

Believe *His* Prophets

This Morning Watch Calendar follows the Believe His Prophets Daily Bible Reading Guide for 2017. Each chapter has a study verse to be used as the Youth Morning Watch verse of the day. A chapter Summary Statement is provided each day.

2017 Morning Watch Calendar

Quarter 1: January - March



General Conference Youth Ministries Department

www.gcyouthministries.org

January 1

1. **Chapter:** Psalm 62
2. **Theme:** God our stronghold
3. **Study Verse:** Psalm 62:1-2
4. **Statement:** This psalm calls God a stronghold. A stronghold is a castle—a strong-walled place of safety. Is God your castle?
5. **Response:** _____

6. **Prayer:** *Lord, help me remember when I face trouble today to run into your arms and be safe.*

January 2

1. **Chapter:** Psalm 63
2. **Theme:** Satisfied in God
3. **Study Verse:** Psalm 63:6-7
4. **Statement:** David wrote this when he was in grave difficulties. He feared for his life, yet was more concerned for his soul.
5. **Response:** _____

6. **Prayer:** *Lord, when I am in danger or when people are lying about me, let me remember that You will eventually allow the truth to be seen.*

January 3

1. **Chapter:** Psalm 64
2. **Theme:** Prayer for deliverance
3. **Study Verse:** Psalm 64:10
4. **Statement:** David is still in danger from secret enemies. Sometimes we have human enemies; more often we are our own worst enemy.
5. **Response:** _____

6. **Prayer:** *Dear God, deliver me from the devil and from myself. When I am vindicated, let me remember only You deserve the glory.*

January 4

1. **Chapter:** Psalm 65
2. **Theme:** Loving Creator
3. **Study Verse:** Psalm 65:4
4. **Statement:** When David was downhearted, he looked at the wonders of the earth and remembered its powerful and loving Creator. Go outside today, and thank God for something you see.
5. **Response:** _____

6. **Prayer:** *Great Creator, I sing for joy with the rest of Your wonderful works.*

January 5

1. **Chapter:** Psalm 66
2. **Theme:** Praise for answered prayer
3. **Study Verse:** Psalm 66:16
4. **Statement:** Another way David encouraged himself was to look to the history of God's work with His people. Have you ever felt that you were burdened or downtrodden or had gone through fire and water?
5. **Response:**

6. **Prayer:** *God, I thank You for the abundance of Your mercy. I thank You for the place of abundance You have brought me to, or that I trust You will bring me to.*

January 6

1. **Chapter:** Psalm 67
2. **Theme:** Let the nations praise God
3. **Study Verse:** Psalm 67:7
4. **Statement:** This lovely song of praise calls for all the nations of the earth to bless their Maker and Guide. Can you think of three blessings God has given your nation?
5. **Response:** _____

6. **Prayer:** *Dear God, thank you for the ways you have blessed us. [Be specific.] Help me to remind my friends to give You praise.*

January 7

1. **Chapter:** Psalm 68
2. **Theme:** Prayer for marginalized people
3. **Study Verse:** Psalm 68:19
4. **Statement:** This prayer shows God's care for those who live on the fringes of society—fatherless, widows, women, and captives. Do you ever feel marginalized? Or do you comfort those who are? God sees each of us, and God cares.
5. **Response:** _____

6. **Prayer:** *Father, thank you for daily bearing my burden, and for being my salvation.*

January 8

1. **Chapter:** Psalm 69
2. **Theme:** Cry of distress
3. **Study Verse:** Psalm 69:34
4. **Statement:** This psalm shows two things clearly: David knows he is at least partly to blame for his present desperation (v. 5, 19, etc.), and he knows he can express even his most negative feelings to God. Jesus teaches us not to hate our enemies, but if we bring our true feelings to God, He will help us to heal them. You will note that David ends with praise.
5. **Response:** _____

6. **Prayer:** *O Lord, when I hate my enemies, "answer me with Your saving truth, deliver me from the mire and do not let me sink!" Remind me to praise.*

January 9

1. **Chapter:** Psalm 70
2. **Theme:** Prayer for help
3. **Study Verse:** Psalm 70:4
4. **Statement:** Again, a song of despair turns into praise. Have you ever tried praising God anyway, even when you are in great trouble?
5. **Response:** _____

6. **Prayer:** *Dear Lord, I know that You are my help and my deliverer, and that You do not delay even when it seems long to me. Help me trust You.*

January 10

1. **Chapter:** Psalm 71
2. **Theme:** My God from cradle to grave
3. **Study Verse:** Psalm 71:5-6
4. **Statement:** This is a long song of praise for past guidance and deliverance, and prayer for future care. Consider your own life. How have you been “sustained from birth?” How are you being taught in your youth?
5. **Response:** _____

6. **Prayer:** *O Lord, I give myself to You and trust Your care until I am old and gray, and until the moment of my death. Or until Your coming!*

January 11

1. **Chapter:** Psalm 72
2. **Theme:** Prayer for governments
3. **Study Verse:** Psalm 72:2 [Put your leader’s name in place of “he”.]
4. **Statement:** This psalm is both a prayer for King Solomon and a Messianic vision for the future. Use it as a form to pray for your government.
5. **Response:** _____

6. **Prayer:** *King of all kings, I know that You have final say over earthly governments, even when they do not rule as You would have them do. Hurry and come set up Your perfect government!*

January 12

1. **Chapter:** Psalm 73
2. **Theme:** Does evil prosper?
3. **Study Verse:** Psalm 73:25
4. **Statement:** Asaph was a great songwriter, assigned by David in 1 Chron. 6:39. Here, he tells the story of almost losing faith from seeing evil seem to prosper. In verse 13-14 he nearly loses hope. What makes the change? (See v. 17.)
5. **Response:** _____

6. **Prayer:** *God of all things, keep my eyes open toward Your sanctuary and Your power and compassion. I know “I am continually with You and You hold my hand.” Thank You!*

