

Week One

Psalm 46

1 God is our refuge and strength,

a very present help in trouble.

2 Therefore we will not fear though the earth gives way,

though the mountains be moved into the heart of the sea,

3 though its waters roar and foam,

though the mountains tremble at its swelling. *Selah*

4 There is a river whose streams make glad the city of God,

the holy habitation of the Most High.

5 God is in the midst of her; she shall not be moved;

God will help her when morning dawns.

6 The nations rage, the kingdoms totter;

he utters his voice, the earth melts.

7 The Lord of hosts is with us;

the God of Jacob is our fortress. *Selah*

8 Come, behold the works of the Lord,

how he has brought desolations on the earth.

9 He makes wars cease to the end of the earth;

he breaks the bow and shatters the spear;

he burns the chariots with fire.

10 "Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth!”

11 The Lord of hosts is with us;

the God of Jacob is our fortress. *Selah*

Psalm 121

1 I lift up my eyes to the hills.

From where does my help come?

2 My help comes from the Lord,

who made heaven and earth.

3 He will not let your foot be moved;

he who keeps you will not slumber.

4 Behold, he who keeps Israel

will neither slumber nor sleep.

5 The Lord is your keeper;

the Lord is your shade on your right hand.

6 The sun shall not strike you by day,

nor the moon by night.

7 The Lord will keep you from all evil;

he will keep your life.

8 The Lord will keep

your going out and your coming in

from this time forth and forevermore.

Week Two

Psalm 19

- 1** The heavens declare the glory of God,
and the sky above proclaims his handiwork.
- 2** Day to day pours out speech,
and night to night reveals knowledge.
- 3** There is no speech, nor are there words,
whose voice is not heard.
- 4** Their voice goes out through all the earth,
and their words to the end of the world.
In them he has set a tent for the sun,
- 5** which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.
- 6** Its rising is from the end of the heavens,
and its circuit to the end of them,
and there is nothing hidden from its heat.
- 7** The law of the Lord is perfect, reviving the soul;
the testimony of the Lord is sure, making wise the simple;
- 8** the precepts of the Lord are right, rejoicing the heart;
the commandment of the Lord is pure, enlightening the eyes;
- 9** the fear of the Lord is clean, enduring forever;
the rules of the Lord are true, and righteous altogether.

10 More to be desired are they than gold, even much fine gold;
sweeter also than honey and drippings of the honeycomb.

11 Moreover, by them is your servant warned;
in keeping them there is great reward.

12 Who can discern his errors?
Declare me innocent from hidden faults.

13 Keep back your servant also from presumptuous sins;
let them not have dominion over me!

Then I shall be blameless,
and innocent of great transgression.

14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
O Lord, my rock and my redeemer.

Psalm 103

1 Bless the Lord, O my soul,
and all that is within me,
bless his holy name!

2 Bless the Lord, O my soul,
and forget not all his benefits,

3 who forgives all your iniquity,
who heals all your diseases,

4 who redeems your life from the pit,
who crowns you with steadfast love and mercy,

5 who satisfies you with good

so that your youth is renewed like the eagle's.

6 The Lord works righteousness

and justice for all who are oppressed.

7 He made known his ways to Moses,

his acts to the people of Israel.

8 The Lord is merciful and gracious,

slow to anger and abounding in steadfast love.

9 He will not always chide,

nor will he keep his anger forever.

10 He does not deal with us according to our sins,

nor repay us according to our iniquities.

11 For as high as the heavens are above the earth,

so great is his steadfast love toward those who fear him;

12 as far as the east is from the west,

so far does he remove our transgressions from us.

13 As a father shows compassion to his children,

so the Lord shows compassion to those who fear him.

14 For he knows our frame;

he remembers that we are dust.

15 As for man, his days are like grass;

he flourishes like a flower of the field;

16 for the wind passes over it, and it is gone,

and its place knows it no more.

17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him,
and his righteousness to children's children,

18 to those who keep his covenant
and remember to do his commandments.

19 The Lord has established his throne in the heavens,
and his kingdom rules over all.

20 Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!

21 Bless the Lord, all his hosts,
his ministers, who do his will!

22 Bless the Lord, all his works,
in all places of his dominion.

Bless the Lord, O my soul!

Week Three

Psalm 42

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;
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.

Psalm 77

- 1** I cry aloud to God,
aloud to God, and he will hear me.
- 2** In the day of my trouble I seek the Lord;
in the night my hand is stretched out without wearying;
my soul refuses to be comforted.
- 3** When I remember God, I moan;
when I meditate, my spirit faints. *Selah*
- 4** You hold my eyelids open;
I am so troubled that I cannot speak.
- 5** I consider the days of old,
the years long ago.
- 6** I said, "Let me remember my song in the night;
let me meditate in my heart."
Then my spirit made a diligent search:
- 7** "Will the Lord spurn forever,
and never again be favorable?"
- 8** Has his steadfast love forever ceased?
Are his promises at an end for all time?
- 9** Has God forgotten to be gracious?
Has he in anger shut up his compassion?" *Selah*
- 10** Then I said, "I will appeal to this,
to the years of the right hand of the Most High."
- 11** I will remember the deeds of the Lord;

yes, I will remember your wonders of old.

