

Ps. Praise Days 11-20

Day 11

Psalm 71

⁵For You have been my hope, O Sovereign Lord, my confidence since my youth.

⁶From birth I have relied on You; You brought me forth from my mother's womb. I will ever praise You.

¹⁴But as for me, I will always have hope; I will praise You more and more.

¹⁵My mouth will tell of Your righteousness, of Your salvation all day long, though I know not its measure.

¹⁶I will come and proclaim Your mighty acts, O Sovereign Lord; I will proclaim Your righteousness, Yours alone.

¹⁷Since my youth, O God, You have taught me, and to this day I declare Your marvelous deeds.

¹⁹Your righteousness reaches to the skies, O God, You Who has done great things. Who, O God, is like you?

²²I will praise You with the harp for Your faithfulness, O my God; I will sing praise to You with the lyre, O Holy One of Israel.

²³My lips will shout for joy when I sing praise to You— I, whom You have redeemed.

²⁴My tongue will tell of Your righteous acts all day long

Psalm 72

¹⁸Praise be to the Lord God, the God of Israel, Who alone does marvelous deeds.

¹⁹Praise be to His glorious name forever; may the whole earth be filled with His glory. Amen and Amen.

Psalm 75

⁹As for me, I will declare this forever; I will sing praise to the God of Jacob.

Notes:

Ps 71: 14, Each day can be an opportunity to find ways to “praise Him more and more”. As I was driving down a beautiful country road the other day I realized I could not only praise Him for his amazing creation, but creation itself praises Him by virtue of the fact it is His handiwork. The Psalms often refer to this. What are other, new ways we can praise Him? Part of the journey is making that a joyful daily challenge!

Vs. 15, “all day long” a good way to do this is the hourly routine or “God School”. Speak to Him just as you would any accompanying friend—all day long, in every situation.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 12

Psalm 76

⁴You are resplendent with light, more majestic than the everlasting mountains.

Notes: Again and again the psalmist utilizes the “biggest, best, and most beautiful” of all he knows to at least begin to describe God and His greatness. In the end all human language fails and we only begin to glimpse His greatness through our personal relationship with Him and the witness of how He changes us and our daily lives—lifting us up from the earthly to the heavenly, from the temporal to the eternal.

Psalm 77

¹³Your ways, O God, are holy. What god is so great as our God?

¹⁴You are the God of great wonders, who performs miracles; you display your power among the peoples.

¹⁵With your mighty arm you redeemed your people, the descendants of Jacob and Joseph. Selah

Notes: references to other gods are recognition of the reality of the presence of “other gods” surrounding the Israelites. But it applies today as well. We too are surrounded by other gods. As Richard Foster summarizes: money, sex, power. But in the end it is self—our insatiable desire to please ourselves.

Psalm 81

¹Sing for joy to God our strength; shout aloud to the God of Jacob!
²Begin the music, strike the tambourine, play the melodious harp and lyre.
³Sound the ram's horn at the New Moon, and when the moon is full, on the day of our Feast;
⁴this is a decree for Israel, an ordinance of the God of Jacob.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 13

Psalm 83

Your name is the Lord...You alone are the Most High over all the earth.

Psalm 84

¹How lovely is Your dwelling place, O Lord Almighty!
²My soul yearns, even faints, for the courts (presence) of the Lord ; my heart and my flesh cry out for the living God.
³Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young- a place near Your altar, O Lord Almighty, my King and my God.
⁴Blessed are those who dwell in Your house; they are ever praising You. Selah
⁵Blessed are those whose strength is in You, who have set their hearts on pilgrimage.
⁶As they pass through the Valley of Baca, they make it a place of springs;

the autumn rains also cover it with pools.
⁷They go from strength to strength, till each appears before God in Zion.

⁸Hear my prayer, O Lord God Almighty; listen to me, O God of Jacob. Selah

⁹Look upon our shield, O God; look with favor on Your anointed one.

¹⁰Better is one day in Your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

¹¹For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does He withhold from those whose walk is blameless.

¹²O Lord Almighty, blessed is the man who trusts in You.

Notes:

Vs 1: His “dwelling place” is a state of being can also be a place. The state of being is one-ness with Him. Dwelling there means never leaving or being deceived by the evil one into thinking our sin has removed us from that “place”. We are ever one with Him when we live in His grace—our dwelling place. It’s a “place” when we dedicate a physical space to Him, e.g. asking Him to make our car or truck His dwelling place on a trip, or a temple, church, or poushtinia set aside as a worship place, etc.

Vs 5: “pilgrimage” is being in the world but not of the world. We are called to journey with Him and abandon worldly desires to any extent they interfere with our pilgrimage.

Vs. 10: the “courts of the Lord” and “His house” is best understood as being in His presence—our innermost personal experience of and relationship with the Lord. It is indeed where we should want to be at every moment—in the shadow of His wings! But, again, see note on vs. 1.

