



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 5

Psalms 29 to 35

Psalm 29 Monday

Suggested verses.

Psalm 29:title–11

A PSALM OF DAVID.

- ¹ Ascribe to the LORD, O heavenly beings,
ascribe to the LORD glory and strength.
- ² Ascribe to the LORD the glory due his name;
worship the LORD in the splendor of holiness.
- ³ The voice of the LORD is over the waters;
the God of glory thunders,
the LORD, over many waters.
- ⁴ The voice of the LORD is powerful;
the voice of the LORD is full of majesty.
- ⁵ The voice of the LORD breaks the cedars;
the LORD breaks the cedars of Lebanon.
- ⁶ He makes Lebanon to skip like a calf,
and Sirion like a young wild ox.
- ⁷ The voice of the LORD flashes forth flames of fire.
- ⁸ The voice of the LORD shakes the wilderness;
the LORD shakes the wilderness of Kadesh.
- ⁹ The voice of the LORD makes the deer give birth
and strips the forests bare,
and in his temple all cry, "Glory!"
- ¹⁰ The LORD sits enthroned over the flood;
the LORD sits enthroned as king forever.
- ¹¹ May the LORD give strength to his people!
May the LORD bless his people with peace!

(ESV)

Some Thoughts

Psalm 29 has the form of a hymn with a rhythm and structure to be sung. The Psalm begins with a call to us to ascribe, to use our voice to worship God. The theme of this song is the supremacy of God over all of creation, heavenly beings, forces of nature, and over humanity. Our hearts should turn to God in worship because he is supreme over all things. God is gracious, loving, merciful in that supremacy we can trust Him to be supreme over our own lives.

A Possible Prayer

God speak your voice the voice of truth and power into my life as your voice commands all to draw near and worship you may my heart be moved to worship you. May I see the supremacy of your love and ascribe to you all the glory for my life even if my life is filled with uncertainty, hardship, and even tragedy.

Psalm 30 Tuesday

Suggested verses

Psalm 30:4–5

- ⁴ Sing praises to the LORD, O you his saints,
and give thanks to his holy name.
⁵ For his anger is but for a moment,
and his favor is for a lifetime.
Weeping may tarry for the night,
but joy comes with the morning.

(ESV)

Psalm 30:11–12

- ¹¹ You have turned for me my mourning into dancing;
you have loosed my sackcloth
and clothed me with gladness,
¹² that my glory may sing your praise and not be silent.
O LORD my God, I will give thanks to you forever!

(ESV)

Some Thoughts

The promises of God are the foundations of our life. Without them we have no hope for our life. There will be times when our Father disciplines us. It is in those times that weeping may come. There will be times when tragedy strikes, and weeping may come. God's anger over our disobedience is for moment but the promise is that His favor is for a lifetime.

and say evermore,
“Great is the LORD,
who delights in the welfare of his servant!”
²⁸ Then my tongue shall tell of your righteousness
and of your praise all the day long.

(ESV)

Some Thoughts

This Psalm is a prayer of David who under continual attack from Saul, the Philistines, Absalom his son, declares his faithfulness to God. He seeks only to be right before God. In verses 12-14 David prays for his enemies, he mourns their ignorance of God, and they despise David striving to walk upright before the Lord.

We may never have physical enemies like David, but a believer will always face spiritual enemies, rejection, and denial among people who are closest to us. As we walk right before God, they will try to vindicate themselves by denying the truth of God in our life. This happens in many places and in many relationships. We should never seek to be right before them, to be vindicated in their eyes, but seek only to be right before God and vindicated in His eyes.

A Possible Prayer

God, it hurts a lot when people who are friends, companions, and family attack my love for you as I seek to do the right thing and often that means Lord I must “speak the truth in love.” These attacks, though only with words, emotions, and thoughts are as real as arrows, swords, and spears. They hurt me God. But I will by your strength Lord continue to walk faithfully and right before you God and pray for those who are enemies of Your love.

Psalm 35 Sunday

Suggested Verses

Psalm 35:title–3

OF DAVID.

- ¹ Contend, O LORD, with those who contend with me;
fight against those who fight against me!
- ² Take hold of shield and buckler
and rise for my help!
- ³ Draw the spear and javelin
against my pursuers!
- Say to my soul,
“I am your salvation!”