January 13

1. **Chapter:** Psalm 74
2. **Theme:** Has God abandoned us?
3. **Study Verse:** Psalm 74:12
4. **Statement:** Asaph is still filled with questions about the injustice he sees. His psalm is applicable in almost infinite times and places. Do you have some of his questions? Pray especially over the verses that most call to your heart.
5. **Response:** _____

6. **Prayer:** *God, I trust You. I trust You. I trust You! I know you will never abandon us!*

January 14

1. **Chapter:** Psalm 75
2. **Theme:** The righteous Judge
3. **Study Verse:** Psalm 75:6-7
4. **Statement:** Here, Asaph reminds himself of who the truly righteous Judge is. He leaves the timing to God. Is it always easy to do that?
5. **Response:** _____

6. **Prayer:** *Father, I will rejoice forever in You, whether I see justice or not. Keep me true to you.*

January 15

1. **Chapter:** Psalm 76
2. **Theme:** God saves the humble
3. **Study Verse:** Psalm 76:8-9
4. **Statement:** Asaph now praises the glorious and excellent God who is the judge of all the earth. In verse 11 he reminds us to pay our vows to God. Do you owe a vow to God?
5. **Response:** _____

6. **Prayer:** *Mighty God, I owe You all my love and praise and obedience, forever and ever, Amen.*

January 16

1. **Chapter:** Psalm 77
2. **Theme:** Songs in the night
3. **Study Verse:** Psalm 77:6
4. **Statement:** Asaph must have written these psalms during times of trouble in his own life, and perhaps in the life of his people. But when he was so worried he couldn't sleep at night, it was always God he turned to. What do you do when you can't sleep?
5. **Response:** _____

6. **Prayer:** *Shepherd God, no matter what happens, I can sleep in peace in Your hands, knowing You are in charge and will ultimately prevail.*

January 17

1. **Chapter:** Psalm 78
2. **Theme:** History of God’s dealings
3. **Study Verse:** Psalm 78:
4. **Statement:** In this long psalm, Asaph remembers all the ways the people dishonored God, and all God’s mercy and forgiveness. He is glad God chose David to shepherd them. Is there a leader in your life that is a good shepherd under God, like David? Have you thanked this person?
5. **Response:** _____

6. **Prayer:** *God, I thank You for Your godly leaders [be specific] and I will help and support them.*

January 18

1. **Chapter:** Psalm 79
2. **Theme:** Prayer for rescue and mercy
3. **Study Verse:** Psalm 79:13
4. **Statement:** Asaph sees the enemies of God and of God’s people, but he also sees (verse 8) the people’s guilt. He begs for God’s mercy. Spend some time on the final verse.
5. **Response:** _____

6. **Prayer:** *My beloved Good Shepherd, I am Your lamb, and I will give You praise forever and show Your goodness to others.*

January 19

1. **Chapter:** Psalm 80
2. **Theme:** The Good Shepherd
3. **Study Verse:** Psalm 80:18-19
4. **Statement:** Here Asaph again writes his best poetry in praise and gratitude of the leading of God, the Good Shepherd. He knows the people do not deserve God’s mercy, but he begs for it anyway.
5. **Response:** _____

6. **Prayer:** *God of my salvation, restore me where I need restoration, and help me to be an obedient lamb.*

January 20

1. **Chapter:** Psalm 81
2. **Theme:** Song for a new month
3. **Study Verse:** Psalm 81:
4. **Statement:** This appears to be a song of praise to be sung on New Moon festivals (the beginning of months). It praises God and also admonishes the people to be faithful.
5. **Response:** _____

6. **Prayer:** *O Lord, are there ways in which I have been idolatrous, putting something else before You? Show me, and cleanse me. I would be only Yours!*

January 21

1. **Chapter:** Psalm 82
2. **Theme:** God rebukes unjust judges
3. **Study Verse:** Psalm 82:8
4. **Statement:** When have you seen unjust judgments (officially or unofficially) in your community or state? Which groups does this psalm list as those God expects justice, rescue, and deliverance for? How can you help?
5. **Response:** _____

6. **Prayer:** *Righteous Judge, it is beyond astonishing that You are eager to judge in our favor! Help me to live inside Jesus' righteousness and to live from that space of love and inclusion.*

January 22

1. **Chapter:** Psalm 83
2. **Theme:** Prayer for deliverance
3. **Study Verse:** Psalm 83:1
4. **Statement:** Asaph could, in this psalm, be still considering the injustice in his last psalm. As he considers arrogance, oppression, and conspiracy against the innocent, he becomes angry. Sometimes God's judgment must be a negative one, though He always sorrows over those lost ones.
5. **Response:** _____

6. **Prayer:** *O Lord, help me find ways to reach out to those who further injustices. Is there a way I can reach even them, bringing them to Your love and mercy for them, so they can share that with others?*

January 23

1. **Chapter:** Psalm 84
2. **Theme:** Prayer for deliverance
3. **Study Verse:** Psalm 84:5
4. **Statement:** This is one of the most touching of psalms, evoking an image of a bird nesting in the eaves of God's temple. Is this how you think of God's house? Are there other places that could be called the dwelling place of God? Which are your favorite?
5. **Response:** _____

6. **Prayer:** *O Lord of hosts, I love to be at Your house. Even more than that, I ask You to make me a humble dwelling place for You!*

January 24

1. **Chapter:** Psalm 85
2. **Theme:** Prayer for complete restoration
3. **Study Verse:** Psalm 84:10
4. **Statement:** This psalm was written after a calamity and then a reversal of calamity. God's people have been delivered, and the psalmist is asking God to complete their restoration, and also begging the people to be faithful this time. Think about a time when this might be said of you.
5. **Response:** _____