The thousand days elsewhere can be any number of things: depression, “falling off the wagon, etc”—the point being that the “one days” with Him when we are struggling (and not “dwelling”) are enough to make it worth the struggle as we can be sure He will rescue us.

Vs 10b: It is also better to be in a dry spell emotionally/spiritually and know your life is totally in Him than have temporal/passing pleasures/moods.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 14

Psalm 86

⁸Among the gods there is none like You, O Lord; no deeds can compare with Yours.

⁹All the nations You have made will come and worship before You, O Lord; they will bring glory to Your name.

¹⁰For You are great and do marvelous deeds; You alone are God.

¹¹Teach me Your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may revere Your name.

¹²I will praise You, O Lord my God, with all my heart; I will glorify Your name forever.

¹³For great is Your love toward me; You have delivered me from the depths of the grave.

¹⁵But You, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Psalm 89

¹I will sing of the Lord 's great love forever; with my mouth I will make Your faithfulness known through all generations.

²I will declare that Your love stands firm forever, that You established Your faithfulness in heaven itself.

⁵The heavens praise Your wonders, O Lord , Your faithfulness too, in the assembly of the holy ones.

⁶For who in the skies above can compare with the Lord ? Who is like the Lord among the heavenly beings?

⁷In the council of the holy ones God is greatly feared; He is more awesome

than all who surround Him.

⁸O Lord God Almighty, who is like You? You are mighty, O Lord , and Your faithfulness surrounds You.

⁹You rule over the surging sea; when its waves mount up, You still them.

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¹¹The heavens are Yours, and Yours also the earth; You founded the world and all that is in it.

¹²You created the north and the south; Tabor and Hermon sing for joy at Your name.

¹³Your arm is endued with power; Your hand is strong, Your right hand exalted.

¹⁴Righteousness and justice are the foundation of Your throne; love and faithfulness go before You.

¹⁵Blessed are those who have learned to acclaim You, who walk in the light of Your presence, O Lord .

¹⁶They rejoice in Your name all day long; they exult in Your righteousness.

¹⁷For You are their glory and strength, and by Your favor You exalt our horn.

¹⁸Indeed, our shield belongs to the Lord , our king to the Holy One of Israel.

⁵²Praise be to the Lord forever! Amen and Amen.

Notes on Ps 86

v.13 & 15: *These two verses could be considered a very short but very accurate bio of strugglers like me (and many others) – from our grave to His grace. Praise be to Him!*

Notes: Ps 89:

v.9: *He also is the only One who can still the “surging seas and mounting waves” in my life...*

v.16, *A way to “rejoice in His name all the day long” is with hourly QT, or The God School...*

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 15

Psalm 90

¹Lord, You have been our dwelling place throughout all generations.

²Before the mountains were born You brought forth the earth and the world, from everlasting to everlasting you are God.

⁴For a thousand years in Your sight are like a day that has just gone by, or like a watch in the night.

Notes: Of the many attempts to capture the greatness and sublime essence of who God is, this description, in human terms, is one of the better ones..."before the mountains were born..."

Psalm 92

¹It is good to praise the Lord and make music to Your name, O Most High,
²to proclaim Your love in the morning and Your faithfulness at night,
³to the music of the ten-stringed lyre and the melody of the harp.
⁴For You make me glad by Your deeds, O Lord; I sing for joy at the works of Your hands.
⁵How great are Your works, O Lord , how profound Your thoughts!

The most profound of the "deeds/works of His hands" are His works in the human heart. All His mighty works of history and creation pale in comparison to the greatness of His willingness to forgive, unceasing love, and willingness to shape and direct our lives to the extent we surrender our life to Him. Those "works" in us brings a "gladness" that can be available to us every moment of our day.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 16

Psalm 93

¹The Lord reigns, He is robed in majesty; the Lord is robed in majesty and is armed with strength. The world is firmly established; it cannot be moved.

²Your throne was established long ago; You are from all eternity.

³The seas have lifted up, O Lord , the seas have lifted up their voice; the seas have lifted up their pounding waves.

⁴Mightier than the thunder of the great waters, mightier than the breakers of the sea- the Lord on high is mighty.

⁵Your statutes stand firm; holiness adorns Your house for endless days, O Lord .

Psalm 95

¹Come, let us sing for joy to the Lord ; let us shout aloud to the Rock of our salvation.

²Let us come before Him with thanksgiving and extol Him with music and song.

³For the Lord is the great God, the great King above all gods.

⁴In His hand are the depths of the earth, and the mountain peaks belong to Him.

⁵The sea is His, for He made it, and His hands formed the dry land.

⁶Come, let us bow down in worship, let us kneel before the Lord our Maker;

⁷for He is our God and we are the people of His pasture, the flock under His care.

This psalm was an introit we sang in Lutheran Day School every week. I can still hear and enjoy the minor key beauty of those introits. This is something the liturgical churches got right—chanting the psalms. But whether its contemporary praise versions of "singing the Psalms" or the liturgical introits, memorizing by song is one of the easiest ways to implant the Psalms into our minds, plus that in fact, what the Psalms were to the Israelites—a hymn book. It's a shame we can't recapture the original melodies.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the*

beginning, is now, and shall be for ever and ever. Amen.

