

# **22 days of encouragement in difficult times**



**Selected Psalms**

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**Additional notes**

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***God's word offers us hope in the darkest of days. Even when our world turns upside-down, God promises to be with us. He remains the same, as our ever-present Rock and our Shield.***

***Here are 22 selected Psalms from the Bible to encourage you. The Psalms give us words when life overwhelms us and we cannot find ways to say what we need to express.***

***Read one Psalm each day, and may you find hope and courage to continue one day at a time.***

# Hope

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*It has been said that hope is a very dangerous thing. It can often lead us to disappointment. But it can also lead to fulfillment and happiness. Hope is a strong weapon in our battles against fear or against foes. As humans, we need hope. We pray for your hope to grow stronger today and at its end, may it lead you toward joy as you discover the Lord's light and salvation.*

## **PSALM 27**

OF DAVID.

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**1** The Lord is my light and my salvation—  
whom shall I fear?

The Lord is the stronghold of my life—  
of whom shall I be afraid?

**2** When the wicked advance against me  
to devour[a] me,

it is my enemies and my foes  
who will stumble and fall.

**3** Though an army besiege me,  
my heart will not fear;

though war break out against me,  
even then I will be confident.

**4** One thing I ask from the Lord,  
this only do I seek:

that I may dwell in the house of the Lord  
all the days of my life,

to gaze on the beauty of the Lord  
and to seek him in his temple.

**5** For in the day of trouble

he will keep me safe in his dwelling;

he will hide me in the shelter of his sacred tent  
and set me high upon a rock.

**6** Then my head will be exalted

above the enemies who surround me;

at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.

**7** Hear my voice when I call, Lord;

be merciful to me and answer me.

**8** My heart says of you, "Seek his face!"

Your face, Lord, I will seek.

# *Weighty Words*

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*In this Psalm, we read words that are heavy with meaning, such as: rock, strong fortress, come quickly, rejoice, love, sorrow, weak, enemy and refuge. Those words are significant, but when we are talking about God, guess what? They are all true!! He is ready to save you, protect you and rescue you. Put your trust in Him today. Tell him: "You are my God."*

## **PSALM 31**

*FOR THE DIRECTOR OF MUSIC. A PSALM OF DAVID.*

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- 1** In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.
- 2** Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.
- 3** Since you are my rock and my fortress,  
for the sake of your name lead and guide me.
- 4** Keep me free from the trap that is set for me,  
for you are my refuge.
- 5** Into your hands I commit my spirit;  
deliver me, Lord, my faithful God.
- 6** I hate those who cling to worthless idols;  
as for me, I trust in the Lord.

- 7** I will be glad and rejoice in your love,  
for you saw my affliction  
and knew the anguish of my soul.
- 8** You have not given me into the hands of the enemy  
but have set my feet in a spacious place.
- 9** Be merciful to me, Lord, for I am in distress;  
my eyes grow weak with sorrow,  
my soul and body with grief.
- 10** My life is consumed by anguish  
and my years by groaning;  
my strength fails because of my affliction,[b]  
and my bones grow weak.
- 14** But I trust in you, Lord;  
I say, "You are my God."
- 15** My times are in your hands;  
deliver me from the hands of my enemies,  
from those who pursue me.
- 16** Let your face shine on your servant;  
save me in your unfailing love.

# Maintaining integrity during a time of crisis

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*In times of crisis, it is easy to focus on our own needs rather than the needs of those around us. All of our human selfishness and fear can surface. But times of crisis can also create heroes. A crisis is an opportunity to be kind, selfless, and to offer help without expecting anything in return. What will win in you today? Is there someone nearby who needs your help? Can you be their hero?*

## **PSALM 41**

*FOR THE DIRECTOR OF MUSIC. A PSALM OF DAVID.*

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- 1** Blessed are those who have regard for the weak;  
the Lord delivers them in times of trouble.
- 2** The Lord protects and preserves them—  
they are counted among the blessed in the land—  
he does not give them over to the desire of their foes.
- 3** The Lord sustains them on their sickbed  
and restores them from their bed of illness.
- 4** I said, “Have mercy on me, Lord;  
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** When one of them comes to see me,  
he speaks falsely, while his heart gathers slander;  
then he goes out and spreads it around.
- 7** All my enemies whisper together against me;  
they imagine the worst for me, saying,
- 8** “A vile disease has afflicted him;  
he will never get up from the place where he lies.”
- 9** Even my close friend,  
someone I trusted,  
one who shared my bread,  
has turned[b] against me.
- 10** But may you have mercy on me, Lord;  
raise me up, that I may repay them.
- 11** I know that you are pleased with me,  
for my enemy does not triumph over me.
- 12** Because of my integrity you uphold me  
and set me in your presence forever.
- 13** Praise be to the Lord, the God of Israel,  
from everlasting to everlasting.
- Amen and Amen.