12 I will ponder all your work,
and meditate on your mighty deeds.

13 Your way, O God, is holy.
What god is great like our God?

14 You are the God who works wonders;
you have made known your might among the peoples.

15 You with your arm redeemed your people,
the children of Jacob and Joseph. *Selah*

16 When the waters saw you, O God,
when the waters saw you, they were afraid;
indeed, the deep trembled.

17 The clouds poured out water;
the skies gave forth thunder;
your arrows flashed on every side.

18 The crash of your thunder was in the whirlwind;
your lightnings lighted up the world;
the earth trembled and shook.

19 Your way was through the sea,
your path through the great waters;
yet your footprints were unseen.

20 You led your people like a flock
by the hand of Moses and Aaron.

Week Four

Psalm 78

1 Give ear, O my people, to my teaching;

incline your ears to the words of my mouth!

2 I will open my mouth in a parable;

I will utter dark sayings from of old,

3 things that we have heard and known,

that our fathers have told us.

4 We will not hide them from their children,

but tell to the coming generation

the glorious deeds of the Lord, and his might,

and the wonders that he has done.

5 He established a testimony in Jacob

and appointed a law in Israel,

which he commanded our fathers

to teach to their children,

6 that the next generation might know them,

the children yet unborn,

and arise and tell them to their children,

7 so that they should set their hope in God

and not forget the works of God,

but keep his commandments;

8 and that they should not be like their fathers,

- a stubborn and rebellious generation,
a generation whose heart was not steadfast,
whose spirit was not faithful to God.
- 9** The Ephraimites, armed with the bow,
turned back on the day of battle.
- 10** They did not keep God's covenant,
but refused to walk according to his law.
- 11** They forgot his works
and the wonders that he had shown them.
- 12** In the sight of their fathers he performed wonders
in the land of Egypt, in the fields of Zoan.
- 13** He divided the sea and let them pass through it,
and made the waters stand like a heap.
- 14** In the daytime he led them with a cloud,
and all the night with a fiery light.
- 15** He split rocks in the wilderness
and gave them drink abundantly as from the deep.
- 16** He made streams come out of the rock
and caused waters to flow down like rivers.
- 17** Yet they sinned still more against him,
rebellious against the Most High in the desert.
- 18** They tested God in their heart
by demanding the food they craved.
- 19** They spoke against God, saying,

“Can God spread a table in the wilderness?

20 He struck the rock so that water gushed out
and streams overflowed.

Can he also give bread
or provide meat for his people?”

21 Therefore, when the Lord heard, he was full of wrath;
a fire was kindled against Jacob;
his anger rose against Israel,

22 because they did not believe in God
and did not trust his saving power.

23 Yet he commanded the skies above
and opened the doors of heaven,

24 and he rained down on them manna to eat
and gave them the grain of heaven.

25 Man ate of the bread of the angels;
he sent them food in abundance.

26 He caused the east wind to blow in the heavens,
and by his power he led out the south wind;

27 he rained meat on them like dust,
winged birds like the sand of the seas;

28 he let them fall in the midst of their camp,
all around their dwellings.

29 And they ate and were well filled,
for he gave them what they craved.

30 But before they had satisfied their craving,

while the food was still in their mouths,

31 the anger of God rose against them,

and he killed the strongest of them

and laid low the young men of Israel.

32 In spite of all this, they still sinned;

despite his wonders, they did not believe.

33 So he made their days vanish like a breath,

and their years in terror.

34 When he killed them, they sought him;

they repented and sought God earnestly.

35 They remembered that God was their rock,

the Most High God their redeemer.

36 But they flattered him with their mouths;

they lied to him with their tongues.

37 Their heart was not steadfast toward him;

they were not faithful to his covenant.

38 Yet he, being compassionate,

atoned for their iniquity

and did not destroy them;

he restrained his anger often

and did not stir up all his wrath.

39 He remembered that they were but flesh,

a wind that passes and comes not again.

- 40** How often they rebelled against him in the wilderness
and grieved him in the desert!
- 41** They tested God again and again
and provoked the Holy One of Israel.
- 42** They did not remember his power
or the day when he redeemed them from the foe,
- 43** when he performed his signs in Egypt
and his marvels in the fields of Zoan.
- 44** He turned their rivers to blood,
so that they could not drink of their streams.
- 45** He sent among them swarms of flies, which devoured them,
and frogs, which destroyed them.
- 46** He gave their crops to the destroying locust
and the fruit of their labor to the locust.
- 47** He destroyed their vines with hail
and their sycamores with frost.
- 48** He gave over their cattle to the hail
and their flocks to thunderbolts.
- 49** He let loose on them his burning anger,
wrath, indignation, and distress,
a company of destroying angels.
- 50** He made a path for his anger;
he did not spare them from death,
but gave their lives over to the plague.

