will sing your praises,

shouting your name in glorious songs." *Interlude*

⁵ Come and see what our God has done,

what awesome miracles he performs for people!

⁶ He made a dry path through the Red Sea,

and his people went across on foot.

There we rejoiced in him.

⁷ For by his great power he rules forever.

He watches every movement of the nations;

let no rebel rise in defiance. *Interlude*

⁸ Let the whole world bless our God

and loudly sing his praises.

- ⁹ Our lives are in his hands,
and he keeps our feet from stumbling.
- ¹⁰ You have tested us, O God;
you have purified us like silver.
- ¹¹ You captured us in your net
and laid the burden of slavery on our backs.
- ¹² Then you put a leader over us.
We went through fire and flood,
but you brought us to a place of great abundance.
- ¹³ Now I come to your Temple with burnt offerings
to fulfill the vows I made to you—
- ¹⁴ yes, the sacred vows that I made
when I was in deep trouble.
- ¹⁵ That is why I am sacrificing burnt offerings to you—
the best of my rams as a pleasing aroma,
and a sacrifice of bulls and male goats. *Interlude*
- ¹⁶ Come and listen, all you who fear God,
and I will tell you what he did for me.
- ¹⁷ For I cried out to him for help,
praising him as I spoke.
- ¹⁸ If I had not confessed the sin in my heart,

the Lord would not have listened.

19 But God did listen!

He paid attention to my prayer.

20 Praise God, who did not ignore my prayer

or withdraw his unfailing love from me.

Questions:

Rewrite Psalm 66 in your own words. What is the author saying?

According to this Psalm, how should we respond to God?

Who does this passage say that God is? How is God's love shown to his people?

PSALM 57

For the choir director: A psalm of David, regarding the time he fled from Saul and went into the cave. To be sung to the tune “Do Not Destroy!”

¹ Have mercy on me, O God, have mercy!

I look to you for protection.

I will hide beneath the shadow of your wings

until the danger passes by.

² I cry out to God Most High,

to God who will fulfill his purpose for me.

³ He will send help from heaven to rescue me,

disgracing those who hound me. *Interlude*

My God will send forth his unfailing love and faithfulness.

⁴ I am surrounded by fierce lions

who greedily devour human prey—

whose teeth pierce like spears and arrows,

and whose tongues cut like swords.

⁵ Be exalted, O God, above the highest heavens!

May your glory shine over all the earth.

⁶ My enemies have set a trap for me.

I am weary from distress.

They have dug a deep pit in my path,

but they themselves have fallen into it. *Interlude*

⁷ My heart is confident in you, O God;

my heart is confident.

No wonder I can sing your praises!

⁸ Wake up, my heart!

Wake up, O lyre and harp!

I will wake the dawn with my song.

⁹ I will thank you, Lord, among all the people.

I will sing your praises among the nations.

¹⁰ For your unfailing love is as high as the heavens.

Your faithfulness reaches to the clouds.

¹¹ Be exalted, O God, above the highest heavens.

May your glory shine over all the earth.

GUIDED PRAYER

Response to Psalm 57

Dear God,

I pray that you will have mercy on me and protect me from the fears surrounding me. Lord, you are my loving protector; help me humble myself and trust that you are safe, secure, and sovereign over every circumstance. Lord, I trust you in

situation that your unfailing love and faithfulness will sustain me. (vs 3)

Even when I feel surrounded by my enemies, I trust that you will remain faithful. Help me to function in a way that shows confidence in this truth, and may this confidence urge me to praise you with my life (vs 6–7).

Lord, thank you for rescuing me from

situation. Help me to give you all the praise you deserve because of your great love and unwavering faithfulness to your people. (vs 10) Lord, may this great love be displayed and honored through my life and bring glory to your name. Thank you, Lord, for this great love you have for us that we don't deserve!

Amen

PSALM 63

A psalm of David, regarding a time when David was in the wilderness of Judah.

¹ O God, you are my God;

I earnestly search for you.

My soul thirsts for you;

my whole body longs for you

in this parched and weary land

where there is no water.

² I have seen you in your sanctuary

and gazed upon your power and glory.

³ Your unfailing love is better than life itself;

how I praise you!

⁴ I will praise you as long as I live,

lifting up my hands to you in prayer.