# Refuge and Strength

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*Right now, the world is chaotic - you feel like you are caught in an unexpected hurricane. You long for refuge, a place of protection and security. This text describes God as our fortress, strong enough to protect us from the fiercest of our enemies. He will not move. In His presence we can find shelter when we feel scared and unsafe. Taking refuge in God, our fortress, means we can be still, rest, and know that He is God. And when the world crashes in around you, God will still be there, watching over you.*

## **PSALM 46**

*FOR THE DIRECTOR OF MUSIC. OF THE SONS OF KORAH. ACCORDING TO ALAMOTH. A SONG.*

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- 1** God is our refuge and strength,  
an ever-present help in trouble.
- 2** Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,
- 3** though its waters roar and foam  
and the mountains quake with their surging.
- 4** There is a river whose streams make glad the city of  
God,  
the holy place where the Most High dwells.

- 5** God is within her, she will not fall;  
God will help her at break of day.
- 6** Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.
- 7** The Lord Almighty is with us;  
the God of Jacob is our fortress.
- 8** Come and see what the Lord has done,  
the desolations he has brought on the earth.
- 9** He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.
- 10** He says, "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 Almighty is with us;  
the God of Jacob is our fortress.

# Stay Awake!

*Maybe it's hard for you to stay awake right now. You are tired; you've experienced trauma; you are thirsty and hungry. You just want to sleep. We read in this Psalm that our soul should stay awake. Another translation says: "Be strong and solid, my heart. Be strong, my soul."*

*Can you try that? Can you encourage yourself and your soul not to get bitter? Stay soft-hearted and find refuge in Him. God can protect not only your body but also your heart and soul.*

## **PSALM 57**

*FOR THE DIRECTOR OF MUSIC. TO THE TUNE OF "DO NOT DESTROY." OF DAVID. A MIKTAM. WHEN HE HAD FLED FROM SAUL INTO THE CAVE.*

.....

**1** Have mercy on me, my God, have mercy on me,  
for in you I take refuge.

I will take refuge in the shadow of your wings  
until the disaster has passed.

**2** I cry out to God Most High,  
to God, who vindicates me.

**3** He sends from heaven and saves me,  
rebuking those who hotly pursue me—[c]  
God sends forth his love and his faithfulness.

**4** I am in the midst of lions;  
I am forced to dwell among ravenous beasts—

men whose teeth are spears and arrows,  
whose tongues are sharp swords.

**5** Be exalted, O God, above the heavens;  
let your glory be over all the earth.

**6** They spread a net for my feet—  
I was bowed down in distress.

They dug a pit in my path—  
but they have fallen into it themselves.

**7** My heart, O God, is steadfast,  
my heart is steadfast;  
I will sing and make music.

**8** Awake, my soul!  
Awake, harp and lyre!  
I will awaken the dawn.

**9** I will praise you, Lord, among the nations;  
I will sing of you among the peoples.

**10** For great is your love, reaching to the heavens;  
your faithfulness reaches to the skies.

**11** Be exalted, O God, above the heavens;  
let your glory be over all the earth.

# *The call that never fails*

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*You try and try, but your call won't go through. Maybe your signal is weak, or the reception is terrible. Maybe your credit has run out. To have a mobile phone doesn't mean that you are able to make a call. In the same way, we all have a direct line to our Father in heaven, but are we using it? We always have the option to pray, but often it is our last choice, not our first response.*

*But try it today. When your heart grows faint, when „the rock“ in front of you seems to be too high, try God. Try His ears, His strong tower, His tent. Let Him be your first choice for help.*

## **PSALM 61**

*FOR THE DIRECTOR OF MUSIC.*

*WITH STRINGED INSTRUMENTS. OF DAVID.*

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- 1** Hear my cry, O God;  
listen to my prayer.
- 2** From the ends of the earth I call to you,  
I call as my heart grows faint;  
lead me to the rock that is higher than I.
- 3** For you have been my refuge,  
a strong tower against the foe.

- 4** I long to dwell in your tent forever  
and take refuge in the shelter of your wings.
- 5** For you, God, have heard my vows;  
you have given me the heritage of those who fear your  
name.
- 6** Increase the days of the king's life,  
his years for many generations.
- 7** May he be enthroned in God's presence forever;  
appoint your love and faithfulness to protect him.
- 8** Then I will ever sing in praise of your name  
and fulfill my vows day after day.