6. **Prayer:** *God, You have delivered me so many times from my own foolishness! Thank You so much, and please help me to stay far from folly and to walk in Your way.*

January 25

1. **Chapter:** Psalm 86
2. **Theme:** Prayer for wholeness
3. **Study Verse:** Psalm 86:4
4. **Statement:** Here is another of David's psalms. He asks for God's blessing, calling himself godly (verse 2) without denying his sinfulness (verse 5). Verse 11 is especially intriguing: "Unite my heart to fear your name." Is your heart divided and in need of unity?
5. **Response:** _____

6. **Prayer:** *Dear Father, please pull together the broken pieces of my heart. Bind them all to long for one thing only—You!*

January 26

1. **Chapter:** Psalm 87
2. **Theme:** The city of God
3. **Study Verse:** Psalm 87:3
4. **Statement:** Songs have been written based on this psalm. Sing one, if you know any. Does the psalm really mean that it is more blessed to be born in any particular *physical* place? What else might it mean?
5. **Response:** _____

6. **Prayer:** *Great Creator, I am born again daily in the true "city of God"—in Your heart and Your love. Keep me safe there, I pray.*

January 27

1. **Chapter:** Psalm 88
2. **Theme:** Prayer for deliverance
3. **Study Verse:** Psalm 88:13
4. **Statement:** Heman the Ezrahite is in dire straits. He is near death, either from physical illness or emotional distress; likely both. This psalm ends on his pain and despair, longing for God's help. (Wait for tomorrow's reading.) Have you ever felt this despairing?
5. **Response:** _____

6. **Prayer:** *My God, My God, sometimes I do feel forsaken. Help me to trust You always, always! Even when I don't yet see light...*

January 28

1. **Chapter:** Psalm 89
2. **Theme:** Hope in God's faithfulness
3. **Study Verse:** Psalm 89:1
4. **Statement:** Now we hear the rest of Heman's song. He can turn to hope and trust no matter how he feels. He goes through a long list of God's acts of faithfulness, and then admits that God's people have not been deserving of this grace. But Heman ends in praise.
5. **Response:** _____

6. **Prayer:** *Lord, help me always to begin and end with praise, no matter what. You are the Most High. My life is in Your hands.*

January 29

1. **Chapter:** Psalm 90
2. **Theme:** Song of Moses
3. **Study Verse:** Psalm 90:1-2
4. **Statement:** One of the most famous psalms, this one is credited to Moses. Imagine him, an old man (though apparently not as old as he will be! See verse 10) looking back on a varied and adventurous life and giving God glory. What does he ask?
5. **Response:** _____

6. **Prayer:** *Lord, You have been my dwelling place, even before I knew You. Make me Yours indeed, Yours forever. Let all I do glorify You.*

January 30

1. **Chapter:** Psalm 91
2. **Theme:** Prayer for deliverance
3. **Study Verse:** Psalm 91:11
4. **Statement:** Here is another famous psalm, perhaps one you have memorized at some point. Which is your favorite part? Pray slowly through this whole psalm, personalizing each passage; for example, referring to a particular "pestilence" that has troubled you. Hear God responding with the last verses, directly to you.
5. **Response:** _____

6. **Prayer:** *Almighty, I can only thank You and thank You!*

January 31

1. **Chapter:** Psalm 92
2. **Theme:** Praise for God's goodness
3. **Study Verse:** Psalm 92:4
4. **Statement:** Put a star or marker of some kind on this psalm in your Bible. It is the only one specifically labeled as being for the Sabbath. Try reading it on Sabbaths for a while. And when you next look at a palm, cedar, or fruit tree, think of the words of this psalm.
5. **Response:** _____

6. **Prayer:** *Father God, thank You for making me flourish, for keeping my "leaves" green and full of sap. Lead me to a great and faithful old age.*

February 1

1. **Chapter:** Psalm 93
2. **Theme:** God's majesty and power
3. **Study Verse:** Psalm 93:1-2
4. **Statement:** This is a good psalm to read during floods or monsoons, or even at a beach on any day. What kinds of circumstantial or emotional "floods" have lifted their voices in your life and tried to drown out God?
5. **Response:** _____

6. **Prayer:** *Great God, You are mightier than any storm or flood or wave. Help me to remember that in the midst of turmoil, and to trust You.*

February 2

1. **Chapter:** Psalm 94
2. **Theme:** God of justice
3. **Study Verse:** Psalm 94:17-19
4. **Statement:** Once again, widows, orphans, and alien refugees are subjects of God's special care. This psalm expresses anger and dismay, but as always, comes back to peace and trust.
5. **Response:** _____

6. **Prayer:** *O God, when anxious thoughts multiply within me, remind me of Your consolations that can delight my soul.*

February 3

1. **Chapter:** Psalm 95
2. **Theme:** Our Rock and our Shepherd
3. **Study Verse:** Psalm 95:7
4. **Statement:** In this psalm of praise, God is our Rock and also our loving Shepherd. Give more thought to what it means to be "sheep of His pasture." How are you a sheep? What pasture does God have you in right now?
5. **Response:** _____

6. **Prayer:** *Great Shepherd of my soul, I will stay by Your side and not stray. I will not harden my heart or test You. I am Your little lamb.*

February 4

1. **Chapter:** Psalm 96
2. **Theme:** Call to worship
3. **Study Verse:** Psalm 96:7-8
4. **Statement:** Here is another song of praise that has been set to music many times. Which are your favorite praises? If you don't know music to this psalm, try putting it, or part of it, to a tune yourself.
5. **Response:** _____

6. **Prayer:** *God of splendor and majesty, strength and beauty, I do ascribe holiness to You. I proclaim good tidings and tell of Your works.*

February 5

1. **Chapter:** Psalm 97
2. **Theme:** God over all
3. **Study Verse:** Psalm 97:9
4. **Statement:** There is idolatry everywhere in this world. In some places it is more obvious. Do you live where some people worship images? How can you help them to see that the praises in this psalm can only apply to the Most High God without making them feel judged and defensive?
5. **Response:** _____