⁵ You satisfy me more than the richest feast.

I will praise you with songs of joy.

⁶ I lie awake thinking of you,

meditating on you through the night.

⁷ Because you are my helper,

I sing for joy in the shadow of your wings.

⁸ I cling to you;

your strong right hand holds me securely.

⁹ But those plotting to destroy me will come to ruin.

They will go down into the depths of the earth.

¹⁰ They will die by the sword

and become the food of jackals.

¹¹ But the king will rejoice in God.

All who swear to tell the truth will praise him,

while liars will be silenced.

Reflect

In this Psalm, David emphasizes God's love being greater than life and his greatest satisfaction even in the midst of hardship. What is your first response in the midst of trial? Does your understanding of God's unfailing love move you to respond like David?

What did you learn this week about God being loving?

How have you experienced the love of God in your life?

For Further Study

Psalm 36
Philippians 2:1–11
1 Peter 2:21–25
1 John 4:7–21
Romans 5:1–11
Romans 8:31–39

Songs

Come Thou Fount
Greater Still
Unfailing (Psalm 5)



LOVING

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NOTES

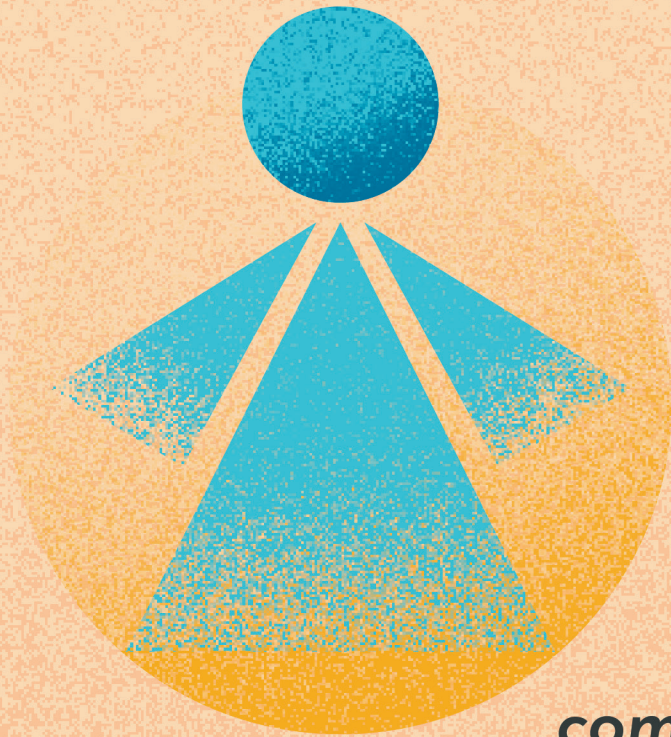
LOVING

84

LOVING


85

GOD IS SOVEREIGN



**God is in
complete control
and everything happens
according to his plan.**

Psalms: 24, 46, 103, 145

The background of the image features a textured orange surface. Overlaid on this are two large, semi-transparent circles. The circle in the foreground is a vibrant blue, while the one behind it is a lighter, yellowish-orange. The text is centered within the blue circle.

*The Lord has made
the heavens his throne;
from there he rules
over everything.*

Psalm 103:19

GOD'S SOVEREIGNTY IN THE FACE OF INFERTILITY

After three years of marriage, we began discussing growing our family. We wanted to raise children and watch them learn and grow. After two difficult years, we had not yet been able to grow our family. During this time, I took a study where I learned about God's character—specifically his **sovereignty**. In this study, Knowledge of the Holy, A. W. Tozer wrote "God's **sovereignty** is the attribute by which He rules His entire creation, and to be **sovereign** God must be all-knowing, all-powerful, and absolutely free."

We soon came to understand what it means to surrender our plans over to God. Because God is **sovereign**, he could choose whether or not to allow us to have children. We quickly learned just how frail we are, and that control is an illusion. It was difficult yet freeing to understand that God is writing out every detail of our lives. Because he is such a loving God, he is all-knowing, AND he is all-powerful, there was nothing to be worried about.

We kept returning to God's absolute freedom to decide what our family would look like. Of course we naturally wanted things our own way, but the truth is, we did not know all that God knows. And we can trust that his plans are perfect even when we don't understand. Romans 8:28 says, "And we know that for those who love God all things work together for good, for those who are called according to his purpose." We mourned the inability to have children of our own, but God revealed his good character in amazing ways.