# Joy

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*Joy might be the last thing on your mind right now. There are many other emotions and feelings, but joy is not one of them. There are many situations in life that begin in pain, but end with joy. Once we understand where our help and joy come from, we can begin to rejoice. Lord, do not delay in changing all of our struggles into joy.*

## **PSALM 70**

*FOR THE DIRECTOR OF MUSIC. OF DAVID. A PETITION.*

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- 1** Hasten, O God, to save me;  
    come quickly, Lord, to help me.
- 2** May those who want to take my life  
    be put to shame and confusion;  
may all who desire my ruin  
    be turned back in disgrace.
- 3** May those who say to me, “Aha! Aha!”  
    turn back because of their shame.
- 4** But may all who seek you  
    rejoice and be glad in you;  
may those who long for your saving help always say,  
    “The Lord is great!”
- 5** But as for me, I am poor and needy;  
    come quickly to me, O God.  
You are my help and my deliverer;  
    Lord, do not delay.



# Wounds you cannot see

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*Do you have any visible scars or wounds? Everybody can see those, and they can ask you about them and express their sympathy.*

*But there are wounds that are unseen - bruises that are invisible. There is a crushed heart that no one can see, and no one may ask you about it, except for One. God knows. He sees your inner scars and the wounds on your heart. He knows about every single tear running down your face. The One who named all the stars in the heavens cares about every single pain you carry. Don't forget.*

## **PSALM 147**

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**1** Praise the Lord.

How good it is to sing praises to our God,  
how pleasant and fitting to praise him!

**2** The Lord builds up Jerusalem;  
he gathers the exiles of Israel.

**3** He heals the brokenhearted  
and binds up their wounds.

**4** He determines the number of the stars  
and calls them each by name.

**5** Great is our Lord and mighty in power;  
his understanding has no limit.

**6** The Lord sustains the humble  
but casts the wicked to the ground.

# Hope for the troubled heart

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*Have you ever felt like Asaph in the beginning of this Psalm? He was so sad, uncertain and discouraged. But then at the end he is worshipping his God. What happened in between? Verses 11 – 12 are the key. His strategy was to remember, meditate, and think about the deeds and wonders of God in history. This is a fight of faith! He was determined to remember the better times and have hope for the future. Remember that He is the God who does wonders again and again.*

## **PSALM 77**

*FOR THE DIRECTOR OF MUSIC. FOR JEDUTHUN.  
OF ASAPH. A PSALM.*

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- 1** I cried out to God for help;  
I cried out to God to hear me.
- 2** When I was in distress, I sought the Lord;  
at night I stretched out untiring hands,  
and I would not be comforted.
- 3** I remembered you, God, and I groaned;  
I meditated, and my spirit grew faint.[b]
- 4** You kept my eyes from closing;  
I was too troubled to speak.
- 5** I thought about the former days,  
the years of long ago;

- 6** I remembered my songs in the night.  
My heart meditated and my spirit asked:
- 7** “Will the Lord reject forever?  
Will he never show his favor again?
- 8** Has his unfailing love vanished forever?  
Has his promise failed for all time?
- 9** Has God forgotten to be merciful?  
Has he in anger withheld his compassion?”
- 10** Then I thought, “To this I will appeal:  
the years when the Most High stretched out his right hand.
- 11** I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.
- 12** I will consider all your works  
and meditate on all your mighty deeds.”
- 13** Your ways, God, are holy.  
What god is as great as our God?
- 14** You are the God who performs miracles;  
you display your power among the peoples.
- 15** With your mighty arm you redeemed your people,  
the descendants of Jacob and Joseph.
- 16** The waters saw you, God,  
the waters saw you and writhed;  
the very depths were convulsed.
- 17** The clouds poured down water,  
the heavens resounded with thunder;  
your arrows flashed back and forth.
- 18** Your thunder was heard in the whirlwind,  
your lightning lit up the world;  
the earth trembled and quaked.
- 19** Your path led through the sea,  
your way through the mighty waters,  
though your footprints were not seen.
- 20** You led your people like a flock  
by the hand of Moses and Aaron.

# Hidden Face

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*Did you ever play hide-and-seek? The concept is to be silent and don't let people know where you are. Do you sometimes feel like God might be playing hide-and-seek with you? Maybe you feel like that right now. Maybe you are asking yourself, "Is God hiding His face today?" Do you feel like He is quiet and far away? You are not the only one. People all throughout history have felt like that too. And yet, they were expectant and the Lord answered. I assure you that God doesn't play games. Be ready to hear.*

## **PSALM 102**

*A PRAYER OF AN AFFLICTED PERSON WHO HAS GROWN WEAK AND POURS OUT A LAMENT BEFORE THE LORD.*

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- 1** Hear my prayer, Lord;  
let my cry for help come to you.
- 2** Do not hide your face from me  
when I am in distress.  
Turn your ear to me;  
when I call, answer me quickly.
- 3** For my days vanish like smoke;  
my bones burn like glowing embers.
- 4** My heart is blighted and withered like grass;  
I forget to eat my food.

