

— OPAD —

ONE PSALM A DAY 每日诗篇

READ 阅读 · PRAY 祈祷 · FELLOWSHIP 团契





40-Day Bible Reading Movement Foreword by Rev Chua Ooi Suah

A Pair of Soaring Wings

The 40-day Bible Reading Movement is aligned with our church theme for 2020/2021: Near to the Heart of God. The Pastoral Team and D&N Committee, having discussed this and discerned God's will together, are convinced that Bible reading and prayer should not be limited to a 40-day activity but ought to be a lifelong movement for us, disciples of Christ. Thus, when this 40-day Bible reading activity ends, may it be that we cultivate and will continue in a daily attitude of drawing near to the heart of God, and do so as a community.

Reading one Psalm a day is doable, we only need three minutes to do it. However, to understand God's word and His will more deeply, we need to read it carefully and meditate on it constantly, and turn it into prayers to God. This is the distinctive twofold function of the Psalms: on the one hand, to hear God speaking to me by reading the Psalms, and on the other hand, to speak to God by praying the Psalms.

Therefore, Bible reading and prayer are like a pair of soaring wings—we cannot do without one or the other. And when we join with one another in mutual sharing, then we will soar together as a community.

Let us join our hearts with the psalmist to pray to God: "Oh, that I had the wings of a dove! I would fly away and be at rest." Psalm 55:6.

How would you use this booklet?

1. We recommend you to reserve a daily timeslot over these 40 days to spend with God.
2. Set aside 15-20 minutes each day.
3. Begin each devotion with a few minutes to quieten down and centre on God.
4. Devotion from Monday to Saturday includes the daily theme, 1 Psalm (NIV), 1-2 reflection questions, a written prayer and personal reflection space. These are intended for you to linger over the psalm. Allow the Spirit of God to bring forth His word to you. You can journal your reflection. This will aid in your sharing with prayer buddy or during small group fellowship.
5. For Sundays, the sermon in worship service will be based on 1 Psalm. You can pen down your notes in this booklet. Then spend your devotion time to reflect on what God has impressed upon your heart.

One Psalm A Day

DAY 1 – DAY 40 | 3 August 2020, Monday – 11 September 2020, Friday

One Psalm A Day 每日诗篇		Theme I	Theme II
		Adoration 赞美	Adoration 赞美
Week / Day	Sunday Sermon	Monday	Tuesday
Week 1	02 August (TA131)	03 (1st day 第一日)	04
	Psalm 1	Psalm 2	Psalm 8
Week 2	09 (CAC Sunday)	10	11
	*Psalm 23	Psalm 29	Psalm 30
Week 3	16	17	18
	Psalm 46 (A: 赞美)	Psalm 47	Psalm 48
Week 4	23	24	25
	Psalm 51 (C: 认罪)	Psalm 76	Psalm 84
Week 5	30	31	01 September 九月
	Psalm 100 (T: 感恩)	Psalm 96	Psalm 99
Week 6	06	07	08
	Psalm 127 (S: 恳求)	Psalm 122	Psalm 124
Week 7	13		
	Psalm 150		

Theme III	Theme IV	Theme V	Theme VI
Confession/ Lament 认罪/哀歌	Thanksgiving 感恩	Supplication 恳求	Supplication 恳求
Wednesday	Thursday	Friday	Saturday
05	06	07	08
Psalm 13	Psalm 9	Psalm 25	Psalm 27
12	13	14	15
Psalm 32	Psalm 33	Psalm 42	Psalm 43
19	20	21	22
Psalm 54	Psalm 57	Psalm 63	Psalm 67
26	27	28	29
Psalm 86	Psalm 92	Psalm 90	Psalm 91
02	03	04	05
Psalm 102	Psalm 111	Psalm 115	Psalm 116
09	10	11 (40th day 第四十日)	12
Psalm 130	Psalm 136	Psalm 139	Reflection

* For this special Sunday, we will do our Psalm devotion individually.
在这特别的主日, 我们会进行个人的诗篇灵修。

Psalm 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 streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.
- ⁴ Not so the wicked! They are like chaff that the wind blows away.
- ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.
- ⁶ For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

Sermon Notes

My Reflection

Verse of this Week

Blessed is the one whose delight is in the law of the LORD and who mediates on His law day and night.