(ESV)

Psalm 35:12–14

- ¹² They repay me evil for good;
my soul is bereft.
- ¹³ But I, when they were sick—
I wore sackcloth;
I afflicted myself with fasting;
I prayed with head bowed on my chest.
- ¹⁴ I went about as though I grieved for my friend or my
brother;
as one who laments his mother,
I bowed down in mourning.

(ESV)

Psalm 35:27–28

- ²⁷ Let those who delight in my righteousness
shout for joy and be glad

When the morning comes, we have a responsibility to cease mourning the past and praise God in the present preparing for the future. So often even in the new morning and when we should experience joy we do not because we are so focused on the past and fearing the future we miss the moment.

A Possible Prayer

God as I pass through the night and whatever the night may represent in my life in this time. Let me hold fast to your promise the certainty of your word and let me be clothed with gladness as the new morning breaks and the joys come. God let me not focus on the past and the failures because you have corrected me and chastised me so I can move on beyond those mistakes and step into a new day, a new hope, and new joy.

Psalm 31 Wednesday

Suggested Verses

Psalm 31: title–5

TO THE CHOIRMASTER. A PSALM OF DAVID.

- ¹ In you, O LORD, do I take refuge;
let me never be put to shame;
in your righteousness deliver me!
- ² Incline your ear to me;
rescue me speedily!
Be a rock of refuge for me,
a strong fortress to save me!
- ³ For you are my rock and my fortress;
and for your name's sake you lead me and guide
me;
- ⁴ you take me out of the net they have hidden for me,
for you are my refuge.
- ⁵ Into your hand I commit my spirit;
you have redeemed me, O LORD, faithful God.

(ESV)

Some Thoughts

This Psalm is a prayer for help in a time of need and it is not certain if the need is sickness, someone wrongly accused, or if they are seeking divine protection but it is clear they are desperate. Desperation is often the condition of our lives it robs us of peace and desperation can be brought on by minor things that we build up to major things. From this Psalm we should find

- ¹⁸ The LORD is near to the brokenhearted
and saves the crushed in spirit.

(ESV)

Some Thoughts

Psalm 34 is related to Psalm 25 in the way it is structured. There is a personal testimony followed by personal teaching. There is a call for us to seek to encourage others to praise God with us. To do so we must radiate God's glory because we are looking upon the Lord like Moses. Then our faces radiate the glory of God. Also, we can help others to worship God because we have tasted and life in the Lord and have developed an appetite. We should teach and others the wisdom of God as we walk in the fear of the Lord.

A Possible Prayer

God, I desire to represent you better before those in my life. I pray God that my joy and delight in you, that my taste for you continues to grow. God even in my poverty you hear me and even in my weakness you continue to teach me and guide me. May my life with you Lord cause others to seek you God and to fear you, Lord. God let me always be teachable and to seek your ways.

Psalm 34 Saturday

Suggested Verses

Psalm 34:title–5

OF DAVID, WHEN HE CHANGED HIS BEHAVIOR BEFORE ABIMELECH, SO THAT HE DROVE HIM OUT, AND HE WENT AWAY.

- ¹ I will bless the LORD at all times;
his praise shall continually be in my mouth.
- ² My soul makes its boast in the LORD;
let the humble hear and be glad.
- ³ Oh, magnify the LORD with me,
and let us exalt his name together!
- ⁴ I sought the LORD, and he answered me
and delivered me from all my fears.
- ⁵ Those who look to him are radiant,
and their faces shall never be ashamed.

(ESV)

Psalm 34:8–10

- ⁸ Oh, taste and see that the LORD is good!
Blessed is the man who takes refuge in him!
- ⁹ Oh, fear the LORD, you his saints,
for those who fear him have no lack!
- ¹⁰ The young lions suffer want and hunger;
but those who seek the LORD lack no good thing.

(ESV)

Psalm 34:17–18

- ¹⁷ When the righteous cry for help, the LORD hears
and delivers them out of all their troubles.

that we are willing to desperately trust God by committing ourselves to him fully to say God into your hands I commit my spirit. Jesus, I trust your sacrifice and your salvation and I know my spirit is safe with you.

