



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 6

Psalms 36-42

Psalm 36 Monday

Suggested verses.

Psalm 36:title–12

Lament

TO THE CHOIRMASTER. OF DAVID, THE SERVANT OF THE LORD.

- ¹ Transgression speaks to the wicked
 deep in his heart;
there is no fear of God
 before his eyes.
- ² For he flatters himself in his own eyes
 that his iniquity cannot be found out and hated.
- ³ The words of his mouth are trouble and deceit;
 he has ceased to act wisely and do good.
- ⁴ He plots trouble while on his bed;
 he sets himself in a way that is not good;
 he does not reject evil.

HYMN

- ⁵ Your steadfast love, O Lord, extends to the heavens,
 your faithfulness to the clouds.
- ⁶ Your righteousness is like the mountains of God;
 your judgments are like the great deep;
 man and beast you save, O Lord.
- ⁷ How precious is your steadfast love, O God!
 The children of mankind take refuge in the shadow
 of your wings.
- ⁸ They feast on the abundance of your house,
 and you give them drink from the river of your
 delights.
- ⁹ For with you is the fountain of life;
 in your light do we see light.

God forgive me for refusing to drink for refusing to give my soul what it desires most and that is you, Lord. I have filled my life with thoughts, things, and tasks seeking satisfaction from any number of gods of this world. When what my soul desires and I have denied it is to praise you God. Lord restore to me the joy of my salvation and let me never think that you have forgotten me or do not care. Your love is steadfast God, teach me your ways.

PRAYER

- ¹⁰ Oh, continue your steadfast love to those who know you,
and your righteousness to the upright of heart!
¹¹ Let not the foot of arrogance come upon me,
nor the hand of the wicked drive me away.
¹² There the evildoers lie fallen;
they are thrust down, unable to rise.

(ESV)

Some Thoughts

The structure of this Psalm beginning with lament or a cry of sorrow is common in the Psalms. The life we live is filled with hardships, disease, and death all brought on by the fall and the curse because of mankind's sin. It should as this Psalm does in verses 5-9 to bring us to a song that we sing in our hearts in all of life's circumstances. What is there to sing about in the sorrows of life? God's steadfast love to us. Then the Psalm turns to prayer in verses 10-12. The prayer is a gratitude for God's unfailing ways and that we are not overcome by life to respond in an evil way toward God.

A Possible Prayer

God, I pray that as I see the ways of the wicked the ones who rejoice in rejecting you Lord that I will always continue to praise you. I will not find fault in you Lord for my condition because I know it to be my sin and the sins of others that the world is the way it is. Lord teach me to sing in my heart the song of salvation and rejoice in your promises of deliverance and the life that is coming. A restoration of all things to be good.

Psalm 37 Tuesday

Suggested verses

Psalm 37:1–2

¹ Fret not yourself because of evildoers;
 be not envious of wrongdoers!
² For they will soon fade like the grass
 and wither like the green herb.
(ESV)

Psalm 37:5–7

⁵ Commit your way to the LORD;
 trust in him, and he will act.
⁶ He will bring forth your righteousness as the light,
 and your justice as the noonday.
⁷ Be still before the LORD and wait patiently for him;
 fret not yourself over the one who prospers in his
 way,
 over the man who carries out evil devices!
(ESV)

Some Thoughts

Psalm 37 is a favorite Psalm. It is filled with proverbs about wise living among a wicked generation. Wickedness varies from the simple those who deny God politely because they have no desire for God to the most wicked those who commit crimes against the most innocent. In all this God instructs us to talk to Him and to have hope because our desire for Him will result in greater delight and joy.

all your breakers and your waves
 have gone over me.

⁸ By day the LORD commands his steadfast love,
 and at night his song is with me,
 a prayer to the God of my life.

⁹ I say to God, my rock:
 “Why have you forgotten me?

Why do I go mourning
 because of the oppression of the enemy?”

¹⁰ As with a deadly wound in my bones,
 my adversaries taunt me,
while they say to me all the day long,
 “Where is your God?”

¹¹ Why are you cast down, O my soul,
 and why are you in turmoil within me?
Hope in God; for I shall again praise him,
 my salvation and my God.