Psalm 1:1a, 2

Psalm 2 (NIV)

- ¹ Why do the nations conspire and the peoples plot in vain?
- ² The kings of the earth rise up and the rulers band together against the LORD and against his anointed, saying,
- ³ “Let us break their chains and throw off their shackles.”
- ⁴ The One enthroned in heaven laughs; the Lord scoffs at them.
- ⁵ He rebukes them in his anger and terrifies them in his wrath, saying,
- ⁶ “I have installed my king on Zion, my holy mountain.”
- ⁷ I will proclaim the LORD’s decree:
- ⁸ He said to me, “You are my son; today I have become your father.
- ⁹ Ask me, and I will make the nations your inheritance, the ends of the earth your possession. You will break them with a rod of iron; you will dash them to pieces like pottery.”
- ¹⁰ Therefore, you kings, be wise; be warned, you rulers of the earth.
- ¹¹ Serve the LORD with fear and celebrate his rule with trembling.
- ¹² Kiss his son, or he will be angry and your way will lead to your destruction, for his wrath can flare up in a moment. Blessed are all who take refuge in him.

Reflection

- ◆ In this psalm, how did the psalmist describe God?
- ◆ How do you tend to think of God to be?

Prayer

Heavenly Father, the Lord of history, we praise You who rule over the heavens and over all the earth. While some people may ignore Your power and presence, please continue to form my heart with reverent awe for You. Whenever it appears like mankind or our circumstances are in charge, help me to remember all is under Your Lordship. I will give thanks continually today as I fix my eyes on You. In Jesus’ name, Amen.

My Reflection

Psalm 8 (NIV)

- ¹ LORD, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.
- ² Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.
- ³ When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,
- ⁴ what is mankind that you are mindful of them, human beings that you care for them?
- ⁵ You have made them a little lower than the angels and crowned them with glory and honour.
- ⁶ You made them rulers over the works of your hands; you put everything under their feet:
- ⁷ all flocks and herds, and the animals of the wild,
- ⁸ the birds in the sky, and the fish in the sea, all that swim the paths of the seas.
- ⁹ LORD, our Lord, how majestic is your name in all the earth!

Reflection

- ◆ Observe your past week. What aspects of God’s majesty do you observe in your life?
- ◆ Read Psalm 8 once more. This time, read slowly and use this psalm as a personal prayer to God.

Prayer

O Lord of heavens and earth, You created mankind in the image of God and invited us to be Your stewards over all creation. Thank you for the gift of stewardship over Your creation that You have placed upon me. With a thankful heart, O Lord, please grant me Your love and care so that I may treasure every person as well as Your creation from Your perspective. In Jesus’ name, Amen.

My Reflection

Psalm 13 (NIV)

- ¹ How long, LORD? Will you forget me forever?
How long will you hide your face from me?
- ² How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?
- ³ Look on me and answer, LORD my God.
Give light to my eyes, or I will sleep in death,
- ⁴ and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.
- ⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.
- ⁶ I will sing the LORD's praise,
for he has been good to me.

Reflection

- ◆ What have you been struggling with recently? Come to God honestly and spend some silent moments to search your heart.
- ◆ As you speak to God about your struggles, read verse 5 to 6 as your personal response to God.

Prayer

Gracious God, I often feel uncomfortable with unanswered prayers, with sorrows, with temporal victory of our enemy. I confess that I have often desired knowing the next step more than knowing You. Please help me to hold on to the promise of Your presence so that I will watch and pray until my heart rejoices in You. In Jesus' name, Amen.

My Reflection

Psalm 9 (NIV)

- ¹ I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.
- ² I will be glad and rejoice in you; I will sing the praises of your name, O Most High.
- ³ My enemies turn back; they stumble and perish before you.
- ⁴ For you have upheld my right and my cause, sitting enthroned as the righteous judge.
- ⁵ You have rebuked the nations and destroyed the wicked; you have blotted out their name for ever and ever.
- ⁶ Endless ruin has overtaken my enemies, you have uprooted their cities;
even the memory of them has perished.
- ⁷ The LORD reigns forever; he has established his throne for judgment.
- ⁸ He rules the world in righteousness and judges the peoples with equity.
- ⁹ The LORD is a refuge for the oppressed, a stronghold in times of trouble.
- ¹⁰ Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.
- ¹¹ Sing the praises of the LORD, enthroned in Zion; proclaim among the nations what he has done.
- ¹² For he who avenges blood remembers; he does not ignore the cries of the afflicted.
- ¹³ LORD, see how my enemies persecute me! Have mercy and lift me up from the gates of death,
- ¹⁴ that I may declare your praises in the gates of Daughter Zion, and there rejoice in your salvation.
- ¹⁵ The nations have fallen into the pit they have dug; their feet are caught in the net they have hidden.
- ¹⁶ The LORD is known by his acts of justice; the wicked are ensnared by the work of their hands.
- ¹⁷ The wicked go down to the realm of the dead, all the nations that forget God.
- ¹⁸ But God will never forget the needy; the hope of the afflicted will never perish.
- ¹⁹ Arise, LORD, do not let mortals triumph; let the nations be judged in your presence.
- ²⁰ Strike them with terror, LORD; let the nations know they are only mortal.