- 5** In my distress I groan aloud  
and am reduced to skin and bones.
- 6** I am like a desert owl,  
like an owl among the ruins.
- 7** I lie awake; I have become  
like a bird alone on a roof.
- 8** All day long my enemies taunt me;  
those who rail against me use my name as a curse.
- 9** For I eat ashes as my food  
and mingle my drink with tears
- 10** because of your great wrath,  
for you have taken me up and thrown me aside.
- 11** My days are like the evening shadow;  
I wither away like grass.
- 12** But you, Lord, sit enthroned forever;  
your renown endures through all generations.
- 13** You will arise and have compassion on Zion,  
for it is time to show favor to her;  
the appointed time has come.
- 14** For her stones are dear to your servants;  
her very dust moves them to pity.
- 15** The nations will fear the name of the Lord,  
all the kings of the earth will revere your glory.

# *The watchman that never sleeps*

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*Do you have a problem with falling asleep? Do you wake up with every noise, afraid of what the night may bring? Our God is always awake. He never falls asleep on his watch, and he never even gets distracted. When you pray, He always focuses on you and hears what you are saying. And because He never sleeps, that means that you are safe to do so.*

*Imagine a parent watching over their child who can't fall asleep without a mum or a dad by their bedside. It's the same with our Father. No matter the problem or fear, you can leave it to Him and know that He will take care of it.*

## **PSALM 121**

A SONG OF ASCENTS.

.....

- 1** I lift up my eyes to the mountains—  
    where does my help come from?
- 2** My help comes from the Lord,  
    the Maker of heaven and earth.
- 3** He will not let your foot slip—  
    he who watches over you will not slumber;
- 4** indeed, he who watches over Israel  
    will neither slumber nor sleep.

- 5** The Lord watches over you—  
the Lord is your shade at your right hand;
- 6** the sun will not harm you by day,  
nor the moon by night.
- 7** The Lord will keep you from all harm—  
he will watch over your life;
- 8** the Lord will watch over your coming and going  
both now and forevermore.

# *Waiting for the new day*

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*In these desperate days, it seems as if nighttime will never end. You find yourself waiting for dawn, the time when darkness fades. It is in the darkness that we often experience fear, but the light of day chases our fears away. You are expectant and full of anticipation, but morning no longer shines as brightly. Our fears still haunt us, even in the day. The psalmist's hope is in God's word. He trusts God's promise to rescue and redeem them. He is like a watchman waiting through the long stretches of the night for the morning to come. Wait for the Lord and put your hope in Him and His word! He won't fail.*

## **PSALM 130**

A SONG OF ASCENTS.

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- 1** Out of the depths I cry to you, Lord;
- 2** Lord, hear my voice.  
Let your ears be attentive  
to my cry for mercy.
- 3** If you, Lord, kept a record of sins,  
Lord, who could stand?
- 4** But with you there is forgiveness,  
so that we can, with reverence, serve you.
- 5** I wait for the Lord, my whole being waits,  
and in his word I put my hope.



- 6** I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.
- 7** Israel, put your hope in the Lord,  
for with the Lord is unfailing love  
and with him is full redemption.
- 8** He himself will redeem Israel  
from all their sins.

# You are never alone!

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*One of the biggest tricks of the enemy is to isolate us and make us feel alone. He wants us to think that the world is out of control. And sometimes we gaze up and wonder where God is. David reminds us: God is here. He is everywhere. It is impossible to escape from God. Whether we are up in the heavens, or down in the depths, He is there with us. And He is mighty to save. You can be sure that His care and love for us are like nothing else. Praise the God who formed you and rescued you. You are never alone!*

## **PSALM 139**

*FOR THE DIRECTOR OF MUSIC. OF DAVID. A PSALM.*

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- 1** You have searched me, Lord,  
and you know me.
- 2** You know when I sit and when I rise;  
you perceive my thoughts from afar.
- 3** You discern my going out and my lying down;  
you are familiar with all my ways.
- 4** Before a word is on my tongue  
you, Lord, know it completely.
- 5** You hem me in behind and before,  
and you lay your hand upon me.
- 6** Such knowledge is too wonderful for me,  
too lofty for me to attain.

- 7** Where can I go from your Spirit?  
Where can I flee from your presence?
- 8** If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- 9** If I rise on the wings of the dawn,  
if I settle on the far side of the sea,
- 10** even there your hand will guide me,  
your right hand will hold me fast.
- 11** If I say, “Surely the darkness will hide me  
and the light become night around me,”
- 12** even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.
- 13** For you created my inmost being;  
you knit me together in my mother’s womb.
- 14** I praise you because I am fearfully and wonderfully  
made;  
your works are wonderful,  
I know that full well.
- 15** My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.
- 16** Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.
- 17** How precious to me are your thoughts,[a] God!  
How vast is the sum of them!
- 18** Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.
- 23** Search me, God, and know my heart;  
test me and know my anxious thoughts.
- 24** See if there is any offensive way in me,  
and lead me in the way everlasting.