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 17

Psalm 96

¹Sing to the Lord a new song; sing to the Lord, all the earth.

²Sing to the Lord, praise His name; proclaim His salvation day after day.

³Declare His glory among the nations, His marvelous deeds among all peoples.

⁴For great is the Lord and most worthy of praise; He is to be revered above all gods.

⁵For all the gods of the nations are idols, but the Lord made the heavens.

⁶Splendor and majesty are before Him; strength and glory are in His sanctuary.

⁷Ascribe to the Lord, O families of nations, ascribe to the Lord glory and strength.

⁸Ascribe to the Lord the glory due His name; bring an offering and come into His courts.

⁹Worship the Lord in the splendor of His holiness; tremble before Him, all the earth.

¹⁰Say among the nations, "The Lord reigns." The world is firmly established, it cannot be moved; He will judge the peoples with equity.

¹¹Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it;

¹²let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy;

¹³they will sing before the Lord, for He comes, He comes to judge the earth. He will judge the world in righteousness and the peoples in His truth.

One of the ways we can say to the nations "The Lord reigns" is by our example of what God has done for us and in our lives. Whether we lived exemplary lives for the Lord or been miserable failures at living for Him but then "turned around" (St. Paul), it is what we have allowed God to do to us and do through us ("allowed" in that He

respects our free will) that can be the greatest testimony of His "Reign" over us and all His creation.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 18

Psalm 97

¹The Lord reigns, let the earth be glad; let the distant shores rejoice.

²Clouds and thick darkness surround Him; righteousness and justice are the foundation of His throne.

³Fire goes before Him and consumes His foes on every side.

⁴His lightning lights up the world; the earth sees and trembles.

⁵The mountains melt like wax before the Lord, before the Lord of all the earth.

⁶The heavens proclaim His righteousness, and all the peoples see His glory.

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

¹⁰Let 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.

¹¹Light is shed upon the righteous and joy on the upright in heart.

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

Notes: vs. 1: Because He reigns WE can be glad. Key is giving Him all that concerns us, confessing our share of the responsibility for our problems, then letting Him reign over them and us—at that point they become "His problems" not ours.

"being righteous" means simply being "confessed" and living with Him, in that

confession. The behavior changes come as Him enables.....

Psalm 98

¹Sing to the Lord a new song, for He has done marvelous things; His right hand and His holy arm have worked salvation for you.

²The Lord has made His salvation known and revealed His righteousness to the nations.

³He has remembered His love and His faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God.

⁴Shout for joy to the Lord, all the earth, burst into jubilant song with music;

⁵make music to the Lord with the harp, with the harp and the sound of singing, ⁶with trumpets and the blast of the ram's horn— shout for joy before the Lord, the King.

⁷Let the sea resound, and everything in it, the world, and all who live in it.

⁸Let the rivers clap their hands,

⁹let them sing before the Lord.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 19

Psalm 99

¹The Lord reigns, let the nations tremble; He sits enthroned between the cherubim, let the earth shake.

²Great is the Lord in Zion; He is exalted over all the nations.

³Let them praise His great and awesome name— He is holy.

⁵Exalt the Lord our God and worship at His footstool; He is holy.

⁹Exalt the Lord our God and worship at His holy mountain, for the Lord our God

is holy.

Psalm 100

¹Shout for joy to the Lord, all the earth.

²Worship the Lord with gladness; come before Him with joyful songs.

³Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

⁴Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

⁵For the Lord is good and His love endures forever; His faithfulness continues through all generations.

Entering His courts with praise doesn't just describe an entry but rather, also, a means to entry—praise is the key that unlocks the door to his gates and courts...

Closing:

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!

Day 20

Psalm 101

¹I will sing of Your love and justice; to You, O Lord, I will sing praise.

Psalm 103

¹Praise the Lord, O my soul; all my inmost being, praise His holy name.

²Praise the Lord, O my soul, and forget not all His blessings,

³who forgives all your sins and heals all your diseases,

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

⁵who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁸The Lord is compassionate and gracious, slow to anger, abounding in steadfast love.

¹¹For as high as the heavens are above the earth, so great is His love for those who revere Him;

¹²as far as the east is from the west, so far has He removed our transgressions from us.

¹⁹The Lord has established His throne in heaven, and His kingdom rules over all.

²⁰Praise the Lord , you His angels, you mighty ones who do His bidding, who obey His word.

²¹Praise the Lord , all His heavenly hosts, you His servants who do His will.

²²Praise the Lord , all His works everywhere in His dominion. Praise the Lord , O my soul.

Closing: *Praise be to the Father and to the Son and to the Holy Spirit, as He was in the beginning, is now, and shall be for ever and ever. Amen.*

Praise be to You, Father, Son, and Holy Spirit, as You were in the beginning, are now, and will be forever and ever. Amen!