6. **Prayer:** *Only true God, give me words and acts that will show Your praise and make people see that You are SO much more sufficient than the idols, whether tangible or not, they have been taught to lean on!*

February 6

1. **Chapter:** Psalm 98
2. **Theme:** Sing a new song
3. **Study Verse:** Psalm 98:1
4. **Statement:** This could be seen as a song for the New Earth. In it, the psalmist envisions a world where all have "seen salvation." Even nature joins in the praise, seas and rivers and mountains joining in.
5. **Response:** _____

6. **Prayer:** *Maker of all, keep my heart set on Your victory, already certain from the foundation of the world, even if it isn't visible to human eyes yet. Help me bring that day!*

February 7

1. **Chapter:** Psalm 99:9
2. **Theme:** Exalting God
3. **Study Verse:** Psalm 99:
4. **Statement:** Most of the rest of the psalms are all praise psalms. These are the most joyful ones to read and spend time with. This one looks back at God's history with Israel. Which parts of it apply to you personally?
5. **Response:** _____

6. **Prayer:** *Lord, even when I have been unfaithful to You, You have always been faithful to me. I thank You and praise You!*

February 8

1. **Chapter:** Psalm 100:1
2. **Theme:** The doxology (word of glory)
3. **Study Verse:** Psalm 100:
4. **Statement:** "Old 100," as it is often known, has been one of the most beloved of psalms for centuries. Many doxologies are based on the words of this psalm. How many do you know? Sing one if you can.
5. **Response:** _____

6. **Prayer:** *Lord, You are God; I serve You with gladness and I come before You with singing!*

February 9

1. **Chapter:** Psalm 101
2. **Theme:** A choice to follow
3. **Study Verse:** Psalm 101:3
4. **Statement:** It is God who works in us to do right, but He does need our choice. We, like David, can determine in advance what we will do. Then, even if we stumble, we can always get back on the path.
5. **Response:** _____

6. **Prayer:** *Lord, I choose to walk in integrity and turn away from lies and slander. [Personalize verses you know God wants to make true in your life.]*

February 10

1. **Chapter:** Psalm 102
2. **Theme:** Prayer for mercy
3. **Study Verse:** Psalm 102:12
4. **Statement:** Here again is someone who is either very ill or in great emotional distress—likely both. He expresses all his difficulties, then turns immediately to faith, before he sees God answer. Then...look at verse 18. That's you and me! He wrote it down so that we might praise the Lord!
5. **Response:** _____

6. **Prayer:** *Dear God, I promise to learn to praise You even while I am in distress and waiting for Your answer. I will state in faith that the appointed time has come, even before I see it.*

February 11

1. **Chapter:** Psalm 103
2. **Theme:** Bless the Lord!
3. **Study Verse:** Psalm 103:11-12
4. **Statement:** Bless the Lord, O my soul! This psalm is a long list of all the reasons why. Add your own to the list.
5. **Response:** _____

6. **Prayer:** *Lord, my soul and all that is within me blesses Your holy name! You have thrown my sins as far as the east is from the west, and had compassion on me like a loving father. I love You!*

February 12

1. **Chapter:** Psalm 104
2. **Theme:** Rejoicing in creation
3. **Study Verse:** Psalm 104:24
4. **Statement:** This is a particularly fascinating psalm. Verses 2-4 seem to tell the story of the creation of the heavens and angels that were already made before the story begins in Genesis 1. Verses 5-9 could apply to the Great Flood, but they could also apply to covering the earth with water before shaping it for habitation. The rest of the psalm celebrates creation.
5. **Response:** _____

6. **Prayer:** *Great Creator, You care for all the earth, and You care for me.*

February 13

1. **Chapter:** Psalm 105
2. **Theme:** Looking back
3. **Study Verse:** Psalm 105:4
4. **Statement:** This psalm retells the great stories of God's work with Israel. Using what you know of the Exodus, ponder which stories the psalmist refers to and which he leaves out of this telling and why he might have done so.
5. **Response:** _____

6. **Prayer:** *God, I know You have been leading in my own life to this day, too. Help me to be faithful to Your leading.*

February 14

1. **Chapter:** Psalm 106
2. **Theme:** Our rebellion; God's faithfulness
3. **Study Verse:** Psalm 106:48
4. **Statement:** This is Part 2 of the last psalm. It still begins and ends with praise, but the main burden of the psalm is much sadder; it tells the story of the people's general response to God's leading—rebellion. Read prayerfully and determine if there are stories in your past which follow this model. If not, thank God, if so, please do repent.
5. **Response:** _____

6. **Prayer:** *Rock of Israel, I do want to follow You. I am sorry for any time I have rebelled [be specific] and I ask for your forgiveness. Glory to Your name!*

February 15

1. **Chapter:** Psalm 107
2. **Theme:** Ever-present God
3. **Study Verse:** Psalm 107:2
4. **Statement:** This psalm is a favorite for seafarers of all kinds because of verses 23-32, but in fact, it lists a variety of people who have been in trouble and despair, and whom God has walked with in their pain. Make a list of those mentioned. Which is most like your own trials and difficulties? How has God delivered you?
5. **Response:** _____

6. **Prayer:** *O great God of lovingkindness, thank You for Your mercies to me and mine! Stay with me always, and keep me patient and trusting as I wait, sometimes, for your deliverance to be complete.*

February 16

1. **Chapter:** Psalm 108
2. **Theme:** Praise in difficulties
3. **Study Verse:** Psalm 108:1
4. **Statement:** David apparently feels rejected, but you wouldn't know it until the last few verses. He is spending all his energy reminding himself of how great God is. How can you keep your heart steadfast and full of praise even when all seems dark?
5. **Response:** _____