# *From the other side*

---

*One day we are praying for the oppressed and hungry in this world who seem so far away. The next day we wake up, and the world has changed. We are now the ones in need. We are not the ones helping, but the ones who need to be helped and to be prayed for.*

*Are you in a position to pray for someone else? Stop and pray for them. Do you need someone to pray for you? Let someone else lift you up. There is no shame in being weak and tired and in need. The Lord created us to depend on each other. He watches over refugees and foreigners. He sustains the fatherless and the widows. It is the human experience to give and to receive.*

## **PSALM 146**

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**1** Praise the Lord.

Praise the Lord, my soul.

**2** I will praise the Lord all my life;

I will sing praise to my God as long as I live.

**3** Do not put your trust in princes,

in human beings, who cannot save.

**4** When their spirit departs, they return to the ground;

on that very day their plans come to nothing.

**5** Blessed are those whose help is the God of Jacob,  
whose hope is in the Lord their God.

**6** He is the Maker of heaven and earth,  
the sea, and everything in them—  
he remains faithful forever.

**7** He upholds the cause of the oppressed  
and gives food to the hungry.

The Lord sets prisoners free,

**8** the Lord gives sight to the blind,  
the Lord lifts up those who are bowed down,  
the Lord loves the righteous.

**9** The Lord watches over the foreigner  
and sustains the fatherless and the widow,  
but he frustrates the ways of the wicked.

**10** The Lord reigns forever,  
your God, O Zion, for all generations.

Praise the Lord.

# *In the middle of the storm*

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*Singing hymns and praises in the middle of the storm sometimes sounds unthinkable. It can be so hard, especially when you don't feel like it.*

*In those moments, remind yourself how good God is. Remember all the times He has helped you. Remind yourself that you have been forgiven and you can live in freedom. He doesn't treat us as our sins deserve. Remind yourself how amazing it is to serve Him. And when you remind yourself of all the great things He has done, praise Him, regardless of how you feel.*

## **PSALM 103**

*OF DAVID.*

---

- 1** Praise the Lord, my soul;  
all my inmost being, praise his holy name.
- 2** Praise the Lord, my soul,  
and forget not all his benefits—
- 3** who forgives all your sins  
and heals all your diseases,
- 4** who redeems your life from the pit  
and crowns you with love and compassion,
- 5** who satisfies your desires with good things  
so that your youth is renewed like the eagle's.
- 6** The Lord works righteousness  
and justice for all the oppressed.

- 7** He made known his ways to Moses,  
his deeds to the people of Israel:
- 8** The Lord is compassionate and gracious,  
slow to anger, abounding in love.
- 9** He will not always accuse,  
nor will he harbor his anger forever;
- 10** he does not treat us as our sins deserve  
or repay us according to our iniquities.
- 11** For as high as the heavens are above the earth,  
so great is his love for those who fear him;
- 12** as far as the east is from the west,  
so far has he removed our transgressions from us.
- 13** As a father has compassion on his children,  
so the Lord has compassion on those who fear him;
- 14** for he knows how we are formed,  
he remembers that we are dust.
- 15** The life of mortals is like grass,  
they flourish like a flower of the field;
- 16** the wind blows over it and it is gone,  
and its place remembers it no more.
- 17** But from everlasting to everlasting  
the Lord's love is with those who fear him,  
and his righteousness with their children's children—
- 18** with those who keep his covenant  
and remember to obey his precepts.
- 19** The Lord has established his throne in heaven,  
and his kingdom rules over all.
- 20** Praise the Lord, you his angels,  
you mighty ones who do his bidding,  
who obey his word.
- 21** Praise the Lord, all his heavenly hosts,  
you his servants who do his will.
- 22** Praise the Lord, all his works  
everywhere in his dominion.
- Praise the Lord, my soul.

# Your warrior

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*Do you like movies in which a hero comes to the rescue? The hero is the one person who has the situation covered, no matter the threat or danger. You can count on them to save the day. David, who wrote this Psalm, knew His Lord was this kind of hero for him. This Warrior has unlimited resources and unlimited power. Because God is your shield, you can hold your head high; he is ready to fight for you.*

## **PSALM 3**

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

.....

- 1** Lord, how many are my foes!  
How many rise up against me!
- 2** Many are saying of me,  
“God will not deliver him.”[b]
- 3** But you, Lord, are a shield around me,  
my glory, the One who lifts my head high.
- 4** I call out to the Lord,  
and he answers me from his holy mountain.
- 5** I lie down and sleep;  
I wake again, because the Lord sustains me.
- 6** I will not fear though tens of thousands  
assail me on every side.



