



2023 BELMONT CHURCH BIBLE STUDY READING MEMORIZATION REFLECTION JOURNALING PLAN



BELMONT 2023 READING PLAN OVERVIEW

We are excited that you are walking with us through the Bible this year

At Belmont, we are committed to being anchored in the Word and led by the Spirit.

Our goal is love and joy as promised by Jesus in John 15:9-11 when He says, "As the Father has loved me, so have I loved you. *Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.*"

This is our hope in learning to abide in His love:

1. We want to invest in **reading** the whole context of the Bible.
2. We want to **memorize** Scripture so we can apply it to our life situations.
3. We want to **reflect** on Scripture so we can pray and abide.
4. We want to **journal** about what the Lord is teaching us in His word.
5. We want to summarize the week in a **magnificat** by combining verses.

READING PLAN SCHEDULE

Here is how this reading plan is organized:

1. **There are eight sessions** laid out in approximately 40-day sections.
2. Each week includes **five days of reading**. There is an optional reading that relates to the theme of the week.
3. Each week will include Old and New Testament readings with key verses to reflect on and a passage to memorize as a church family.

1. Jan 2 - Feb 21 - In the Beginning - An Overview of the Old Testament
2. Feb 26 - April 7 - **Follow Me** - The Life of Jesus in the Gospels
3. April 10 - May 28 - **We are Witnesses** - The study of Acts and Connected Letters
4. **May 29 - July 30 - I Shall not Want - Poetry and Praise**
5. July 31 - Sept 3 - **For Such a Time as This** - Stories of Trust
6. Sept 4 - Oct 22 - **Be Careful**- Old Testament Exhortations to Trust
7. Oct 23 - Dec 2 - **The Time is Near**- The End and the New Beginning
8. Dec 3- Dec 31 - **Consider Jesus** - The Beginning of Grace

BONUS RESOURCES:

We have included a guide to help you learn how to pray the Psalms in the back of the reading plan. We hope this will help you as you reflect and personalize the Psalms.

SESSION FOCUS: REFLECTION & PRAYER

This session we will be focused on poetry in the Bible. Each week will include scriptures to read and a section to ponder and pray through scriptures. **Each week, we will be focusing on the Psalms along with an additional poetic books.** There are five primary poetic books in the Old Testament: Psalms, Proverbs, Ecclesiastes, Job and Song of Solomon. Because summer is typically a time to rest and enjoy, we have purposely selected reading poetic books during this session. Poetic books require time to reflect, ponder and pray.

We encourage you to pray through each passage, personalizing each truth and asking God to empower you to live out these words. Praying the Scriptures is a powerful way to pray.

MEMORIZE

Each week includes a passage to memorize that connects to the theme of the week. Our hope is that these short verses will be both practical and helpful in your walk with Jesus. We encourage a consistent rhythm of reviewing and meditating on the verses.

PSALM FOR SUNDAY

We have provided the Psalm that is being preached the upcoming Sunday to help you prepare, pray and reflect for each upcoming worship service.

PRAYING THE PSALMS

The prayer section provides a space to worship, give thanks, confess and/or present your requests to God. We encourage you to use this section to pray for your family, Belmont Church and our community. During this session we are especially focusing on praying the Psalms, so we have modified the prayer page. **On page 23 and 24, we have provided some resources on how to pray the Psalms.**

JOURNAL & MAGNIFICAT

How is God speaking to you and how do you need to obey? What insights is the Spirit showing you? Take time to journal your thoughts on the Scriptures. Journaling is a powerful tool for growth in your relationship with God. We encourage you to put together a "magnificat" of verses at the end of each week. A Magnificat can be described as a song or a prayer to God using Scripture that personalizes and summarizes multiple scriptures into one passage or paragraph. The concept of the Magnificat came from Mary in Luke 2.

BELMONT 2023 READING PLAN

SESSION 4: WEEK 1 (MAY 29)

BIBLE STUDY READING PLAN - PSALMS OF COMPASSION

NOTE: If you are reading online, each reference is hyperlinked.

FINISHED

God cares for the poor, outcast and vulnerable. This week we will be reading in the Psalms and Proverbs about God's special care for those who need His provision and support. It doesn't just end with God. His heart should reflect our heart and priorities in our Christian discipleship.

Ps. 9 Pr. 14

Ps. 12 Pr. 31

In both the New Testament and the Old Testament, we are exhorted by the Father, that we should also care for the poor. This week at Belmont, we will be starting our series "And all the people said..." where we will learn how to read, listen and pray the Psalms.