Reflection

- ◆ What are some things for which you will give thanks to God with all your heart?
- ◆ Observe your speech yesterday. How have you spoken words of gratitude or call out to God? How has this psalm encouraged you to give thanks?

Prayer

O Most High God, thank You that You are the Righteous One. Thank You that You never forsake those who put their trust in You. Even in my troubles, I give thanks that You are my stronghold. Help me to see the ways You are guiding me today as I want to always be grateful to You. In Jesus' name, Amen.

My Reflection

Supplication

DAY 5 | 7 August 2020, Friday

Tick when completed

Psalm 25 (NIV)

- ¹ In you, LORD my God, I put my trust.
- ² I trust in you; do not let me be put to shame, nor let my enemies triumph over me.
- ³ No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.
- ⁴ Show me your ways, LORD, teach me your paths.
- ⁵ Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.
- ⁶ Remember, LORD, your great mercy and love, for they are from of old.
- ⁷ Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, LORD, are good.
- ⁸ Good and upright is the LORD; therefore he instructs sinners in his ways.
- ⁹ He guides the humble in what is right and teaches them his way.
- ¹⁰ All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant.
- ¹¹ For the sake of your name, LORD, forgive my iniquity, though it is great.
- ¹² Who, then, are those who fear the LORD? He will instruct them in the ways they should choose.
- ¹³ They will spend their days in prosperity, and their descendants will inherit the land.
- ¹⁴ The LORD confides in those who fear him; he makes his covenant known to them.
- ¹⁵ My eyes are ever on the LORD, for only he will release my feet from the snare.
- ¹⁶ Turn to me and be gracious to me, for I am lonely and afflicted.
- ¹⁷ Relieve the troubles of my heart and free me from my anguish.
- ¹⁸ Look on my affliction and my distress and take away all my sins.
- ¹⁹ See how numerous are my enemies and how fiercely they hate me!
- ²⁰ Guard my life and rescue me; do not let me be put to shame, for I take refuge in you.
- ²¹ May integrity and uprightness protect me, because my hope, LORD, is in you.
- ²² Deliver Israel, O God, from all their troubles!

Reflection

- ◆ Recall a difficult situation you faced recently. What or who did you turn to?
- ◆ List 2-3 ways God has rescued you or provided a way or answered your prayer in the past

Prayer

O Lord, like the psalmist I desire to live according to Your Word and ways. Yet I tend to turn towards my own ways and the ways of the world. Please let me grow in humility and wisdom. May my eyes be ever on You, O Lord for all Your ways are loving and faithful. In Jesus' name, Amen.

My Reflection

Supplication

DAY 6 | 8 August 2020, Saturday

Tick when completed

Psalm 27 (NIV)

- 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 me, it is my enemies and my foes who
- ³ will stumble and fall.
Though an army besiege me, my heart will not fear; though war break out against me,
- ⁴ even then I will be confident.
One thing I ask from the LORD, this only do I seek: that I may dwell in the house of
- ⁵ the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple.
For in the day of trouble he will keep me safe in his dwelling; he will hide me in the
- ⁶ shelter of his sacred tent and set me high upon a rock.
Then my head will be exalted above the enemies who surround me; at his sacred tent I
- ⁷ will sacrifice with shouts of joy; I will sing and make music to the LORD.
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.
- ⁹ Do not hide your face from me, do not turn your servant away in anger; you have been
- ¹⁰ my helper. Do not reject me or forsake me, God my Saviour.
Though my father and mother forsake me, the LORD will receive me.
- ¹¹ Teach me your way, LORD; lead me in a straight path because of my oppressors.
- ¹² Do not turn me over to the desire of my foes, for false witnesses rise up against me,
- ¹³ spouting malicious accusations.
I remain confident of this: I will see the goodness of the LORD in the land of the living.
- ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

Reflection

- ◆ What habits will help you to gaze on God's beauty and to seek Him always? Ask the Lord to firmly established these habits in you.
- ◆ Which of your loved ones need to experience God as their light and salvation? Pray specifically for them today.

Prayer

God of Light, as I gaze on Your beauty today, thank You for being my Saviour. Your everlasting grace and steadfast love are my anchors in this fast-changing world. Give me grace to obey You this day because You are worthy. Let me love You above all else, for surely, I will see Your goodness. In Jesus' name, Amen.

My Reflection

Tick when completed

Psalm 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.