**7** Arise, Lord!

Deliver me, my God!

Strike all my enemies on the jaw;

break the teeth of the wicked.

**8** From the Lord comes deliverance.

May your blessing be on your people.

# *Our cries become a song*

---

*Maybe you can't stop crying right now. Perhaps the sadness, frustration, and anger are overwhelming, and you can't even put words to the way you are feeling. You keep replaying the last several days and weeks in your mind, and your heart feels shredded.*

*Guess what? Experiencing human emotions is healthy. It is normal to admit that you're not okay at times like this. The Lord hears your cries! And (this might sound crazy), but sometimes He turns our cries into a song. It might take a while, but only God is capable of doing something like that. Give it a chance. Give God a chance.*

## **PSALM 5**

*FOR THE DIRECTOR OF MUSIC. FOR PIPES.*

*A PSALM OF DAVID.*

.....

- 1** Listen to my words, Lord,  
    consider my lament.
- 2** Hear my cry for help,  
    my King and my God,  
    for to you I pray.
- 3** In the morning, Lord, you hear my voice;  
    in the morning I lay my requests before you  
    and wait expectantly.

- 4** For you are not a God who is pleased with wickedness;  
with you, evil people are not welcome.
- 5** The arrogant cannot stand  
in your presence.  
You hate all who do wrong;
- 6** you destroy those who tell lies.  
The bloodthirsty and deceitful  
you, Lord, detest.
- 7** But I, by your great love,  
can come into your house;  
in reverence I bow down  
toward your holy temple.
- 8** Lead me, Lord, in your righteousness  
because of my enemies—  
make your way straight before me.
- 9** Not a word from their mouth can be trusted;  
their heart is filled with malice.  
Their throat is an open grave;  
with their tongues they tell lies.
- 10** Declare them guilty, O God!  
Let their intrigues be their downfall.  
Banish them for their many sins,  
for they have rebelled against you.
- 11** But let all who take refuge in you be glad;  
let them ever sing for joy.  
Spread your protection over them,  
that those who love your name may rejoice in you.
- 12** Surely, Lord, you bless the righteous;  
you surround them with your favor as with a shield.

# *He sees your every tear*

---

*Our God can handle all of your questions. He already knows your doubts and all your anger. Not one of your tears goes unnoticed. If you are mourning and cannot find peace, it's ok. If you feel alone and forgotten, God understands. But instead of hiding those emotions, try talking to God about how you feel today. Cry out to Him and wait to see what God will do next.*

## **PSALM 10**

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**1** Why, Lord, do you stand far off?

Why do you hide yourself in times of trouble?

**2** In his arrogance the wicked man hunts down the weak,  
who are caught in the schemes he devises.

He swears, "No one will ever do me harm."

**10** His victims are crushed, they collapse;  
they fall under his strength.

**11** He says to himself, "God will never notice;  
he covers his face and never sees."

**12** Arise, Lord! Lift up your hand, O God.  
Do not forget the helpless.

**13** Why does the wicked man revile God?  
Why does he say to himself,  
"He won't call me to account"?

**14** But you, God, see the trouble of the afflicted;  
you consider their grief and take it in hand.

The victims commit themselves to you;  
you are the helper of the fatherless.

**15** Break the arm of the wicked man;  
call the evildoer to account for his wickedness  
that would not otherwise be found out.

**16** The Lord is King forever and ever;  
the nations will perish from his land.

**17** You, Lord, hear the desire of the afflicted;  
you encourage them, and you listen to their cry,

**18** defending the fatherless and the oppressed,  
so that mere earthly mortals  
will never again strike terror.

# Exchange!

---

*Maybe you don't have a lot of stuff with you now. You left behind most of your earthly belongings, but you still feel a burdensome weight. Your heart is heavy. What if you gathered all those weighty feelings and exchanged them for what God has to offer?*

*He offers you a solid rock of support in exchange for shaky ground. Instead of weakness, He provides strength. In place of your vulnerability, God can be your shield. Make this exchange. Talk to God, give Him all the heavy burdens you carry, and accept everything He has to offer. Allow him to carry this burden for you.*

## **PSALM 18**

*FOR THE DIRECTOR OF MUSIC. OF DAVID THE SERVANT OF THE LORD. HE SANG TO THE LORD THE WORDS OF THIS SONG WHEN THE LORD DELIVERED HIM FROM THE HAND OF ALL HIS ENEMIES AND FROM THE HAND OF SAUL. HE SAID:*

.....