Ps. 34 Pr. 19

Ps. 41 Pr. 22

Extra Reading: Leviticus 19, Deut 10, 24

Ps 113 Pr. 29

REFLECTION

1 Timothy 6:18–19 They are to do good, to be rich in good works, to be generous and ready to share, thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life.

Galatians 2:10 Only, they asked us to remember the poor, the very thing I was eager to do.

James 2:14–16 What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? 15 If a brother or sister is poorly clothed and lacking in daily food, 16 and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that?

MEMORIZE

Psalms 82:3 (NLT) Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute.

PSALM FOR SUNDAY

Psalm 113:1-9

1 Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!

2 Blessed be the name of the LORD from this time forth and forevermore!

3 From the rising of the sun to its setting, the name of the LORD is to be praised!

4 The LORD is high above all nations, and his glory above the heavens!

5 Who is like the LORD our God, who is seated on high,

6 who looks far down on the heavens and the earth?

7 He raises the poor from the dust and lifts the needy from the ash heap,

8 to make them sit with princes, with the princes of his people.

9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

PRAYING THE PSALMS

During this session, we are focusing on learning how to pray the Psalms. Use the sermon passage above to read and pray for this week.

Here is an example:

Lord we praise you. We praise your name

I bless your name. I will praise you, forever and ever.

You are high above the world. Your glory is beyond this world.

Your glory is beyond us. You are holy.

Thank you for caring for the poor. Thank you for looking after the needy.

Thank you for giving dignity to all people. Thank you for giving a barren woman a home.

I am poor and needy without you.

God, help me to also care for the poor and hurting like you care for me.

Show me how you want me to care for hurting people.

Pray this scripture in your own words...

JOURNAL & MAGNIFICAT

BELMONT 2023 READING PLAN

SESSION 4: WEEK 2 (June 5)

BIBLE STUDY READING PLAN - PSALMS OF CREATION

God is the creator of the world and our lives. He knows every star in the sky and every hair of our head. He knows the schedule of the rain and the schedule of our lives. This week we are listening and praying the Psalms of Creation and the Proverbs of God's sovereign wisdom. The God of creation is both our comfort and our confidence. We need never be afraid of anything and yet the fear of this Creator is the beginning of wisdom.

Spend this week reflecting on the glory of God as you sit under a sky full of stars, marvel at the lights of the fireflies or peer at the hands and feet of a baby.

Extra Reading Is. 40-43

FINISHED

Ps. 8 Pr. 3

Ps. 19 Pr. 8

Ps. 33 Pr. 20

Ps. 104 Pr. 16

Ps. 139 Pr. 30

REFLECTION & PRAYER

Colossians 1:16–17 For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together.

Romans 1:19–20 For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.

Hebrews 11:3 "By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible."

MEMORIZE

Psalm 121:1–2 I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.

PSALM FOR SUNDAY

Psalm 139:13–16, 23-24

13For you formed my inward parts; you knitted me together in my mother's womb.

14I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

15My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

16Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them

23Search me, O God, and know my heart; test me and know my anxious thoughts.

24Point out anything in me that offends you, and lead me along the path of everlasting life.

PRAYING THE PSALMS

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BELMONT 2023 READING PLAN

SESSION 4: WEEK 3 (June 12)

BIBLE STUDY READING PLAN - PSALMS OF OUR FATHER

"Psalms are prayers to a Father. We do not pray to a judge, a bureaucrat, a boss, or any impersonal being. The Psalms assume that prayer is personal, addressing a Person, our Father in heaven." - Eugene Peterson

FINISHED

Ps. 89 Pr. 1

Our God is not just a caring Creator but the Lord, Our God, is our Father. He is the perfect Father who knows what is best for us, who has a plan for our lives and is able to, in His sovereignty, work all things for good for His glory. We can trust our Father, despite any pains and disappointments from our earthly fathers. I am so thankful that our God is a God who relates to us as a family. Reflect and journal through the Psalms as God as your Father during this week.

Ps. 103 Pr. 14

Ps. 68 Pr. 15

Ps. 2 Pr. 23

Extra Reading: Romans 8, Isaiah 64

Ps. 78 Pr. 27

REFLECTION & PRAYER

Isaiah 9:6 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 63:16 you are our Father, though Abraham does not know us, and Israel does not acknowledge us; you, O LORD, are our Father, our Redeemer from of old is your name.

Matthew 6:9-13 Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

MEMORIZE

Psalms 103:13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him.

PSALM FOR SUNDAY

Psalm 78:1-8

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.

