

worship, repent,
fast, and pray

a study of

PSALMS

connecting
the heart
of the reader
to the heart
of God

Psalms 1

¹ Blessed is the one

who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers

² but whose delight is in the law of the Lord
and who meditates on his law day and night

³ That person is like a tree planted by the water
which yields its fruit in season
and whose leaf does not wither

Psalms of
TRUST

Psalms 23 NIV

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,
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.

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“It is almost impossible for sheep to be made to lie down unless four requirements are met. Owing to their timidity they refuse to lie down unless they are free from all fear. Because of the social behavior within a flock, sheep will not lie down unless they are free from friction with others of their kind. If tormented by flies or parasites, sheep will not lie down. Only when free of these pests can they relax. Lastly, sheep will not lie down as long as they feel in need of finding food. They must be free from hunger.”

Phillip Keller

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