- 1** I love you, Lord, my strength.
- 2** The Lord is my rock, my fortress and my deliverer;  
my God is my rock, in whom I take refuge,  
my shield[b] and the horn of my salvation, my stronghold.
- 3** I called to the Lord, who is worthy of praise,  
and I have been saved from my enemies.
- 4** The cords of death entangled me;  
the torrents of destruction overwhelmed me.
- 5** The cords of the grave coiled around me;  
the snares of death confronted me.

- 6** In my distress I called to the Lord;  
I cried to my God for help.  
From his temple he heard my voice;  
my cry came before him, into his ears.
- 16** He reached down from on high and took hold of me;  
he drew me out of deep waters.
- 17** He rescued me from my powerful enemy,  
from my foes, who were too strong for me.
- 18** They confronted me in the day of my disaster,  
but the Lord was my support.
- 19** He brought me out into a spacious place;  
he rescued me because he delighted in me.
- 20** The Lord has dealt with me according to my righteousness;  
according to the cleanness of my hands he has rewarded me.
- 21** For I have kept the ways of the Lord;  
I am not guilty of turning from my God.
- 22** All his laws are before me;  
I have not turned away from his decrees.
- 23** I have been blameless before him  
and have kept myself from sin.
- 24** The Lord has rewarded me according to my righteousness,  
according to the cleanness of my hands in his sight.
- 25** To the faithful you show yourself faithful,  
to the blameless you show yourself blameless,
- 26** to the pure you show yourself pure,  
but to the devious you show yourself shrewd.
- 27** You save the humble  
but bring low those whose eyes are haughty.
- 28** You, Lord, keep my lamp burning;  
my God turns my darkness into light.
- 29** With your help I can advance against a troop[e];  
with my God I can scale a wall.
- 30** As for God, his way is perfect:  
The Lord's word is flawless;  
he shields all who take refuge in him.
- 31** For who is God besides the Lord?  
And who is the Rock except our God?
- 32** It is God who arms me with strength  
and keeps my way secure. Your help has made me great.
- 46** The Lord lives! Praise be to my Rock!  
Exalted be God my Savior!

.....

# *The darkest valley*

---

*Most likely, you have heard this Psalm before. There are so many great pictures in it. Perhaps the most powerful image is the idea of the Lord being with you, everywhere and always! He is the Shepherd that never leaves the sheep behind. He is the God that is there – in the darkest valley, in the darkest hour. He leads and comforts and knows you by name. Let Him shepherd you today.*

## **PSALM 23**

*A PSALM OF DAVID.*

---

- 1** The Lord is my shepherd, I lack nothing.  
**2** He makes me lie down in green pastures,  
he leads me beside quiet waters,  
**3** he refreshes my soul.  
He guides me along the right paths  
for his name's sake.  
**4** Even though I walk  
through the darkest valley,[a]  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.



**5** You prepare a table before me  
in the presence of my enemies.

You anoint my head with oil;  
my cup overflows.

**6** Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

# *A broken heart*

---

*Most of us have experienced a broken heart. And we felt it in a very physical way. It can feel extremely intense as our bodies respond to grief, anger, and fear. We literally ache. And when life is hard, God wants us to know that He is present.*

*He comes close to us when we are brokenhearted. He came to earth to feel our pain and loss so that we don't have to experience it for eternity. Even when we cannot express it, He knows our needs and helps us through. He is our comfort in those painful moments.*

## **PSALM 34**

*OF DAVID. WHEN HE PRETENDED TO BE INSANE BEFORE ABIMELEK, WHO DROVE HIM AWAY, AND HE LEFT.*

.....

**1** I will extol the Lord at all times;  
his praise will always be on my lips.

**2** I will glory in the Lord;  
let the afflicted hear and rejoice.

**3** Glorify the Lord with me;  
let us exalt his name together.

**4** I sought the Lord, and he answered me;  
he delivered me from all my fears.

**5** Those who look to him are radiant;  
their faces are never covered with shame.

**6** This poor man called, and the Lord heard him;  
he saved him out of all his troubles.

**7** The angel of the Lord encamps around those who fear him,  
and he delivers them.

**8** Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.

**9** Fear the Lord, you his holy people,  
for those who fear him lack nothing.

**10** The lions may grow weak and hungry,  
but those who seek the Lord lack no good thing.

**11** Come, my children, listen to me;  
I will teach you the fear of the Lord.

**12** Whoever of you loves life  
and desires to see many good days,

**13** keep your tongue from evil  
and your lips from telling lies.

**14** Turn from evil and do good;  
seek peace and pursue it.

**15** The eyes of the Lord are on the righteous,  
and his ears are attentive to their cry;

**16** but the face of the Lord is against those who do evil,  
to blot out their name from the earth.

**17** The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles.

**18** The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.

**19** The righteous person may have many troubles,  
but the Lord delivers him from them all;

**20** he protects all his bones,  
not one of them will be broken.

**21** Evil will slay the wicked;  
the foes of the righteous will be condemned.

**22** The Lord will rescue his servants;  
no one who takes refuge in him will be condemned.

# The just ruler

---

*Right now, you see injustice all around you. Your heart longs for things to be made right, and you need compassion. Maybe you can only dream of a world where righteousness reigns and where the powerful are kind. Imagine a world where the vulnerable are protected. This psalm celebrates God's character as a ruler.*