Before we met, both of us had a heart for adoption. Years later, God's **sovereign** plan was being revealed to us, and we were thrilled. The neatest part of the adoption journey was how God had prepared us for it, and the adoption process stretched us to depend on God even more. Three adopted children later, all under the age of two, we are still in a season of dependence. Looking back, we are amazed at God's **sovereign** plan. In those times of waiting, crying out, and uncertainty, he was helping us depend on him and learn to trust that his ways are higher than our own.



||

*"We quickly learned just
how frail we are, and that
control is an illusion."*

||

PSALM 145

1. Read through the entire Psalm.
2. Now, read through it again and do the following:
 - Circle descriptions of who God is or what he does for us.
 - Underline how we are instructed to respond to God's sovereignty.
 - If there are any words you don't know or understand, write them to the side and take a moment to define.

A psalm of praise of David.

¹ I will exalt you, my God and King,
and praise your name forever and ever.

² I will praise you every day;
yes, I will praise you forever.

³ Great is the Lord! He is most worthy of praise!
No one can measure his greatness.

⁴ Let each generation tell its children of your mighty acts;
let them proclaim your power.

⁵ I will meditate on your majestic, glorious splendor
and your wonderful miracles.

⁶ Your awe-inspiring deeds will be on every tongue;

I will proclaim your greatness.

⁷ Everyone will share the story of your wonderful goodness;
they will sing with joy about your righteousness.

⁸ The Lord is merciful and compassionate,
slow to get angry and filled with unfailing love.

⁹ The Lord is good to everyone.
He showers compassion on all his creation.

¹⁰ All of your works will thank you, Lord,
and your faithful followers will praise you.

¹¹ They will speak of the glory of your kingdom;
they will give examples of your power.

¹² They will tell about your mighty deeds
and about the majesty and glory of your reign.

¹³ For your kingdom is an everlasting kingdom.
You rule throughout all generations.

The Lord always keeps his promises;
he is gracious in all he does.

¹⁴ The Lord helps the fallen
and lifts those bent beneath their loads.

¹⁵ The eyes of all look to you in hope;

you give them their food as they need it.

¹⁶ When you open your hand,

you satisfy the hunger and thirst of every living thing.

¹⁷ The Lord is righteous in everything he does;

he is filled with kindness.

¹⁸ The Lord is close to all who call on him,

yes, to all who call on him in truth.

¹⁹ He grants the desires of those who fear him;

he hears their cries for help and rescues them.

²⁰ The Lord protects all those who love him,

but he destroys the wicked.

²¹ I will praise the Lord,

and may everyone on earth bless his holy name

forever and ever.

PSALM 46

SOVEREIGN

For the choir director: A song of the descendants of Korah, to be sung by soprano voices.

¹ God is our refuge and strength,

always ready to help in times of trouble.

² So we will not fear when earthquakes come

and the mountains crumble into the sea.

³ Let the oceans roar and foam.

Let the mountains tremble as the waters surge! *Interlude*

⁴ A river brings joy to the city of our God,
the sacred home of the Most High.

⁵ God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.

⁶ The nations are in chaos,
and their kingdoms crumble!

God's voice thunders,
and the earth melts!

⁷ The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress. *Interlude*

⁸ Come, see the glorious works of the Lord:
See how he brings destruction upon the world.

⁹ He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
he burns the shields with fire.

¹⁰ "Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world."

¹¹ The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress. *Interlude*



Questions:

Rewrite Psalm 46 in your own words. What is the author saying?

Who does this passage say that God is?

How is God's sovereignty displayed in this passage?

PSALM 103

A psalm of David.

- ¹ Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.
- ² Let all that I am praise the Lord;
may I never forget the good things he does for me.
- ³ He forgives all my sins
and heals all my diseases.
- ⁴ He redeems me from death
and crowns me with love and tender mercies.
- ⁵ He fills my life with good things.
My youth is renewed like the eagle's!
- ⁶ The Lord gives righteousness
and justice to all who are treated unfairly.
- ⁷ He revealed his character to Moses
and his deeds to the people of Israel.
- ⁸ The Lord is compassionate and merciful,
slow to get angry and filled with unfailing love.
- ⁹ He will not constantly accuse us,
nor remain angry forever.
- ¹⁰ He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.
- ¹¹ For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.

