



Thank you for joining together with other brothers and sisters in our church and in the body of Christ wherever they may be to commit to spend time each day to pray for the next 150 days.

Remember the goal for the next 150 days is to use God's word to shape your prayer life to have a more meaningful and deeper love of God. Jesus taught us to love God with all our being(heart, mind, body, and strength) and what better way to do that than to have a better communion with God in prayer where we not only speak but we also listen.

This guide is only offered as a suggestion for how to begin, to maybe keep us all on the same Psalms each day and that God would be pleased that we are in unity praying the Bible. Please do not let this keep you from reading and praying as God leads you. Holy Spirit is with you individually and will guide you in your prayer.

Week 1

Psalms 1 to 7

Psalm 1 Monday

Suggested verses.

Psalm 1:1–6

- ¹ Blessed is the man
 who walks not in the counsel of the wicked,
nor stands in the way of sinners,
 nor sits in the seat of scoffers;
- ² but his delight is in the law of the LORD,
 and on his law he meditates day and night.
- ³ He is like a tree
 planted by streams of water
that yields its fruit in its season,
 and its leaf does not wither.
In all that he does, he prospers.
- ⁴ The wicked are not so,
 but are like chaff that the wind drives away.
- ⁵ Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
- ⁶ for the LORD knows the way of the righteous,
 but the way of the wicked will perish.

(ESV)

Some Thoughts

God is comparing two types of people, the godly and the ungodly. Their lives and their source for hope and a future are outlined. The ungodly are unsettled, insecure, drifting, and striving always because they are self-willed and self-reliant. The kind of person we see often and at times we reject God and decide to do things our way.

A Possible Prayer

God help me first God to desire to be the righteous person and show me how I may be drifting and influenced by my own thinking, by other people or simply by my own doubts.

God feed me from the stream of life that comes from you. Help me to be rooted deeply in your will. So Lord I will always yield fruit in my life and for you God.

God, I ask you today for those I know who are following in the paths of the ungodly, their lives are filled with turmoil and uncertainty.

Psalm 2 Tuesday

Suggested verses

Psalm 2:1–3

- ¹ Why do the nations rage
and the peoples plot in vain?
² The kings of the earth set themselves,
and the rulers take counsel together,
against the LORD and against his Anointed, saying,
³ “Let us burst their bonds apart
and cast away their cords from us.”

(ESV)

Psalm 2:4–6

- ⁴ He who sits in the heavens laughs;
the Lord holds them in derision.
⁵ Then he will speak to them in his wrath,
and terrify them in his fury, saying,
⁶ “As for me, I have set my King
on Zion, my holy hill.”

(ESV)

Some Thoughts

This Psalm is about the world, leaders, and people who try to control and manipulate others to think against God and the ways of God.

They have in the past literally enslaved our brothers and sisters in Christ. Today they try to enslave us and our children with thinking by corrupting the word love through media and influencers.

A Possible Prayer

God, please keep me from being overcome by the leaders of our country, our communities, our schools, and my home. Let me stand and know that God you will have the last word and that until that time I must stand on your word.

God clear my mind of doubts that the message from the world casts on us

Psalm 3 Wednesday

Suggested Verses

Psalm 3:title–8

A PSALM OF DAVID, WHEN HE FLED FROM ABSALOM HIS SON.

- ¹ O LORD, how many are my foes!
Many are rising against me;
- ² many are saying of my soul,
“There is no salvation for him in God.” *Selah*
- ³ But you, O LORD, are a shield about me,
my glory, and the lifter of my head.
- ⁴ I cried aloud to the LORD,
and he answered me from his holy hill. *Selah*
- ⁵ I lay down and slept;
I woke again, for the LORD sustained me.
- ⁶ I will not be afraid of many thousands of people
who have set themselves against me all around.
- ⁷ Arise, O LORD!
Save me, O my God!
For you strike all my enemies on the cheek;
you break the teeth of the wicked.
- ⁸ Salvation belongs to the LORD;
your blessing be on your people! *Selah*

(ESV)

Some Thoughts

David was betrayed by his son Absalom when he wrote this prayer to God. He was betrayed by someone close to him and under constant attack.

When the whole world seemed to be against David held on to the truth that God was for him.

There are times when our closest family members and friends turn against us, people we trusted. They do so without cause.

A Possible Prayer

God first I want to pray for those that may have now or in the past come against me and tried to come between You and me Lord. Even if those who are coming between me and you are family, I will choose you LORD. While I prefer LORD that those who are against me are not struck down, instead I prefer LORD that you choose to change their hearts toward you. Just as David forgave Absalom help me to forgive all who have been an obstacle to you.

Psalm 4 Thursday

Suggested Verses

Psalm 4:title–8

- ¹ Answer me when I call, O God of my righteousness!
You have given me relief when I was in distress.
Be gracious to me and hear my prayer!
- ⁴ Be angry, and do not sin;
ponder in your own hearts on your beds, and be silent. *Selah*
- ⁵ Offer right sacrifices,
and put your trust in the LORD.
- ⁸ In peace I will both lie down and sleep;
for you alone, O LORD, make me dwell in safety.