6. **Prayer:** *Keep my heart steadfast, O Lord! When I am in darkness, may my praises, even with tearful eyes, wake the dawn!*

February 17

1. **Chapter:** Psalm 109
2. **Theme:** Surrounded by enemies
3. **Study Verse:** Psalm 109:4
4. **Statement:** Once again David expresses his anger and fear to God. His anger extends to a sinful desire for God to avenge even the innocent children of his enemies. But God's mercy to him is clear as David begs for God's grace.
5. **Response:** _____

6. **Prayer:** *Lord, when I am angry, keep me from sinning with my lips, but also keep me honest before You. When I am afflicted and needy, deliver me.*

February 18

1. **Chapter:** Psalm 110
2. **Theme:** A call to youth
3. **Study Verse:** Psalm 110:3
4. **Statement:** Jesus quotes this psalm, pointing out that David called the future Messiah "Lord." It promises that God's people will "volunteer freely" and that His youth are like the morning dew, bringing refreshment to the earth. How do *you* volunteer for God?
5. **Response:** _____

6. **Prayer:** *Great Messiah, I want to work for You. I want to bring the refreshing water of life to thirsty souls. Lead me in the way You want me to go.*

February 19

1. **Chapter:** Psalm 111
2. **Theme:** Praise for God's works
3. **Study Verse:** Psalm 111:10
4. **Statement:** The psalmist is overwhelmed as he contemplates the power and works of God. Yet God's grace and compassion are never overcome by His majesty and righteousness.
5. **Response:** _____

6. **Prayer:** *Dear God, thank You for Your love and compassion. Remind me daily to pay attention to Your mighty works.*

February 20

1. **Chapter:** Psalm 112
2. **Theme:** True prosperity
3. **Study Verse:** Psalm 112:4
4. **Statement:** This psalm speaks of wealth and earthly prosperity for those who follow God. Sometimes this is not a visible fact here on earth. What kinds of prosperity does God promise to *all* who are faithful?
5. **Response:** _____

6. **Prayer:** *Creator and King, I am grateful when You bless me with earthly prosperity in response to my faithfulness. But more than that I am grateful for richness of generosity and spirit. I can wait until heaven for physical riches.*

February 21

1. **Chapter:** Psalm 113
2. **Theme:** God exalts the humble
3. **Study Verse:** Psalm 113:2
4. **Statement:** This psalm is a good response to 112, if we think earthly riches will always follow God's favor. God, this psalm says, actually humbles *Himself* down to our level, and raises up the needy. How have you been needy, and how has He raised you up?
5. **Response:** _____

6. **Prayer:** *Father, I bless Your name forever and I can never thank You enough for sending Your Son to live in the dust with us and promising we will sit in glory with Him!*

February 22

1. **Chapter:** Psalm 114
2. **Theme:** A song of the Exodus
3. **Study Verse:** Psalm 114:7-8
4. **Statement:** This little song remembers the Jordan dividing to let the people of God through, and uses heart-warming and amusing imagery to do so. When has God made a way for you?
5. **Response:** _____

6. **Prayer:** *Shepherd Leader, You have made ways for me in deserts of many kinds. I will always remind myself that You are greater than any trouble I could face.*

February 23

1. **Chapter:** Psalm 115
2. **Theme:** God versus idols
3. **Study Verse:** Psalm 115:14
4. **Statement:** Some of us live where people really do worship idols of silver, gold, or clay. Others live where people worship money or sports or power. Ask God to search your heart for any idol that sneaks in there.
5. **Response:** _____

6. **Prayer:** *Only true God, You are first, last, and always in my heart. When I turn aside to other values, call me back quickly, please!*

February 24

1. **Chapter:** Psalm 116
2. **Theme:** Gratitude for deliverance
3. **Study Verse:** Psalm 116:15
4. **Statement:** This psalm praises God for deliverance from death and from other trials. But in verse 15 we are reminded that He doesn't always stop death. When His people die, His eyes are on them and His heart is with them. Whom have you lost that you look forward to seeing again?
5. **Response:** _____

6. **Prayer:** *Lord, I am Your servant, and I shall pay my vows to You even when those vows mean offering You thanks in sorrow. I trust You and I praise You anyway.*

February 25

1. **Chapter:** Psalm 117
2. **Theme:** Song of praise
3. **Study Verse:** Psalm 117:1-2 (learn it all!)
4. **Statement:** This little psalm is brief, but says it all! His truth is everlasting, and His *chesed*, a Hebrew word that means total, complete, surrounding love and care, is great! Thank God for something specific He has done for you recently.
5. **Response:** _____

6. **Prayer:** *Lord, I praise You and thank You for Your love and truth. May I always live in Your light.*

February 26

1. **Chapter:** Psalm 118
2. **Theme:** Thanks for deliverance and discipline
3. **Study Verse:** Psalm 118:28
4. **Statement:** This psalm speaks of deliverance from trouble and enemies, and also of discipline. It even references Jesus, as the stone the builders rejected, which became the chief cornerstone. Consider how it applies to you.
5. **Response:** _____

6. **Prayer:** Father, I accept Your discipline when necessary, and I praise You for opening the gates of Your righteousness to me when I do not deserve it!

February 27

1. **Chapter:** Psalm 119
2. **Theme:** God's law
3. **Study Verse:** Psalm 119:33-34
4. **Statement:** You could study this one psalm for a month. For today, read through it and take note of which passage particularly calls to your heart. Write down that section and carry it with you during the day. What does it mean to you to meditate on God's Law?
5. **Response:** _____

6. **Prayer:** Lord, Your word is beyond my understanding. But just as Your natural laws hold the world together, let Your spiritual laws hold my being together.