Reflection

- ◆ In this psalm, what makes the psalmist feel at peace?
- ◆ What do you normally turn to when you need help?

Prayer

O God, our Good Shepherd, thank you that I'm part of your flock. Grant me stillness in my heart so that I may listen Your voice despite my inner voices of anxious busyness and external noises of the world. I trust in Your guidance. I believe You are always with me. May I dwell in Your house forever. In Jesus' name, Amen.

My Reflection

Verse of this Week

Ascribe to the Lord the glory due his name; worship the Lord in the splendour of his holiness.

Psalm 29:2

Notes

Psalm 29 (NIV)

- ¹ Ascribe to the LORD, you heavenly beings, ascribe to the LORD glory and strength.
- ² Ascribe to the LORD the glory due his name; worship the LORD in the splendour of his holiness.
- ³ The voice of the LORD is over the waters; the God of glory thunders, the LORD thunders over the mighty waters.
- ⁴ The voice of the LORD is powerful; the voice of the LORD is majestic.
- ⁵ The voice of the LORD breaks the cedars; the LORD breaks in pieces the cedars of Lebanon.
- ⁶ He makes Lebanon leap like a calf, Sirion like a young wild ox.
- ⁷ The voice of the LORD strikes with flashes of lightning.
- ⁸ The voice of the LORD shakes the desert; the LORD shakes the Desert of Kadesh.
- ⁹ The voice of the LORD twists the oaks and strips the forests bare.
And in his temple all cry, "Glory!"
- ¹⁰ The LORD sits enthroned over the flood; the LORD is enthroned as King forever.
- ¹¹ The LORD gives strength to his people; the LORD blesses his people with peace.

Reflection

- ◆ Praise God for His glory and power, as displayed in his sovereign control over all creation.
- ◆ Consider the repetition of "the voice of the Lord" in this psalm, and ask yourself: have I been attentive to God's voice in my everyday life?

Prayer

Sovereign Lord, I ascribe to You all glory and strength, all glory due Your name. I praise You for Your wondrous works of creation, brought into being by Your almighty voice—the voice that breaks the cedars and shakes the desert, the voice from the One who sits enthroned, and the same voice spoken by Jesus to calm the storm. Speak to me today, O Lord, and grant me the ears to hear and respond to Your powerful voice. In Jesus' name, Amen.

My Reflection

Psalm 30 (NIV)

- ¹ I will exalt you, LORD, for you lifted me out of the depths and did not let my enemies gloat over me.
- ² LORD my God, I called to you for help, and you healed me.
- ³ You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit.
- ⁴ Sing the praises of the LORD, you his faithful people; praise his holy name.
- ⁵ For his anger lasts only a moment, but his favour lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.
- ⁶ When I felt secure, I said, "I will never be shaken."
- ⁷ LORD, when you favoured me, you made my royal mountain stand firm; but when you hid your face, I was dismayed.
- ⁸ To you, LORD, I called; to the Lord I cried for mercy:
- ⁹ "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?"
- ¹⁰ Hear, LORD, and be merciful to me; LORD, be my help."
- ¹¹ You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,
- ¹² that my heart may sing your praises and not be silent. LORD my God, I will praise you forever.

Reflection

- ◆ Recall how God has worked in your life to turn weeping to rejoicing, and respond to God in praise.
- ◆ Reflect on any struggles you are currently facing and trust in God's faithfulness and favour over your present circumstances.

Prayer

Heavenly Father, I praise and exalt You as my deliverer, for You have lifted me out of the depths of sin and death and blessed me with salvation through Jesus Christ. Even amidst my ongoing struggles, I will praise You for Your faithfulness which lasts a lifetime, and trust that Your favour and mercy is sufficient for me in all circumstances. May my heart continually sing your praises today and forevermore. In Jesus' name, Amen.

My Reflection

Psalm 32 (NIV)

- ¹ Blessed is the one whose transgressions are forgiven, whose sins are covered.
- ² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit.
- ³ When I kept silent, my bones wasted away through my groaning all day long.
- ⁴ For day and night your hand was heavy on me; my strength was sapped as in the heat of summer,
- ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.
- ⁶ Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.
- ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.
- ⁸ I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
- ⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.
- ¹⁰ Many are the woes of the wicked, but the LORD's unfailing love surrounds the one who trusts in him.
- ¹¹ Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!

Reflection

- ◆ What sins have you been struggling with recently? Spend some time before God to search your heart and confess your sins to Him.
- ◆ With your hands open and palms faced upwards, receive God's forgiveness (read verse 5) and God's guidance to turn from your sin (read verse 8 as God's response to you).