- 12 He has removed our sins as far from us
as the east is from the west.
- 13 The Lord is like a father to his children,
tender and compassionate to those who fear him.
- 14 For he knows how weak we are;
he remembers we are only dust.
- 15 Our days on earth are like grass;
like wildflowers, we bloom and die.
- 16 The wind blows, and we are gone—
as though we had never been here.
- 17 But the love of the Lord remains forever
with those who fear him.
- His salvation extends to the children's children
of those who are faithful to his covenant,
of those who obey his commandments!
- 19 The Lord has made the heavens his throne;
from there he rules over everything.
- 20 Praise the Lord, you angels,
you mighty ones who carry out his plans,
listening for each of his commands.
- 21 Yes, praise the Lord, you armies of angels
who serve him and do his will!
- 22 Praise the Lord, everything he has created,
everything in all his kingdom.

GUIDED PRAYER

Response to Psalm 103

Lord, thank you for this day and for meeting me in this moment. Let all that I am praise you today! I praise you for

May I never forget all the good things you do for me. (vs 1–2) You are sovereign and reigning over my life; thank you for the many blessings you generously give each day.

I am so quick to fall into sin and fall short. Forgive me for

You are so compassionate and merciful towards me—slow to anger and filled with unfailing love. (vs 3–8) Grant me the grace to forgive others as you have forgiven me. I pray specifically for your help to extend kindness and compassion towards

_____ . (vs 4–12)

Holy Spirit, breathe new life into me today. Refresh my mind, body, and spirit. You are a good and loving Father towards your children. (vs 13) I lift up my teachers and friends to you today, specifically

whom I know is struggling to believe in you. We are as weak as the dust; help me to believe that you keep your promises to those who put their trust in you. (vs 14–18)

You are sovereign over all of your creation and ruling from your throne. Even the angels praise your holy name. (vs 19) I surrender my hopes, dreams, and fears into your hands. Help me to trust in your perfect plan for my life even when it seems unclear. Give me the faith to step out in faith knowing you are always with me. Let all that I am praise the Lord! (vs 20–22)

Amen

PSALM 24

A psalm of David.

¹ The earth is the Lord's, and everything in it.

The world and all its people belong to him.

² For he laid the earth's foundation on the seas

and built it on the ocean depths.

³ Who may climb the mountain of the Lord?

Who may stand in his holy place?

⁴ Only those whose hands and hearts are pure,

who do not worship idols

and never tell lies.

⁵ They will receive the Lord's blessing

and have a right relationship with God their savior.

⁶ Such people may seek you

and worship in your presence, O God of Jacob. *Interlude*

⁷ Open up, ancient gates!

Open up, ancient doors,

and let the King of glory enter.

⁸ Who is the King of glory?

The Lord, strong and mighty;

the Lord, invincible in battle.

⁹ Open up, ancient gates!

Open up, ancient doors,

and let the King of glory enter.

¹⁰ Who is the King of glory?

The Lord of Heaven's Armies—

he is the King of glory. *Interlude*

Reflect

Reflect on the imagery of God being a mighty warrior in battle. (vs 8) What current situation in your life requires you to trust God's strength rather than your own?

What did you learn this week about God being sovereign?

Write in your own words what it means that God is sovereign.

NOTES

SOVEREIGN

100

For Further Study

Psalms 96

Ephesians 1:11

Romans 8:28

Colossians 1:16–17

Songs

Great are You Lord

Reign Above it All



SOVEREIGN

101

PSALM 150

¹ Praise the Lord!

Praise God in his sanctuary;

praise him in his mighty heaven!

² Praise him for his mighty works;

praise his unequalled greatness!

³ Praise him with a blast of the ram's horn;

praise him with the lyre and harp!

⁴ Praise him with the tambourine and dancing;

praise him with strings and flutes!

⁵ Praise him with a clash of cymbals;

praise him with loud clanging cymbals.

⁶ Let everything that breathes sing praises to the Lord!

Praise the Lord!

NOTES



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FAITHFUL

ETERNAL

PROTECTOR

ALL-POWERFUL

LOVING

SOVEREIGN