February 28

1. **Chapter:** Psalm 120
2. **Theme:** The tongue
3. **Study Verse:** Psalm 120:7
4. **Statement:** This psalm is usually seen as prayer for deliverance from lying enemies, and it surely does apply to that. But what if the enemy is one's own tongue? What if, when you want to speak peace, your tongue wars against you? Use a concordance to look up "tongue" and see what wisdom you find that goes along with this psalm.
5. **Response:** _____

6. **Prayer:** *Lord, deliver me from lying lips or any other kind of unruly tongue! It may be a small fire, but You can control it. I give it to You.*

March 1

- 1. **Chapter:** Psalm 121
- 2. **Theme:** God’s constant care
- 3. **Study Verse:** Psalm 121:8
- 4. **Statement:** This is one of the most beloved psalms. It reminds us that God never falls asleep on the job and never gets tired of caring for us. Does looking at hills or other natural features remind you of God’s presence?
- 5. **Response:** _____

- 6. **Prayer:** *Loving Keeper of my soul, thank You so much for Your constant guardianship of me. Help me be as constant in my awareness of Your presence.*

March 2

- 1. **Chapter:** Psalm 122
- 2. **Theme:** Pray for peace
- 3. **Study Verse:** Psalm 122:1
- 4. **Statement:** In Bible times, people thought God lived in the temple. Only sometimes did they grasp the reality that God, as Solomon said, could not dwell in human-made dwellings. Today we know better, but still our church homes are very special to us. Pray for the peace of your church and your town.
- 5. **Response:** _____

- 6. **Prayer:** *Dear Lord, please help me to be a peacemaker for my church, my home, and my community.*

March 3

- 1. **Chapter:** Psalm 123
- 2. **Theme:** Prayer of God’s humble servant
- 3. **Study Verse:** Psalm 123:2
- 4. **Statement:** We are only lowly servants of God in this psalm. It is clear in the context that God’s likeness is to a loving master or mistress, not to a cruel one. As earthly servants or employees can trust kind overseers or employers, even more can we trust God to be gracious.
- 5. **Response:** _____

- 6. **Prayer:** *O my beloved Master, my eyes are on You only. You and You alone do I serve and trust.*

March 4

- 1. **Chapter:** Psalm 124
- 2. **Theme:** Gratitude to God for rescue
- 3. **Study Verse:** Psalm 124:8
- 4. **Statement:** Here is another song of David, thanking God for past rescues. How true it is of us, too, that if God had not been on our side, we would be dead. Bear in mind this does not mean on “our side” as opposed to God’s other children. It means on our side, or *at* our side, against evil. When were you in a “snare” that God rescued you from?
- 7. **Response:** _____

- 5. **Prayer:** *Blessed be You, O God, for Your past rescues, present care, and future promises.*

March 5

1. **Chapter:** Psalm 125
2. **Theme:** God is our strong wall
3. **Study Verse:** Psalm 125:2
4. **Statement:** Have you ever seen an old town that is still walled? Or do you live near walled compounds? Jerusalem, besides its walls, also had surrounding mountains. This psalm says God surrounds us like that. How does that make you feel?
5. **Response:** _____

6. **Prayer:** *King of the earth and King of my heart, remind me always that I am safe within Your impregnable walls, and that everything that happens to me can be used by You for my good.*

March 6

1. **Chapter:** Psalm 126
2. **Theme:** Thanksgiving for deliverance from captivity
3. **Study Verse:** Psalm 126:6
4. **Statement:** This was written after the return from Babylonian captivity, though it applies to any deliverance, physical or spiritual. In drought areas, farmers may literally go out crying, planting their last grain, which would feed their children for a day, praying that enough rain will come to make it grow and feed them for a year. What do you cry over, praying that it will succeed?
5. **Response:** _____

6. **Prayer:** *O Lord, You know the burdens of my heart. You know the souls I pray for. Please grant them and me shouts of joy in the end.*

March 7

1. **Chapter:** Psalm 127
2. **Theme:** Daily, practical gifts from God
3. **Study Verse:** Psalm 127:2
4. **Statement:** Solomon wrote this one; it must have been after he learned some of his hard life lessons. List some of the daily, ordinary gifts God gives in this psalm. Are there any you are lacking? Do you ever wear yourself out trying to get these gifts yourself rather than trusting God to bless your work and bring true prosperity?
5. **Response:** _____

6. **Prayer:** *Dear God, let me not either work myself to death rather than trusting You, or become presumptuous, expecting You to just hand me what I want.*

March 8

1. **Chapter:** Psalm 128
2. **Theme:** Blessed by God
3. **Study Verse:** Psalm 128:2
4. **Statement:** This could be a companion psalm to the last one. This is the person who does work, in faith and trust, in respect for God, and enjoys peacefully the fruit of that labor. Where are you in this psalm?
5. **Response:** _____

6. **Prayer:** *My God and my King, all I ask is work fitted to me, faithfulness in doing it, and people with whom to share the fruits. Peace be upon [my country]!*

March 9

1. **Chapter:** Psalm 129
2. **Theme:** Prayer for overthrow of enemies
3. **Study Verse:** Psalm 129:4
4. **Statement:** Have you felt persecuted? Have those who persecuted you prevailed, or seemed to prevail? This and other psalms promise that they will not ultimately prevail. Consider v. 4— what would happen if God cut the cords of wickedness that bind those who do wrong? Might they turn to Him after all?
5. **Response:** _____

6. **Prayer:** *Lord, I know You are working even for those who are against You, and I pray You succeed in catching as many of them as possible. If they will not, then in Your mercy, at least let their wicked works fail.*

March 10

1. **Chapter:** Psalm 130
2. **Theme:** Despair and trust
3. **Study Verse:** Psalm 130:6
4. **Statement:** One of the psalms from which the term “morning watch” comes from, this depicts someone truly in the depths. Tempted to give up completely, the writer still longs for the Lord and chooses to wait and trust. Have you felt like this? Pray this psalm and choose trust. (If you have online access, you can find this psalm set to beautiful music.)
5. **Response:** _____