Prayer

Merciful God, I will no longer keep silent on my sins, or cover up my iniquities, but honestly acknowledge them before You. Search my heart and help me to confess the sin and guilt that lie within me. Thank You that my transgressions are forgiven, and my sins are covered by the blood of Christ. May I personally experience the blessedness of being forgiven, and rely on You to instruct me in the way I should go. In Jesus' name, Amen.

My Reflection

Psalm 33 (NIV)

- ¹ Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.
- ² Praise the LORD with the harp; make music to him on the ten-stringed lyre.
- ³ Sing to him a new song; play skilfully, and shout for joy.
- ⁴ For the word of the LORD is right and true; he is faithful in all he does.
- ⁵ The LORD loves righteousness and justice; the earth is full of his unfailing love.
- ⁶ By the word of the LORD the heavens were made, their starry host by the breath of his mouth.
- ⁷ He gathers the waters of the sea into jars; he puts the deep into storehouses.
- ⁸ Let all the earth fear the LORD; let all the people of the world revere him.
- ⁹ For he spoke, and it came to be; he commanded, and it stood firm.
- ¹⁰ The LORD foils the plans of the nations; he thwarts the purposes of the peoples.
- ¹¹ But the plans of the LORD stand firm forever, the purposes of his heart through all generations.
- ¹² Blessed is the nation whose God is the LORD, the people he chose for his inheritance.
- ¹³ From heaven the LORD looks down and sees all mankind;
- ¹⁴ from his dwelling place he watches all who live on earth—
- ¹⁵ he who forms the hearts of all, who considers everything they do.
- ¹⁶ No king is saved by the size of his army; no warrior escapes by his great strength.
- ¹⁷ A horse is a vain hope for deliverance; despite all its great strength it cannot save.
- ¹⁸ But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love,
- ¹⁹ to deliver them from death and keep them alive in famine.
- ²⁰ We wait in hope for the LORD; he is our help and our shield.
- ²¹ In him our hearts rejoice, for we trust in his holy name.
- ²² May your unfailing love be with us, LORD, even as we put our hope in you.

Reflection

- ◆ Reread the psalm and notice the many reasons the psalmist cites for praising and thanking God, especially His sovereign power over all creation and good purposes towards those who fear Him.
- ◆ Give thanks for the ways in which God has been your help and your shield (verse 20) in recent times.

Prayer

God Almighty, I praise You that by Your sovereign power, You have summoned all of creation into existence; and I thank You that according to Your sovereign purposes, those who fear You can experience Your unfailing love and deliverance. May I continue to give thanks to You in all circumstances, trusting always in Your providence and protection. In Jesus' holy name, Amen.

My Reflection

Supplication

DAY 12 | 14 August 2020, Friday

Tick when completed

Psalm 42 (NIV)

- ¹ As the deer pants for streams of water, so my soul pants for you, my God.
- ² My soul thirsts for God, for the living God. When can I go and meet with God?
- ³ My tears have been my food day and night, while people say to me all day long, “Where is your God?”
- ⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.
- ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.
- ⁶ My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.
- ⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.
- ⁸ By day the LORD directs his love, at night his song is with me—a prayer to the God of my life.
- ⁹ I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”
- ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”
- ¹¹ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

Reflection

- ◆ Take note of the repeated phrase in the psalm: “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God” (verses 5, 11). Ask yourself: Is my soul downcast or disturbed? And if so, why?
- ◆ Reflect on whether you have been turning to God in your distress. What might be preventing you from putting your hope in Him?

Prayer

O Lord, as the deer pants for streams of water, so my soul pants for You. How I long to meet with You and find rest in You. I surrender to You all my troubles and put my hope in You. May You satisfy the thirst of my soul and deliver me from the evil one. No matter the circumstances, I will yet praise You, my Saviour and my God. In Jesus' name, Amen.

My Reflection

Supplication

DAY 13 | 15 August 2020, Saturday

Tick when completed

Psalm 43 (NIV)

- ¹ Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked.
- ² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?
- ³ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.
- ⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.
- ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

Reflection

- ◆ Have you suffered from deceit and wickedness? Surrender your experiences of injustice to God and trust that it is for God to avenge, He will repay (Romans 12:19).
- ◆ Observe the injustices suffered by others around you. Intercede for the specific people or groups that come to your mind.

Prayer

Heavenly Father, I seek You in my troubles and ask for strength in the midst of the deceit and wickedness of this world. I pray especially for those around me who are victims of injustice. Vindicate us, O Lord! May You be our stronghold, a shelter for all who are oppressed. May Your righteousness overcome the evil of this world, and Your just rule be established on this land! In Jesus' almighty name, Amen.