*Unlike human leaders, the foundation of God's throne is justice and righteousness. He is the ruler who wants to bring relief to those He guards and heal all their wounds. His heart is for those who are oppressed and mistreated. He will set all things right in the end.*

## **PSALM 97**

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- 1** The Lord reigns, let the earth be glad;  
let the distant shores rejoice.
- 2** Clouds and thick darkness surround him;  
righteousness and justice are the foundation of his throne.
- 3** Fire goes before him  
and consumes his foes on every side.
- 4** His lightning lights up the world;  
the earth sees and trembles.
- 5** The mountains melt like wax before the Lord,  
before the Lord of all the earth.

**6** The heavens proclaim his righteousness,  
and all peoples see his glory.

**7** All who worship images are put to shame,  
those who boast in idols—  
worship him, all you gods!

**8** Zion hears and rejoices  
and the villages of Judah are glad  
because of your judgments, Lord.

**9** For you, Lord, are the Most High over all the earth;  
you are exalted far above all gods.

**10** Let those who love the Lord hate evil,  
for he guards the lives of his faithful ones  
and delivers them from the hand of the wicked.

**11** Light shines on the righteous  
and joy on the upright in heart.

**12** Rejoice in the Lord, you who are righteous,  
and praise his holy name.

# *How can I come to know Jesus?*

---

**1.** Realize that all of us have sinned and done bad things that separate us from God. No one is without guilt. In Romans 3:23 it is written: *“For everyone has sinned; we all fall short of God’s glorious standard.”*

**2.** The punishment we deserve for our sins is death. Not just physical death, but eternal death as well. Romans 6:32 *“For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.”*

**3.** Jesus Christ died for us, taking our place. He paid for our sins! His resurrection proves that God accepted Jesus’ death as the payment for our sins. Romans 5:8 *“But God showed his great love for us by sending Christ to die for us while we were still sinners.”*

**4.** Thanks to Jesus’ sacrifice, it is enough to put our faith in Jesus, to believe that his death was the payment for our sins – and we will be saved! Romans 10:9 *“If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”* Salvation, the redemption of sins, is offered to everyone who places their faith in Jesus Christ as their Lord and Savior.

**5.** Through Jesus Christ we can have a personal relationship with God. Romans 8:1 teaches us: *“So now there is no condemnation for those who belong to Christ Jesus.”* Because of Jesus’ death we do not have to bear the punishment for our sins.

**6.** So that your faith can continue to grow, it is important to find a fellowship (church) of believers. Jesus appointed the church as the place where he acts, the place where he dwells, the place through which he wants to affect this world and show the way to heaven.

Do you want to take the path to salvation? If yes, you can say this short prayer. Remember, the words by themselves cannot save you. But if these words honestly express your faith in Jesus Christ, true salvation be found.

***“God, I know that I have sinned against you, and I am sorry. Jesus Christ took the punishment that I deserved, so that through faith I might gain forgiveness. I put my trust in you, and thank you for your grace, forgiveness, and eternal life. Amen.”***

# *What is the Bible and Christianity about?*

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***God loves you and cares about you!***

Romans 5:8 *“But God showed his great love for us by sending Christ to die for us while we were still sinners.”*



***But people have sinned (living without God and not recognizing His rules) and therefore we are separated from God.***

***This also applies to you.***

Romans 3:23 *“For everyone has sinned; we all fall short of God’s glorious standard.”*





***Jesus Christ, God's son, died on the cross as a sacrifice to remove the problem of sin.***

*Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."*



***What will you do about it? You need to ask Jesus Christ to forgive your sins and help you start living according to his will.***

*Romans 10:9-10 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.*

**If you want to make this essential  
decision, then you can simply  
tell God:**

**Jesus Christ, I believe that you are  
God's son, and that you died for my  
sins on the cross. Please forgive  
everything bad that I have done,  
what I have thought about, and how  
I have lived without you. Become the  
Lord of my life, and change it to how  
you want it to be. Thank you.**

**Amen.**

*Please, feel free to contact us at  
[info@epokha.org.ua](mailto:info@epokha.org.ua) if you have any  
physical or spiritual need.*

*If you need any physical or spiritual help,  
contact us:*