PRAYING THE PSALMS

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BELMONT 2023 READING PLAN

SESSION 4: WEEK 4 (June 19)

BIBLE STUDY READING PLAN - PSALMS OF WORSHIP

FINISHED

"Praying the Psalms and praying in worship go hand in hand, as we lift up our hearts and voices to God in adoration and petition. We bring our whole selves to him in worship, and offer our prayers and praises as a sacrifice of love and devotion." - Eugene Peterson, "Answering God: The Psalms as Tools for Prayer"

Ps. 33 Pr. 12

Ps. 65 Pr. 13

The Psalms were written to give words to help us worship a God that no words could ever find words to describe and glorify. Our words from the Psalms form and transform our earth-focused selves and the praise shapes our perspectives. "Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!" (Ps 95) Worship God this week through the Psalms and Proverbs this week.

Ps. 63 Pr. 17

Ps. 66 Pr. 24

Ps. 84 Pr. 25

Extra Reading: Ps. 29, 96

REFLECTION & PRAYER

Revelation 4:9-11 And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives forever and ever, the twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

John 4:24 God is spirit, and those who worship him must worship in spirit and truth."

Psalms 95:6-7 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.

MEMORIZE

Psalms 96:9 Worship the LORD in the splendor of holiness; tremble before him, all the earth!

PSALM FOR SUNDAY

Psalm 84:1–4, 10-12

1How lovely is your dwelling place, O LORD of hosts!

2My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God.

3Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O LORD of hosts, my King and my God.

4Blessed are those who dwell in your house, ever singing your praise! Selah

10For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.

11For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.

12O LORD of hosts, blessed is the one who trusts in you!

PRAYING THE PSALMS

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BELMONT 2023 READING PLAN

SESSION 4: WEEK 5 (June 26)

BIBLE STUDY READING PLAN - PSALMS OF GLORY

Praying the Psalms means engaging with the fullness of God's character and attributes. The Psalms remind us of God's sovereignty, holiness, grace, and justice. They invite us to bring our joys, sorrows, doubts, and praises to the One who is steadfast and faithful." - Walter Brueggemann

The Psalmist and wisdom writers agree. The Glory and worship of God is the most important command because our Worship rightsizes our perspectives and our pursuits. Is the rightsizing of God in every part of our lives the answer to every problem? Take some time this week to see if the reading and praying of God's attributes in the Psalms and Proverbs makes a difference in your week.

Extra Reading: 1 Chron. 28-29

FINISHED

Ps. 90 Pr. 15

Ps. 18 Pr. 18

Ps. 25 Pr. 21

Ps. 145 Pr. 2

Ps. 103 Pr. 26

REFLECTION & PRAYER

Deuteronomy 7:9 Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

Exodus 34:6-7 The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."

Ephesians 2:4-5 But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved...

MEMORIZE

Psalm 103:8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

PSALM FOR SUNDAY

Psalm 103:8–19

8The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

9He will not always chide, nor will he keep his anger forever.

10He does not deal with us according to our sins, nor repay us according to our iniquities.

11For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

12as far as the east is from the west, so far does he remove our transgressions from us.

13As a father shows compassion to his children, so the LORD shows compassion to those who fear him.

14For he knows our frame; he remembers that we are dust.

15As for man, his days are like grass; he flourishes like a flower of the field;

16for the wind passes over it, and it is gone, and its place knows it no more.

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

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

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

PRAYING THE PSALMS

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BELMONT 2023 READING PLAN

SESSION 4: WEEK 6 (July 3)

BIBLE STUDY READING PLAN - PSALMS OF WISDOM

"Praying the Psalms with wisdom means humbling ourselves before God and seeking his guidance in all aspects of our lives. It means recognizing our need for his wisdom and insight, and trusting in his perfect timing and provision." - Richard J. Foster, "Prayer: Finding the Heart's True Home"

Proverbs 4:5 exhorts us to "Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth." This week we will see the absolute necessity of wisdom in our everyday life. God is the source of all wisdom and we must ask and seek and humble ourselves to receive the wisdom that comes from God.

Extra Reading: 1 Kings 3-5

FINISHED

Ps. 37 Pr. 5

Ps. 49 Pr. 6

Ps. 127 Pr. 7

Ps. 51 Pr. 10

Ps. 111 Pr. 11

REFLECTION & PRAYER

Proverbs 16:16 How much better to get wisdom than gold! To get understanding is to be chosen rather than silver.

James 1:5-6 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

Colossians 1:9-10 And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God;

Colossians 2:3 in (Jesus) are hidden all the treasures of wisdom and knowledge.

MEMORIZE

Psalms 111:10 The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

PSALM FOR SUNDAY

Psalm 111:1–10

1Praise the LORD! I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation.

2Great are the works of the LORD, studied by all who delight in them.