My Reflection

Tick when completed

Psalm 46 (NIV)

- 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.

Sermon Notes

Reflection

- ◆ During times in your life when you are busy, troubled or in pain, who will you turn to for help?
- ◆ Why is it that the Lord Almighty is willing to help us?

My Reflection

Prayer

Almighty God, we lift up our praise and thanks to You. When our lives are threatened, You are our refuge, and You grant us strength to re-enter the battles of life. Dear Lord, amidst our turbulent environment, help us to calm down, look to You, and rely on You. We praise You for Your power and give all glory to You. Amen.

Verse of this Week

Like your name, O God, Your praise reaches to the ends of the earth; Your right hand is filled with righteousness.

Psalm 48:10

Psalm 47 (NIV)

- ¹ Clap your hands, all you nations; shout to God with cries of joy.
- ² For the LORD Most High is awesome, the great King over all the earth.
- ³ He subdued nations under us, peoples under our feet.
- ⁴ He chose our inheritance for us, the pride of Jacob, whom he loved.
- ⁵ God has ascended amid shouts of joy, the LORD amid the sounding of trumpets.
- ⁶ Sing praises to God, sing praises; sing praises to our King, sing praises.
- ⁷ For God is the King of all the earth; sing to him a psalm of praise.
- ⁸ God reigns over the nations; God is seated on his holy throne.
- ⁹ The nobles of the nations assemble as the people of the God of Abraham, for the kings of the earth belong to God; he is greatly exalted.

Reflection

- ◆ Do you know and believe that God is the great king over all the earth?
- ◆ Why is it that the Lord Almighty is willing to help us?

Prayer

Most High God, our King, we sing our praise to You, for You are full of grace, love, and power. I give thanks to You, for Your good and perfect work in my life. May my praise arise from a heart of sincerity and discernment. May You hear and accept my prayer. Amen.

My Reflection

Psalm 48 (NIV)

- ¹ Great is the LORD, and most worthy of praise, in the city of our God, his holy mountain.
- ² Beautiful in its loftiness, the joy of the whole earth, like the heights of Zaphon is Mount Zion, the city of the Great King.
- ³ God is in her citadels; he has shown himself to be her fortress.
- ⁴ When the kings joined forces, when they advanced together,
- ⁵ they saw her and were astounded; they fled in terror.
- ⁶ Trembling seized them there, pain like that of a woman in labour.
- ⁷ You destroyed them like ships of Tarshish shattered by an east wind.
- ⁸ As we have heard, so we have seen in the city of the LORD Almighty, in the city of our God: God makes her secure forever.
- ⁹ Within your temple, O God, we meditate on your unfailing love.
- ¹⁰ Like your name, O God, your praise reaches to the ends of the earth; your right hand is filled with righteousness.
- ¹¹ Mount Zion rejoices, the villages of Judah are glad because of your judgments.
- ¹² Walk about Zion, go around her, count her towers,
- ¹³ consider well her ramparts, view her citadels, that you may tell of them to the next generation.
- ¹⁴ For this God is our God for ever and ever; he will be our guide even to the end.

Reflection

- ◆ The city of God is glorious in beauty and firmly established, and will never be shaken—are you inside or outside the city?
- ◆ When do you meditate upon God's love and works?

Prayer

Dearest God, our Heavenly Father, You are Lord yesterday, today and forever. Your glory is beyond description, and Your loving kindness is better than life. Thank You for being our eternal God and our Guide. Please help us to view this life from the perspective of eternity, to behold Your love and power, and to praise You with sincere hearts, from now and forevermore. Amen.

My Reflection

Psalm 54 (NIV)

- ¹ Save me, O God, by your name; vindicate me by your might.
- ² Hear my prayer, O God; listen to the words of my mouth.
- ³ Arrogant foes are attacking me; ruthless people are trying to kill me— people without regard for God.
- ⁴ Surely God is my help; the Lord is the one who sustains me.
- ⁵ Let evil recoil on those who slander me; in your faithfulness destroy them.
- ⁶ I will sacrifice a freewill offering to you; I will praise your name, LORD, for it is good.
- ⁷ You have delivered me from all my troubles, and my eyes have looked in triumph on my foes.

Reflection

- ◆ Do you firmly believe that God is your help and the pillar of your life?
- ◆ In the face of grievances and difficulties, is your first reaction to turn to God and seek His help?

Prayer

Holy and Righteous God, pillar of our lives, Your name is worthy to be praised. For You are faithful and loving, You hear our prayers and deliver us from all our troubles. Thank You Lord. May You teach us to look to You and rely on You in all things, to receive Your help and sustenance. I pray this in my Lord's holy name, Amen.

