

**Day 1****Psalm 1**  
**Psalm 16**

Are you blessed? How do you know? When facing this question, it's easy to respond by evaluating your circumstances to determine if you are blessed (a.k.a, "counting your blessings"). For example, you can consider the fact that you may have shelter, food, clothes, work, health, family, etc, and then arrive at the conclusion of "Yes, I am blessed." However, this form of evaluating our status as "blessed" is far from what Scripture shows. In your reading of Psalm 1 today, we see that the one who is blessed is the one who has delight in the Lord. In other words, that person is experiencing and giving true value to the peace, presence, and power associated with being in a loving relationship with Jesus. As you read in Psalm 16, we have nothing good apart from God. So, rather than looking around to determine if and how you are blessed, the Lord invites us to look inside; to introspect and ask ourselves how we are growing in our relationship with God, for it is by that relationship alone that we find ourselves truly blessed.

**Day 2****Psalm 2**  
**Psalm 3**  
**Psalm 4**

The Psalms are one of the five books of wisdom in the Bible. Full of poetry, songs, and prayers, the Psalms contain the range of human emotions while also foreshadowing and prophesying the future Messiah in Jesus. We see this clearly in Scripture like Psalm 2:6-7 through the challenges facing King David (2:2) and God's decree over Jesus in His baptism (2:7). Notice how powerful it is that the Holy Spirit would speak through the Psalmists and provide insight into the coming Messiah, especially even as they experienced the extreme emotions and thoughts that accompanied their challenging circumstances. Likewise, it is important for us as believers to recognize that, like the Psalmists, the Holy Spirit can work in us in amazing ways even in the midst of difficult circumstances. How often do we quickly find ways to question God, minimize His involvement, and disconnect from Him in an effort to solve our own situations when we should choose to express hope in God and humility before Him? In what ways can you release your heart and mind to the Lord in your challenging circumstances, growing less concerned with your circumstances changing and more concerned with your heart in the moment?

**Day 3**

**Psalm 5**  
**Psalm 6**  
**Psalm 7**

Have you ever experienced despair? Despair is an inevitable part of the human experience, but is viewed so negatively. When we think of someone in despair, or we remember our personal times of despair, we tend to think that there is something inadequate, weak, or pitiful about someone in despair. Our culture tends to look at these through an insensitive lens, claiming "They need to get it together!" However, our Scripture today reveals something very special about despair for the believer. Despair for Christians does not have to be defined by self-pity or loathing. Instead, it is an opportunity to be fully humbled before God as we recognizing our powerlessness and cry to God for more of Him. Take a moment to pray for yourself and those who are dealing with despair. Pray that we choose instead to see that we have true hope in Christ and that it does not depend on our circumstances or feelings. Our hope has one place to rest, in the firm foundation in His unchanging character and goodness, and it is strengthened by drawing close to God in this confidence.

**Day 4**

**Proverbs 1**  
**Proverbs 2**  
**Proverbs 3**

The Proverbs are dense. Even in today's reading there are so many truths that stand out as being fruitful for a believer. As you read, it is imperative to keep in mind that the words written in the book of Proverbs are truly meaningful only for those who have a relationship with the Holy Spirit. How is this so? What is discussed (i.e. having true integrity, honesty, and joy) are not elements of our lives that we can simply self-generate. Instead, living life according to the Proverbs is in understanding that the Holy Spirit does the work in you, enabling you to truly live wisely. If we could self-create the life described in the Proverbs, then we would have no need for Jesus.

**Day 5**

**Psalm 8**  
**Psalm 9**  
**Psalm 10**

Worshipping. Pleading. Realization. These 3 words can summarize the chapters you read through today. King David began with a magnificent worship to the Lord. He then transitioned into pleading with God to impact his circumstances. Finally, he ends with recognizing that God's justice will somehow prevail. King David's statement in 10:5 is a fascinating element of these passages and it is often unsettling in some ways to believers. It is easy to come to faith in Christ and to think that now having been grafted into the family of God as His child, He will surely make us succeed on earth. Instead, we see here that somehow it is the "wicked" that succeed in everything they do. How is this possible? Doesn't Psalm Chapter 1 say that the blessed will prosper? Remember that we are serving either one of two masters in our world. One master is God, and the other master our world system. Because these two masters are opposed to one another and we cannot serve both, we cannot assume that prosperity will materially look the same. For those who serve the world, they will in fact find success in the world. But that success will be pointless, and they will repeatedly discover the dead end of its emptiness. Conversely, those who serve God will find eternal value in their lives with a prosperity in their hearts and minds regardless of their status in the world.

**Day 6**

**Psalm 11**  
**Psalm 12**  
**Psalm 13**

Today's chapters highlights a fascinating reality for us as we understand how the Psalmist writes. As the Psalmist identifies his pain, fear, and anguish, take notice of his word choice. You never see the Psalmist blame his feelings and circumstances on God! Instead, he fully acknowledges that his enemies are troubling him and he cries out to God to hear him and to act. We can learn that we must take care to acknowledge God's power to change our circumstances without blaming God for the challenges in situations. This easy to verbalize, but is difficult to practice, for it requires us to maintain what seem to be incompatible thoughts: 1) God is all-powerful over the circumstances of our lives and 2) God is not to blame for the evil and wickedness we experience. It is terribly difficult for our human logic to comprehend these realities together, but as believers, we are called to view this in God's perspective. Choosing to elevate our perspective above our frustrating logic allows us to view things from higher ground, and God can impart His wisdom when our minds are not entangled in our harried thought patterns. We can acknowledge our challenges, worship God, and depend on Him to make decisions and changes that will allow us to further spread His glory across the earth.



## Day 7

Psalm 14

Psalm 15

Psalm 16

David describes the characteristics of those who may be the presence of God as blamelessness, sincere-hearted, and free of evil. What human has these characteristics aside from Christ? No one does! This is a beautiful picture of the truth of our salvation, that Jesus' powerful sacrifice allows us to be the presence of God. Furthermore, the 16th Psalm reminds us of the constant reality that God is **always** with us. Pray that the Lord opens your eyes to increase your remembrance of His continuous presence with you, not to simply desire His constant presence with you so you can "stop" sinning; pray that you can look to His presence so that you can always worship. You'll find that when we fix our eyes and meditate on Him and His Word with worship, it transforms us more than our efforts to stop sinning.