6. **Prayer:** *O Lord, when I am in the depths, there is no one else to cry to but You. Hear my voice, and remind me of Your presence.*

March 11

1. **Chapter:** Psalm 131
2. **Theme:** Song of a little one
3. **Study Verse:** Psalm 131:2
4. **Statement:** No matter how mature or experienced we think we are, we are tiny children to God. The next time you see a toddler resting in mother’s arms and not worried about anything in the world, think of this psalm...and think of God.
5. **Response:** _____

6. **Prayer:** *God, You are greater and more loving than any earthly mother. I lean into Your arms and am at peace.*

March 12

1. **Chapter:** Psalm 132
2. **Theme:** Prayer for the sanctuary
3. **Study Verse:** Psalm 132:8-9
4. **Statement:** This psalm is fairly specific to the sanctuary in Jerusalem. In what ways can you see that it applies to your local church and congregation? Who is now the Son of David who has been set permanently on the throne of God’s people? (See Matt. 1:1.)
5. **Response:** _____

6. **Prayer:** *Mighty King, I hope You find a “resting place” at our local church. Help me to be one of those who works to make that so, and to make a resting place for weary souls searching for You and Your peace.*

March 13

1. **Chapter:** Psalm 133
2. **Theme:** Unity
3. **Study Verse:** Psalm 133:1
4. **Statement:** When brothers and sisters in the Lord dwell together in unity—not uniformity, but the powerful kind of unity that arises from people who can love each other above and beyond diversity of style and opinion—amazing things can happen in God’s church. How can you contribute to unity?
5. **Response:** _____

6. **Prayer:** *One God of one faith and one baptism, don't let us get caught up in differences and arguments and forget that You are One and we are to be one in You.*

March 14

1. **Chapter:** Psalm 134
2. **Theme:** Night watch
3. **Study Verse:** Psalm 134:3
4. **Statement:** Hear in our Morning Watch series, we find a prayer and blessing for night watchers. This could mean literally people who watch over churches and homes at night. Could it also mean some other kind of spiritual watching over people in darkness? What do you think?
5. **Response:** _____

6. *You give me the blessed privilege of watching over someone who is in the darkness of pain and sorrow. May my love and prayers bring blessing to those in need.*

March 15

1. **Chapter:** Psalm 135
2. **Theme:** Praise for God’s mighty works
3. **Study Verse:** Psalm 135:5
4. **Statement:** Again a psalm looks back over God’s work with His people. But first and last, he calls forth praise for a God who works in the world every single day. Which part of this psalm appeals most to you?
5. **Response:** _____

6. **Prayer:** *God, I praise and bless You! I am so grateful for Your leading and for Your daily care.*

March 16

1. **Chapter:** Psalm 136
2. **Theme:** A call-and-response song
3. **Study Verse:** Psalm 136:1
4. **Statement:** This psalm is great fun to sing or chant responsively, one group on one side of a large room and one group on the other. Which of the many blessings listed mean the most to you right now?
5. **Response:** _____

6. **Prayer:** *God, Your lovingkindness is everlasting and my whole life lives, moves, and has its being in that lovingkindness!*

March 17

1. **Chapter:** Psalm 137
2. **Theme:** Captivity
3. **Study Verse:** Psalm 137:1
4. **Statement:** Have you ever felt imprisoned by circumstances beyond your control? Have you thought it was too hard to sing to God when you were in such trouble? It isn't true. Praises in trouble are the sweetest praises of all, and will save you from the despairing and sinful vengefulness of the last verses of this psalm
5. **Response:** _____

6. **Prayer:** *Dear God, when I am in trouble, help me to cling to You alone, to sing anyway, no matter how dark it gets, and to pray that my songs may bless and turn a persecutor, rather than giving in to a wish for revenge.*

March 18

1. **Chapter:** Psalm 138
2. **Theme:** Praise and thanksgiving
3. **Study Verse:** Psalm 138:3
4. **Statement:** Here, David is being true to his best self as "a man after God's own heart." He praises, and even when he is in trouble, as in v. 7, he trusts. Notice that in this instance, David admits in v. 6 that God still "knows" the haughty, even though they are far from Him. What are you thankful for?

5. **Response:** _____

6. **Prayer:** *Dear God, You are the greatest, the best, the highest. If others can be moved by my praise, I vow that they shall hear it, and praise too, if they will.*

March 19

1. **Chapter:** Psalm 139
2. **Theme:** God knows me
3. **Study Verse:** Psalm 139:17-18
4. **Statement:** Many people, if they believe in God at all, consider Him to be high and distant, unconcerned or little concerned with human affairs. The Bible shows us a God who was paying attention to us even when we were unformed and unborn. What are you most grateful to God for, about your personal being—physical, emotional, and mental?
5. **Response:** _____

6. **Prayer:** *Maker, You made me in ways I can't even begin to fathom. How do little cells know whether to create a baby or a placenta, a brain or a liver, a hand or some hair? It is mind-boggling—and it is wonderful!*

March 20

- 1. **Chapter:** Psalm 140
- 2. **Theme:** Prayer for rescue and justice
- 3. **Study Verse:** Psalm 140:12-13
- 4. **Statement:** How many times in his life was David in big trouble from enemies, and needing rescue from God? How many times in *your* life have you been in big trouble and begging for rescue? No matter how frightened you get, can you cling, as David did, to “I know” God will bring justice to the poor and afflicted?

5. **Response:** _____

6. **Prayer:** *Deliverer, Your eye is always on those who are the most needy—the widows and orphans, the refugees and aliens, the vulnerable and marginalized. When I am in their number, I will trust You. More than that, I will work for those who are in more need than I am.*

March 21

- 1. **Chapter:** Psalm 141
- 2. **Theme:** Evening prayer
- 3. **Study Verse:** Psalm 141:3
- 4. **Statement:** Here David actually asks for honest reproof from righteous friends. He asks for safety from God, and for righteousness for himself, especially in speech, and he recognizes that God may answer that prayer by sending human guidance. Are you able to accept constructive criticism from one you know loves you?