My Reflection

Psalm 57 (NIV)

- 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— 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.

Reflection

- ◆ When we fall into distress, it is easy to feel resentful. However, David was not like this. To the contrary, he continued unwaveringly to give thanks to God. How did he do this?
- ◆ Are you willing to set aside some time every day for a prayer of thanksgiving? What time will that be?

Prayer

God Most High, thank You for being so loving and faithful to me, for protecting me, and for doing all things for me. May my heart wait upon You with firm conviction, and my spirit praise You with joy. May all glory be unto You. Amen, Amen.

My Reflection

Supplication

DAY 19 | 21 August 2020, Friday

Tick when completed

Psalm 63 (NIV)

- ¹ You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.
- ² I have seen you in the sanctuary and beheld your power and your glory.
- ³ Because your love is better than life, my lips will glorify you.
- ⁴ I will praise you as long as I live, and in your name I will lift up my hands.
- ⁵ I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.
- ⁶ On my bed I remember you; I think of you through the watches of the night.
- ⁷ Because you are my help, I sing in the shadow of your wings.
- ⁸ I cling to you; your right hand upholds me.
- ⁹ Those who want to kill me will be destroyed; they will go down to the depths of the earth.
- ¹⁰ They will be given over to the sword and become food for jackals.
- ¹¹ But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.

Reflection

- ◆ In a lonely wilderness, how can the hunger and thirst of our body and spirit be satisfied?
- ◆ When we find it hard to fall asleep at night, why not think about God and recall His guidance and help...

Prayer

Dear Lord, may You help me, Your child, during times when I am weary and downhearted, to yearn for You, and to think upon Your grace. Enable my heart to see Your glory and sing songs of praise to You. Amen.

My Reflection

Supplication

DAY 20 | 22 August 2020, Saturday

Tick when completed

Psalm 67 (NIV)

- ¹ May God be gracious to us and bless us and make his face shine on us—
- ² so that your ways may be known on earth, your salvation among all nations.
- ³ May the peoples praise you, God; may all the peoples praise you.
- ⁴ May the nations be glad and sing for joy, for you rule the peoples with equity and guide the nations of the earth.
- ⁵ May the peoples praise you, God; may all the peoples praise you.
- ⁶ The land yields its harvest; God, our God, blesses us.
- ⁷ May God bless us still, so that all the ends of the earth will fear him.

Reflection

- ◆ Do you have any experience of witnessing to others about God?
- ◆ Are you willing to be like the psalmist in seeking God's blessing in order to bless others?

Prayer

Dearest Heavenly Father, we give You thanks for all the blessings you have granted us, and we want to share these blessings with others. We wish to bear witness to Your grace and love, to allow others to receive these same gospel blessings, and to join with them to praise Your holy name. May You continue to be with us, and may all peoples and all nations turn to You. Amen.

My Reflection

Tick when completed

Psalm 51 (NIV)

- ¹ Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.
- ² Wash away all my iniquity and cleanse me from my sin.
- ³ For I know my transgressions, and my sin is always before me.
- ⁴ Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.
- ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me.
- ⁶ Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.
- ⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.
- ⁸ Let me hear joy and gladness; let the bones you have crushed rejoice.
- ⁹ Hide your face from my sins and blot out all my iniquity.
- ¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me.
- ¹¹ Do not cast me from your presence or take your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
- ¹³ Then I will teach transgressors your ways, so that sinners will turn back to you.
- ¹⁴ Deliver me from the guilt of bloodshed, O God, you who are God my Saviour, and my tongue will sing of your righteousness.
- ¹⁵ Open my lips, Lord, and my mouth will declare your praise.
- ¹⁶ You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.
- ¹⁷ My sacrifice, O God, is [b] a broken spirit; a broken and contrite heart you, God, will not despise.
- ¹⁸ May it please you to prosper Zion, to build up the walls of Jerusalem.
- ¹⁹ Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.

Sermon Notes

Reflection

- ◆ Are there some transgressions hidden in your heart? If so, confess them before the Lord and seek His forgiveness.

My Reflection

Prayer

O God, You are full of love and mercy. I bring to You a broken spirit, a broken and contrite heart I bring to You, knowing that before You my transgressions cannot be hidden. You alone can wash me and make me whiter than snow. Please create in me a clean heart, renew a right spirit within me, save me, restore in me the joy of Your salvation and my mouth will declare Your praise and sing of Your righteousness! Amen!

Verse of this Week

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me.