Some Thoughts

Many of us remember the simple children's prayer, "Now I lay me down to sleep..." This Psalm is like that prayer. It is considered an evening devotion. Notice verse 8, isn't that what we all desire is to lay down in peace at night trusting God to guard our souls and our lives through the night.

Also, the teaching of the scripture that we are not to let the sun go down on our anger. To have peace at night we must pray and let go of anything that is angering, frustrating, or concerning us at the end of the day.

Possible Prayer

God as I lay down at the end of this day I pray that you will help me to let go of all the troubles and concerns for this day. I know myself or people I love may have something going on in our lives but let us trust you as we end the day and focus on your goodness so we can rest in your peace.

Psalm 5 Friday

Suggested Verses

Psalm 5:1–3

- ¹ Give ear to my words, O LORD;
consider my groaning.
- ² Give attention to the sound of my cry,
my King and my God,
for to you do I pray.
- ³ O LORD, in the morning you hear my voice;
in the morning I prepare a sacrifice for you and watch.

(ESV)

Psalm 5:7–8

- ⁷ But I, through the abundance of your steadfast love,
will enter your house.
I will bow down toward your holy temple
in the fear of you.
- ⁸ Lead me, O LORD, in your righteousness
because of my enemies;
make your way straight before me.

(ESV)

Psalm 5:11–12

- ¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy,
and spread your protection over them,
that those who love your name may exult in you.
- ¹² For you bless the righteous, O LORD;
you cover him with favor as with a shield.

(ESV)

Some Thoughts

Just as Psalm 4 is an evening prayer, Psalm 5 is a morning prayer. In this prayer David is facing a number of enemies in the morning and is asking God to overcome not just personal enemies but those who speak against God. Our thoughts should always be that God is glorified in all of life.

A Possible Prayer

God, I know that you do not delight in wickedness and that evil and wickedness come in many different forms and degrees from simply not loving my neighbor to acting out in evil ways in anger toward others.

At the start of each day Lord keep me on the path to your house and your dwelling place because I desire more of your steadfast love in my life and delight in that love.

When I am confronted by the evil and wickedness of the world let me take my thoughts to you so I will rejoice and sing for your protection.

Psalm 6 Saturday

Suggested Verses

Psalm 6:1–3

- ¹ O LORD, rebuke me not in your anger,
nor discipline me in your wrath.
- ² Be gracious to me, O LORD, for I am languishing;
heal me, O LORD, for my bones are troubled.
- ³ My soul also is greatly troubled.
But you, O LORD—how long?

(ESV)

Psalm 6:4–5

- ⁴ Turn, O LORD, deliver my life;
save me for the sake of your steadfast love.
- ⁵ For in death there is no remembrance of you;
in Sheol who will give you praise?

(ESV)

Psalm 6:6–7

- ⁶ I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
- ⁷ My eye wastes away because of grief;
it grows weak because of all my foes.

(ESV)

Psalm 6:8–10

- ⁸ Depart from me, all you workers of evil,
for the LORD has heard the sound of my weeping.
- ⁹ The LORD has heard my plea;
the LORD accepts my prayer.
- ¹⁰ All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.

(ESV)

Some Thoughts

This Psalm is about God disciplining us when we have gone astray. God does so because He loves us as His children, and he works to correct us.

We need God's love in our life and that can come with the favor and blessing or with rebuke and correction. As His children we must be ready to give God thanks for any and all.

When we accept God's love as a Father we will have more of God's love in our life.

A Possible Prayer

God it can feel like I are not loved when I are being corrected by you. Just as with my earthly parents I do not like to have my wrongs confronted. Help me oh Lord to accept the fullness of your love in blessings and corrections. Even if this time is a time of tears, I accept that because you have felt and know my sorrow. Give me your favor oh LORD.

Psalm 7 Sunday

Suggested Verses

Psalm 7:1–2

- ¹ O LORD my God, in you do I take refuge;
save me from all my pursuers and deliver me,
² lest like a lion they tear my soul apart,
rending it in pieces, with none to deliver.

(ESV)

Psalm 7:17

- ¹⁷ I will give to the LORD the thanks due to his righteousness,
and I will sing praise to the name of the LORD, the Most High.

Some Thoughts

Enemies of the soul are our greatest troubles and conflicts. We are torn by the desires of this life and the desires for the next life. Many times, the winner is the desire for this life. God holds up a mirror to our souls lets us see the true enemy of our soul and it is us. We must thank God for this even though it is hard we must accept the truth to correct the wrong.

A Possible Prayer

God give me the courage to look into the mirror of my heart. My soul is often in turmoil because I think that I am good in your sight but God you are the only one who judge me and show me error of my ways. My desire God is to be more pleasing and acceptable to you.