5. **Response:** _____

6. **Prayer:** *Righteous God, guard my lips! They betray me more than anything. Help me to accept reproof when it is needed and to thank You for it.*

March 22

- 1. **Chapter:** Psalm 142
- 2. **Theme:** Prayer in a cave
- 3. **Study Verse:** Psalm 142:7
- 4. **Statement:** No one knows which cave David was writing about, but it could have been the time he spared the life of King Saul (1 Sam. 24). If you read that story, you will see that the temptation to be free of Saul’s ruthless pursuit must have been great. Yet David chose to “declare his troubles” to God rather than “fixing” them himself. Do you do that?

5. **Response:** _____

6. **Prayer:** *O Lord, You are my refuge. No matter what troubles pursue me, help me always bring them to You rather than seeking my own solutions.*

March 23

1. **Chapter:** Psalm 143
2. **Theme:** Persistent leaning on God
3. **Study Verse:** Psalm 143:5-6
4. **Statement:** David had a difficult life, especially during his young manhood. Yet whenever he was near despair, he always poured out his heart to the Lord. He reminded himself in prayer of the ways God had led in the past. How has God led you in the past?
5. **Response:** _____

6. **Prayer:** *God of my ancestors, I stretch out my hands to You. I take refuge in You alone. I trust You.*

March 24

1. **Chapter:** Psalm 144
2. **Theme:** David prays for his people
3. **Study Verse:** Psalm 144:9
4. **Statement:** This time David begins with prayer for himself but then switches to praise, and finishes up with a prayer for a list of blessings for his people. Pray through vs. 12-15 for your people.
5. **Response:** _____

6. **Prayer:** *King of my heart, I plead for Your blessings on my family, my church, and my community. "Let there be no outcry in our streets!"*

March 25

1. **Chapter:** Psalm 145
2. **Theme:** Highest praise to God!
3. **Study Verse:** Psalm 145:18
4. **Statement:** Of all David's songs, this is one of those most easily imagined as a psalm. Its phrasing and cadences sound like a hymn. Choose your favorite passage and try putting it to music.
5. **Response:** _____

6. **Prayer:** *My God, O King, I will extol and bless You forever and ever! I will meditate on Your works and Your splendor.*

March 26

1. **Chapter:** Psalm 146
2. **Theme:** God as healer, helper, kind judge
3. **Study Verse:** Psalm 146:2
4. **Statement:** Another list of God's blessings—we won't live long enough, even in eternity, to be able to list them all! In this psalm is one of the Bible's teachings about the non-immortality of the soul—v. 3—and yet another expression of God's care for the vulnerable—v. 9. How can you help?
5. **Response:** _____

6. **Prayer:** *Blessed Redeemer, You are everywhere in all times, in all places. You are with the lowly, You are working with the mighty, and You are with me. Thank You!*

March 27

1. **Chapter:** Psalm 147
2. **Theme:** Praise for the peaceful city
3. **Study Verse:** Psalm 147:1
4. **Statement:** Jerusalem means “city of peace.” This psalm can be prayed over any earthly city (pray it over yours) but it has its best fulfillment in the New Jerusalem, where wickedness has been brought down and all is finally at peace. What do you feel when you think of that day?
5. **Response:** _____

6. **Prayer:** *King of Salem, Prince of Peace, make Your peace true now in my heart, make it as true as You can in my city, but most of all, bring Your final reign of peace. Soon!*

March 28

1. **Chapter:** Psalm 148
2. **Theme:** Creation praises
3. **Study Verse:** Psalm 148:5-6
4. **Statement:** This fascinating psalm has inanimate creation, from snowflakes to mountains, praising God as the omnipotent Creator and Lawgiver. Have you ever considered that God’s moral law is as unbreakable as His natural laws, like gravity? We can’t really break His law—we can only break ourselves and our relationship to Him.
5. **Response:** _____

6. **Prayer:** *Mighty Creator, when I tune my heart to You, I can hear and see praise wherever I turn. Your little birds, Your ocean waves, Your sunsets—all praise Your name.*

March 29

1. **Chapter:** Psalm 149
2. **Theme:** God’s congregation praises Him
3. **Study Verse:** Psalm 149:4
4. **Statement:** Now humanity joins in the chorus of praise. Their hearts so overflow with joy at God’s love and care that they bring out their musical instruments and break into dancing. Think of times when you have been that happy in God.
5. **Response:** _____

6. **Prayer:** *Father, I rejoice in You! I sing my best songs for You, do my best work for You, and join, as David did, in a dance of praise before You!*

March 30

1. **Chapter:** Psalm 150
2. **Theme:** Praise finale
3. **Study Verse:** Psalm 150:1-2 (or whole Psalm!)
4. **Statement:** Here are just ten of the infinite ways we may praise God. They are bracketed in vs. 1 and 6 with invitations to praise. While we have breath in our bodies, we can praise. No matter what.
5. **Response:** _____

6. **Prayer:** *Most High God, You are everything. Nothing was made without You, nothing continues without You, I would die without You. I praise You with my whole being!*

March 31

1. **Chapter:** Proverbs 1
2. **Theme:** Introduction
3. **Study Verse:** Proverbs 1:7
4. **Statement:** Proverbs is a collection, in no particular order, of hundreds of proverbs, many written by Solomon, collected by him and by King Hezekiah. The first chapter explains his reasoning, and warns of the enticements of sin. In what ways are you wise and foolish? As you read Proverbs, watch for verses that especially apply to you.
5. **Response:** _____

6. **Prayer:** *Father, help me to reverence You only, and to be teachable and continue to acquire wisdom all my life.*