3Full of splendor and majesty is his work, and his righteousness endures forever.

4He has caused his wondrous works to be remembered; the LORD is gracious and merciful.

5He provides food for those who fear him; he remembers his covenant forever.

6He has shown his people the power of his works, in giving them the inheritance of the nations.

7The works of his hands are faithful and just; all his precepts are trustworthy;

8they are established forever and ever, to be performed with faithfulness and uprightness.

9He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name!

10The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

PRAYING THE PSALMS

JOURNAL & MAGNIFICAT

BELMONT 2023 READING PLAN

SESSION 4: WEEK 7 (July 10)

BIBLE STUDY READING PLAN -PSALMS OF LAMENT

"The Psalms are a school of prayer, a place to learn how to speak to God in the midst of life. They teach us how to pray in the face of pain, how to worship in the midst of trouble, and how to cry out to God in our distress." - Walter Brueggemann, Praying the Psalms

FINISHED

If there is a place we can find words to pray in seasons of pain and suffering, it is the Psalms. The Psalms this week will help give you words to your pain and prayers. They will also give you the sense that you are not alone, that someone else not only understands your pain, but also provides words when you don't have words. During your study of Job, you will also witness a man who understands pain and suffering. (If you are in a season where you are not suffering, consider praying the Psalms for someone who is suffering as you put yourselves in their shoes.)

Ps. 3 Job 1-2

Ps. 143 Job 3-4

Ps. 31 Job 38-39

Ps. 88 Job 40-41

Ps 13 Job 42

Extra Reading: Job 7, 34-37

REFLECTION & PRAYER

Job 7:16–19 I loathe my life; I would not live forever. Leave me alone, for my days are a breath. What is man, that you make so much of him, and that you set your heart on him, visit him every morning and test him every moment? How long will you not look away from me, nor leave me alone till I swallow my spit?

Lamentations 3:19–23 Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Psalms 143:3–4 or the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled.

MEMORIZE

Psalms 13:1–2 1 How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

PSALM FOR SUNDAY

Psalm 13:1-6

1How long, O LORD? Will you forget me forever? How long will you hide your face from me?

2How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

3Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death,

4lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

5But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

6I will sing to the LORD, because he has dealt bountifully with me.

PRAYING THE PSALMS

JOURNAL & MANGNIFCAT

BELMONT 2023 READING PLAN

SESSION 4: WEEK 8 (July 17)

BIBLE STUDY READING PLAN - PSALMS OF REMEMBRANCE

"The Psalms are a book that teaches us how to pray. They show us the deepest longings of our hearts and invite us to pour them out before God. **They remind us of God's goodness, his faithfulness, and his steadfast love.** And they give us language to express our gratitude, our fears, our doubts, and our hopes." - Eugene Peterson, "Answering God: The Psalms as Tools for Prayer"

There could not be a more clear distinction between the readings this week. The Psalms exhorts us to remember God and his faithfulness and that we can have hope in the midst of challenges and that brings life and joy. The book of Ecclesiastes depict a life of searching for joy outside of God.

Extra Reading: Deut. 7-9

FINISHED

Ps. 77 Ecc. 1

Ps. 78 Ecc. 2

Ps. 105 Ecc. 3

Ps. 42 Ecc. 4

Ps. 43 Ecc. 5-6

REFLECTION & PRAYER

Isaiah 46:9 Remember the former things of old; for I am God, and there is no other; I am God, and there is none like me.

Psalms 98:3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.

Numbers 15:40-41 So you shall remember and do all my commandments, and be holy to your God. I am the LORD your God, who brought you out of the land of Egypt to be your God: I am the LORD your God."

MEMORIZE

Psalms 42:11 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 FOR SUNDAY

Psalm 42:5–11

5Why 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

6and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

7Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.

8By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

9I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"

10As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?"

11Why 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.

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BELMONT 2023 READING PLAN

SESSION 4: WEEK 9 (July 24)

BIBLE STUDY READING PLAN - PSALMS OF CONFIDENCE

"When we pray the Psalms with confidence, we are expressing our faith in God's sovereignty over all things. We are affirming that he is in control, even when our circumstances seem overwhelming or out of our control. And we are reminding ourselves that nothing is too difficult for him to handle." - Beth Moore, "Praying God's Word: Breaking Free from Spiritual Strongholds"

We finish our session praying the Psalms with these words that will fill us with confidence in God's sovereignty and power despite our situations. The readings in Ecclesiastes remind us once again that there is nothing in our flesh that will allow us to have confidence in ourselves.