- 51** He struck down every firstborn in Egypt,
the firstfruits of their strength in the tents of Ham.
- 52** Then he led out his people like sheep
and guided them in the wilderness like a flock.
- 53** He led them in safety, so that they were not afraid,
but the sea overwhelmed their enemies.
- 54** And he brought them to his holy land,
to the mountain which his right hand had won.
- 55** He drove out nations before them;
he apportioned them for a possession
and settled the tribes of Israel in their tents.
- 56** Yet they tested and rebelled against the Most High God
and did not keep his testimonies,
- 57** but turned away and acted treacherously like their fathers;
they twisted like a deceitful bow.
- 58** For they provoked him to anger with their high places;
they moved him to jealousy with their idols.
- 59** When God heard, he was full of wrath,
and he utterly rejected Israel.
- 60** He forsook his dwelling at Shiloh,
the tent where he dwelt among mankind,
- 61** and delivered his power to captivity,
his glory to the hand of the foe.
- 62** He gave his people over to the sword

and vented his wrath on his heritage.

63 Fire devoured their young men,
and their young women had no marriage song.

64 Their priests fell by the sword,
and their widows made no lamentation.

65 Then the Lord awoke as from sleep,
like a strong man shouting because of wine.

66 And he put his adversaries to rout;
he put them to everlasting shame.

67 He rejected the tent of Joseph;
he did not choose the tribe of Ephraim,

68 but he chose the tribe of Judah,
Mount Zion, which he loves.

69 He built his sanctuary like the high heavens,
like the earth, which he has founded forever.

70 He chose David his servant
and took him from the sheepfolds;

71 from following the nursing ewes he brought him
to shepherd Jacob his people,
Israel his inheritance.

72 With upright heart he shepherded them
and guided them with his skillful hand.

Psalm 105

1 Oh give thanks to the Lord; call upon his name;

make known his deeds among the peoples!

2 Sing to him, sing praises to him;

tell of all his wondrous works!

3 Glory in his holy name;

let the hearts of those who seek the Lord rejoice!

4 Seek the Lord and his strength;

seek his presence continually!

5 Remember the wondrous works that he has done,

his miracles, and the judgments he uttered,

6 O offspring of Abraham, his servant,

children of Jacob, his chosen ones!

7 He is the Lord our God;

his judgments are in all the earth.

8 He remembers his covenant forever,

the word that he commanded, for a thousand generations,

9 the covenant that he made with Abraham,

his sworn promise to Isaac,

10 which he confirmed to Jacob as a statute,

to Israel as an everlasting covenant,

11 saying, "To you I will give the land of Canaan

as your portion for an inheritance."

12 When they were few in number,

of little account, and sojourners in it,
13 wandering from nation to nation,
from one kingdom to another people,
14 he allowed no one to oppress them;
he rebuked kings on their account,
15 saying, "Touch not my anointed ones,
do my prophets no harm!"
16 When he summoned a famine on the land
and broke all supply of bread,
17 he had sent a man ahead of them,
Joseph, who was sold as a slave.
18 His feet were hurt with fetters;
his neck was put in a collar of iron;
19 until what he had said came to pass,
the word of the Lord tested him.
20 The king sent and released him;
the ruler of the peoples set him free;
21 he made him lord of his house
and ruler of all his possessions,
22 to bind his princes at his pleasure
and to teach his elders wisdom.
23 Then Israel came to Egypt;
Jacob sojourned in the land of Ham.
24 And the Lord made his people very fruitful

and made them stronger than their foes.

25 He turned their hearts to hate his people,
to deal craftily with his servants.

26 He sent Moses, his servant,
and Aaron, whom he had chosen.

27 They performed his signs among them
and miracles in the land of Ham.

28 He sent darkness, and made the land dark;
they did not rebel against his words.

29 He turned their waters into blood
and caused their fish to die.

30 Their land swarmed with frogs,
even in the chambers of their kings.

31 He spoke, and there came swarms of flies,
and gnats throughout their country.

32 He gave them hail for rain,
and fiery lightning bolts through their land.

33 He struck down their vines and fig trees,
and shattered the trees of their country.

34 He spoke, and the locusts came,
young locusts without number,

35 which devoured all the vegetation in their land
and ate up the fruit of their ground.

36 He struck down all the firstborn in their land,

the firstfruits of all their strength.

37 Then he brought out Israel with silver and gold,
and there was none among his tribes who stumbled.

38 Egypt was glad when they departed,
for dread of them had fallen upon it.

39 He spread a cloud for a covering,
and fire to give light by night.

40 They asked, and he brought quail,
and gave them bread from heaven in abundance.

41 He opened the rock, and water gushed out;
it flowed through the desert like a river.

42 For he remembered his holy promise,
and Abraham, his servant.

43 So he brought his people out with joy,
his chosen ones with singing.

44 And he gave them the lands of the nations,
and they took possession of the fruit of the peoples' toil,

45 that they might keep his statutes
and observe his laws.

Praise the Lord!