(ESV)

Some Thoughts

Why toil a lot in this life seeking satisfaction and finding no peace just more turmoil. There is always something lacking in our life. We become soul sick in those times because we refuse to give our soul what it longs for. We choose our own path and way wavering in our faith as we pray that God does not hear, or God will not respond. So, we become like a deer panting for a drink being pursued by our discontent.

A Possible Prayer

Psalm 42 Sunday

Suggested Verses

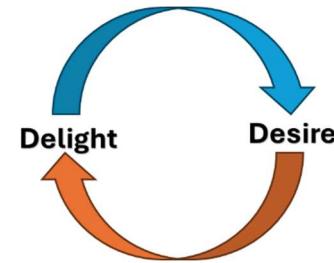
Psalm 42:title–11

TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH.

- ¹ As a deer pants for flowing streams,
so pants my soul for you, O God.
- ² My soul thirsts for God,
for the living God.
When shall I come and appear before God?
- ³ My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”
- ⁴ These things I remember,
as I pour out my soul:
how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.
- ⁵ Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation ⁶ and my God.

My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.

- ⁷ Deep calls to deep
at the roar of your waterfalls;



The more we delight in God the more our desire for God grows. So this makes it possible to continue on our journey of faith even when things are challenging because we delight in God and we are encouraged.

A Possible Prayer

God, today I pray Lord that you help me to delight in your presence and your promises for my life. In that delight I pray my desires for you and to worship you will be my greatest desire and joy. There are times of loneliness, sadness, complacency, depression brought on by the wickedness of this world. There may be times God when the delights of this world becomes greater in my life than you, I pray Lord in those times you will lead me back to find what my heart desires most.

Psalm 38 Wednesday

Suggested Verses

Psalm 38:title–2

A PSALM OF DAVID, FOR THE MEMORIAL OFFERING.

- ¹ O LORD, rebuke me not in your anger,
 nor discipline me in your wrath!
² For your arrows have sunk into me,
 and your hand has come down on me.

(ESV)

¹³ Blessed be the LORD, the God of Israel,
from everlasting to everlasting!
Amen and Amen.

(ESV)

Some Thoughts

Blessed book ends this Psalm and prayer because blessed are those who are compassionate and kind toward those in need. We are compassionate because we have received compassion in God's grace toward us as sinners when we were enemies of God. Even those who are closest to us will turn against us but God is forever.

Psalm 38:5–11

- ⁵ My wounds stink and fester
 because of my foolishness,
⁶ I am utterly bowed down and prostrate;
 all the day I go about mourning.
⁷ For my sides are filled with burning,
 and there is no soundness in my flesh.
⁸ I am feeble and crushed;
 I groan because of the tumult of my heart.

⁹ O Lord, all my longing is before you;
 my sighing is not hidden from you.
¹⁰ My heart throbs; my strength fails me,
 and the light of my eyes—it also has gone from me.
¹¹ My friends and companions stand aloof from my
 plague,
 and my nearest kin stand far off.

(ESV)

A Possible Prayer

God help me to remain humble in your grace toward me and let me always be humble before others in their sinful states. Even if Lord I suffer, I will never turn away from you but will lean even more on your love for me.

Psalm 41 Saturday

Suggested Verses

Psalm 41:1–13

- ¹ Blessed is the one who considers the poor!
 In the day of trouble the LORD delivers him;
- ² the LORD protects him and keeps him alive;
 he is called blessed in the land;
 you do not give him up to the will of his enemies.
- ³ The LORD sustains him on his sickbed;
 in his illness you restore him to full health.
- ⁴ As for me, I said, “O LORD, be gracious to me;
 heal me, for I have sinned against you!”
- ⁵ My enemies say of me in malice,
 “When will he die, and his name perish?”
- ⁶ And when one comes to see me, he utters empty words,
 while his heart gathers iniquity;
 when he goes out, he tells it abroad.
- ⁷ All who hate me whisper together about me;
 they imagine the worst for me.
- ⁸ They say, “A deadly thing is poured out on him;
 he will not rise again from where he lies.”
- ⁹ Even my close friend in whom I trusted,
 who ate my bread, has lifted his heel against me.
- ¹⁰ But you, O LORD, be gracious to me,
 and raise me up, that I may repay them!
- ¹¹ By this I know that you delight in me:
 my enemy will not shout in triumph over me.
- ¹² But you have upheld me because of my integrity,
 and set me in your presence forever.