Extra Reading: Jeremiah 16-18

FINISHED

Ps. 23 Ecc. 7

Ps. 20 Ecc. 8

Ps. 46 Ecc. 9

Ps. 121 Ecc. 10

Ps 27 Ecc. 11-12

REFLECTION & PRAYER

Hebrews 10:35-36 Therefore do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God you may receive what is promised.

Psalm 118:5-6 Out of my distress I called on the LORD; the LORD answered me and set me free. The LORD is on my side; I will not fear. What can man do to me?

Psalm 56:3-4 When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

MEMORIZE

Psalm 27:1 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?

PSALM FOR SUNDAY

Psalm 27:1-8,13-14

1The 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?

2When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

3Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

4One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.

5For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

6And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

7Hear, O LORD, when I cry aloud; be gracious to me and answer me!

8You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

13I believe that I shall look upon the goodness of the LORD in the land of the living!

14Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

PRAYING THE PSALMS

JOURNAL & MAGNIFICAT

Learning how to Pray the Psalms

Praying the Psalms: A Personal Journey through the Psalter by Elmer L. Towns:

- "When we pray the Psalms, we can personalize them by inserting our own names and circumstances into the verses. This helps us connect with the emotions and experiences expressed in the Psalms."
- "For example, we can pray Psalm 23 as 'The Lord is my shepherd, Elmer's shepherd, I shall not want...' This way, the words become personalized and relevant to our own lives."

Praying with the Psalms: by Eugene H. Peterson:

- "The Psalms provide us with a rich vocabulary for prayer. We can take a verse or phrase from a Psalm and use it as a starting point for our own personal prayers. Let the words of the Psalms become the language of your heart."
- "For instance, if we read Psalm 27:1 which says, 'The Lord is my light and my salvation; whom shall I fear?' we can then pray, 'Lord, be my light in the midst of darkness, and my salvation in times of trouble. Help me to trust in you and overcome my fears.'"

Psalms for Praying: An Invitation to Wholeness by Nan C. Merrill:

- "In rewriting the Psalms, I aimed to make them more inclusive and relevant to our contemporary lives. By using my own words, I hope to inspire others to personalize the Psalms in their own prayers as well."
- "For instance, in Psalm 139, I rewrote the opening lines as 'O Beloved, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away.' These words can serve as a model for our own conversations with God."

To pray the Psalms, you can follow these steps:

- **Read:** Begin by reading the selected Psalm attentively, focusing on each verse and its message. Take your time to understand the context and meaning of the Psalm.
- **Reflect:** Meditate on the words of the Psalm and consider their personal significance. Reflect on how the Psalm resonates with your own experiences, emotions, and relationship with God.
- **Personalize:** Connect the themes and sentiments expressed in the Psalm to your own life. Think about specific situations, struggles, or joys that relate to the Psalm. Make the words of the Psalm your own as you speak them to God.
- **Respond:** Respond to God based on the Psalm. Express your emotions, thoughts, and desires honestly and openly. Use the Psalm as a guide to structure your own prayers, incorporating its language and themes into your conversation with God.
- **Listen:** After praying the Psalm, take a moment to be still and listen for God's response. Be attentive to His voice, guidance, and leading as you spend time in His presence.

Psalm 95:1–11

1 Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

2 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

3 For the LORD is a great God, and a great King above all gods.

4 In his hand are the depths of the earth; the heights of the mountains are his also.

5 The sea is his, for he made it, and his hands formed the dry land.

6 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

7 For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice,

8 do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,

9 when your fathers put me to the test and put me to the proof, though they had seen my work.

10 For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways."

11 Therefore I swore in my wrath, "They shall not enter my rest."

Prayer:

"Dear Lord, today I come before you with joy and thanksgiving in my heart. You are the Rock of my salvation, and I praise you for your faithfulness and love. You are the great God, the King above all gods. All creation belongs to you, and you are in control of every aspect of my life.

As I reflect on your creation, I am filled with awe and wonder. The depths of the earth, the mountain peaks, the vast seas—everything is a testimony to your power and majesty. You are the Creator of all things, and I stand in awe of your handiwork.

I humbly bow before you in worship, acknowledging that you are my God, and I am your beloved child. Thank you for caring for me as a shepherd cares for his flock. Help me to trust in your guidance and provision.

Today, I bring before you my prayers, needs, and desires. [Share specific requests or concerns]. May my life be a living testimony of your grace and love. I surrender myself to your will, seeking your wisdom and guidance in all things.

Thank you, Lord, for the privilege of approaching your throne of grace. I listen attentively for your voice and guidance."

Remember, this is just an example, and you can personalize and adapt it to your own circumstances and relationship with God.

2023

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