A Possible Prayer

Jesus on the cross spoke the words to You Father, “Into your hand I commit My spirit.” You trusted that your sacrifice would be acceptable and pleasing to the Father for our sins. God, I pray that I will have the desperation of this prayer to not be like the lost of the world trusting in all manner of things. God, I desperately need you. Jesus, I commit my spirit to your care.

Suggested Verses

Psalm 32:title–11

A MASKIL OF DAVID.

- ¹ Blessed is the one whose transgression is forgiven,
whose sin is covered.
- ² Blessed is the man against whom the LORD counts no
iniquity,
and in whose spirit there is no deceit.
- ³ For when I kept silent, my bones wasted away
through my groaning all day long.
- ⁴ For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.
Selah
- ⁵ I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the LORD,"
and you forgave the iniquity of my sin. *Selah*
- ⁶ Therefore let everyone who is godly
offer prayer to you at a time when you may be
found;
surely in the rush of great waters,
they shall not reach him.
- ⁷ You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. *Selah*
- ⁸ I will instruct you and teach you in the way you should
go;

A Possible Prayer

Lord, there are many failings and weaknesses in my life. I fail to love you Lord as I should and, in my prayer, I want to truly be filled with praise and gratitude for all you do, and I pray God give me a new song to sing to you and song not of need and complaint but a song of praise. God You truly love with steadfastness, and you are the only one who can love me in that way. In your love let me see your power and purpose in my life.

a warrior is not delivered by his great strength.
¹⁷ The war horse is a false hope for salvation,
and by its great might it cannot rescue.

(ESV)

Psalm 33:20–22

²⁰ Our soul waits for the LORD;
he is our help and our shield.

²¹ For our heart is glad in him,
because we trust in his holy name.

²² Let your steadfast love, O LORD, be upon us,
even as we hope in you.

(ESV)

Some Thoughts

As we read this Psalm you may be drawn to the thoughts expressed in this Psalm as a praise but other things may catch our attention. The tone is set in beginning as a praise to God, then highlights God divine perfection, leading to the power, purpose, and love of God, concluding with the trust in God because of His goodness.

I will counsel you with my eye upon you.
⁹ Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.

¹⁰ Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in
the LORD.

¹¹ Be glad in the LORD, and rejoice, O righteous,
and shout for joy, all you upright in heart!

(ESV)

Some Thoughts

In Psalm 31 the prayer to God was that they would commit their spirit, the essence of their life to the Lord. In this Psalm the opening is a prayer of confession and the assurance of God's forgiveness. As we see in this opening the hand of God was heavy upon the psalmist until he opened his mouth in a prayer of confession. Often prayers of confession are offered, "in the rush of great waters," in haste and as a last resort. The wisdom of seeking God and turning to him results in great joy as our Lord relieves us of the burdens when we turn not in haste and desperation to confess to God but when know we have done wrong.

Possible Prayer

God at times I try to hide my sin in self-righteousness and justifying that sin. But when I stop and see the reason for the weight and the burdens in my life it is your hand God leading me to confess my sin. When I keep silent your love will not allow me to continue in this situation and you will press upon my spirit the

need to confess and to be freed from this burden. Many of the burdens of life are the result of sin. Your correcting hand heavy upon me reminds me that you do so in love and that I am to yoke myself with you Jesus in the freedom of forgiveness.

Psalm 33 Friday

Suggested Verses

Psalm 33:1–5

- ¹ Shout for joy in the LORD, O you righteous!
Praise befits the upright.
- ² Give thanks to the LORD with the lyre;
make melody to him with the harp of ten strings!
- ³ Sing to him a new song;
play skillfully on the strings, with loud shouts.
- ⁴ For the word of the LORD is upright,
and all his work is done in faithfulness.
- ⁵ He loves righteousness and justice;
the earth is full of the steadfast love of the LORD.

(ESV)

Psalm 33:8

- ⁸ Let all the earth fear the LORD;
let all the inhabitants of the world stand in awe of
him!

(ESV)

Psalm 33:13–17

- ¹³ The LORD looks down from heaven;
he sees all the children of man;
- ¹⁴ from where he sits enthroned he looks out
on all the inhabitants of the earth,
- ¹⁵ he who fashions the hearts of them all
and observes all their deeds.
- ¹⁶ The king is not saved by his great army;

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