Psalm 38:21–22

- ²¹ Do not forsake me, O LORD!
 O my God, be not far from me!
- ²² Make haste to help me,
 O Lord, my salvation!
(ESV)

Some Thoughts

There are times in our life when God allows us to experience illness and pain. He does so not because he is mean or lacks compassion. God does so because we may need to be disciplined and the illness draws us back to God. We know that God will be the one who answers us. The wrong response is that God does not love us. The right response is that God does love me and corrects me.

A Possible Prayer

God in this life I am filled with sickness, fatigue, colds, soreness. At times this illness will get worse. The path to healing is forgiveness. Jesus healed by stating their sins were forgiven. So, it is in my life now that my sins bring illness. I thank you God that my hope for healing is in you and that my sins are forgiven, and I learn from your discipline.

Psalm 39 Thursday

Suggested Verses

Psalm 39:title–13

TO THE CHOIRMASTER: TO JEDUTHUN. A PSALM OF DAVID.

- ¹ I said, “I will guard my ways,
 that I may not sin with my tongue;
I will guard my mouth with a muzzle,
 so long as the wicked are in my presence.”
- ² I was mute and silent;
 I held my peace to no avail,
and my distress grew worse.
- ³ My heart became hot within me.
As I mused, the fire burned;
 then I spoke with my tongue:
- ⁴ “O LORD, make me know my end
 and what is the measure of my days;
 let me know how fleeting I am!
- ⁵ Behold, you have made my days a few handbreadths,
 and my lifetime is as nothing before you.
Surely all mankind stands as a mere breath! *Selah*
- ⁶ Surely a man goes about as a shadow!
Surely for nothing they are in turmoil;
 man heaps up wealth and does not know who will
 gather!
- ⁷ “And now, O Lord, for what do I wait?
 My hope is in you.
- ⁸ Deliver me from all my transgressions.

God there are times of trial in this life, and many are the trials, but you expect me to look up to you and look to you for help in those times. I believe today God that whatever I am going through and whatever may come you will draw me up out of that pit and set my feet firm in faith and I will sing my song of salvation for you.

A Possible Prayer

Do not make me the scorn of the fool!
⁹ I am mute; I do not open my mouth,
 for it is you who have done it.
⁹ Remove your stroke from me;
 I am spent by the hostility of your hand.
¹¹ When you discipline a man
 with rebukes for sin,
you consume like a moth what is dear to him;
 surely all mankind is a mere breath! *Selah*

¹² “Hear my prayer, O LORD,
 and give ear to my cry;
 hold not your peace at my tears!
For I am a sojourner with you,
 a guest, like all my fathers.
¹³ Look away from me, that I may smile again,
 before I depart and am no more!”
(ESV)

Some Thoughts

We know from scripture that there are times when we are called on to be still, to wait on the Lord. This psalm the prayer is one where the person in pain broke the silence before God. There are times when we should be silent but yet we bring our complaint before God. We bring our sorrow to him but we do so in complaint, we ask why Lord. When we do God is patient and merciful to us to not answer our complaint but to provide for our need when we learn to wait and hope in the Lord.

Possible Prayer

God there are times when the troubles, the concerns, and the tragedies of life are so great that my hope is diminished. In those times Lord be patient with me as I consider my days, the conditions of life. Then Lord give me the resolve to be silent again and wait patiently for your healing and restoration.

Psalm 40 Friday

Suggested Verses

Psalm 40:title–4

TO THE CHOIRMASTER. A PSALM OF DAVID.

- ¹ I waited patiently for the LORD;
 he inclined to me and heard my cry.
² He drew me up from the pit of destruction,
 out of the miry bog,
and set my feet upon a rock,
 making my steps secure.
³ He put a new song in my mouth,
 a song of praise to our God.
Many will see and fear,
 and put their trust in the LORD.
- ⁴ Blessed is the man who makes
 the LORD his trust,
who does not turn to the proud,
 to those who go astray after a lie!
- (ESV)

Some Thoughts

Patience is needed to wait upon the Lord, patience, and trust. Trust is developed in waiting. God will allow us to get to the bottom of the pit in order that our eyes will look up to Him rather than to look down in worry.