Psalm 86:15-16

Psalm 76 (NIV)

- ¹ God is renowned in Judah; in Israel his name is great.
- ² His tent is in Salem, his dwelling place in Zion.
- ³ There he broke the flashing arrows, the shields and the swords, the weapons of war.
- ⁴ You are radiant with light, more majestic than mountains rich with game.
- ⁵ The valiant lie plundered, they sleep their last sleep; not one of the warriors can lift his hands.
- ⁶ At your rebuke, God of Jacob, both horse and chariot lie still.
- ⁷ It is you alone who are to be feared. Who can stand before you when you are angry?
- ⁸ From heaven you pronounced judgment, and the land feared and was quiet—
- ⁹ when you, God, rose up to judge, to save all the afflicted of the land.
- ¹⁰ Surely your wrath against mankind brings you praise, and the survivors of your wrath are restrained.
- ¹¹ Make vows to the LORD your God and fulfil them; let all the neighbouring lands bring gifts to the One to be feared.
- ¹² He breaks the spirit of rulers; he is feared by the kings of the earth.

Reflection

- ◆ Consider how God is a great and awesome king, He is never defeated and promises to fight for His people; He is the One we can rely on. At this point in time, do you have any matters that require His help?

Prayer

O Lord, my God and my King, in Your presence whom shall I fear? May You accomplish Your will in *(a person or a matter)*. I trust in Your promise that for those who ask in Your name, You will answer them. Thank You Lord. Amen.

My Reflection

Psalm 84 (NIV)

- ¹ How lovely is your dwelling place, LORD Almighty!
- ² My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.
- ³ Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young— a place near your altar, LORD Almighty, my King and my God.
- ⁴ Blessed are those who dwell in your house; they are ever praising you.
- ⁵ Blessed are those whose strength is in you, whose hearts are set on pilgrimage.
- ⁶ As they pass through the Valley of Baca, they make it a place of springs; the autumn rains also cover it with pools.
- ⁷ They go from strength to strength, till each appears before God in Zion.
- ⁸ Hear my prayer, LORD God Almighty; listen to me, God of Jacob.
- ⁹ Look on our shield, O God; look with favour on your anointed one.
- ¹⁰ Better 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.
- ¹¹ For the LORD God is a sun and shield; the LORD bestows favour and honour; no good thing does he withhold from those whose walk is blameless.
- ¹² LORD Almighty, blessed is the one who trusts in you.

Reflection

- ◆ God is worthy of our worship. He turns the 'Valley of Baca' into a place of springs, no good thing does He withhold from those whose walk is blameless. What do you truly need? What do you want to give thanks for?

Prayer

O Lord, I want to draw near to You, to praise and worship You. You are my strength and my shield; You turn my sorrows into joy, my heart longs for You. In this pilgrimage, may You cause me to go from strength to strength. I desire to walk in straight paths and to obey Your Word but I resolve not to join in the ways of the wicked. All thanksgiving and praise be given unto You. Amen.

My Reflection

Psalm 86 (NIV)

- ¹ Hear me, LORD, and answer me, for I am poor and needy.
- ² Guard my life, for I am faithful to you; save your servant who trusts in you. You are my God;
- ³ have mercy on me, Lord, for I call to you all day long.
- ⁴ Bring joy to your servant, Lord, for I put my trust in you.
- ⁵ You, Lord, are forgiving and good, abounding in love to all who call to you.
- ⁶ Hear my prayer, LORD; listen to my cry for mercy.
- ⁷ When I am in distress, I call to you, because you answer me.
- ⁸ Among the gods there is none like you, Lord; no deeds can compare with yours.
- ⁹ All the nations you have made will come and worship before you, Lord; they will bring glory to your name.
- ¹⁰ For you are great and do marvellous deeds; you alone are God.
- ¹¹ Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.
- ¹² I will praise you, Lord my God, with all my heart; I will glorify your name forever.
- ¹³ For great is your love toward me; you have delivered me from the depths, from the realm of the dead.
- ¹⁴ Arrogant foes are attacking me, O God; ruthless people are trying to kill me— they have no regard for you.
- ¹⁵ But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.
- ¹⁶ Turn to me and have mercy on me; show your strength in behalf of your servant; save me, because I serve you just as my mother did.
- ¹⁷ Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, LORD, have helped me and comforted me.

Reflection

- ◆ God is good and delights to forgive us; He answers those who call on Him. Do you have a difficulty or need today? Please, with sincerity and reverence, call on His name today.

Prayer

O Lord, You are God alone, full of love, mercy and grace. I pray for *(state a difficulty or a need)*, would You please help me and bring me comfort; please hear my prayer and listen to my cry. Amen.

My Reflection

Psalm 92 (NIV)

- ¹ It is good to praise the LORD and make music to your name, O Most High,
- ² proclaiming your love in the morning and your faithfulness at night,
- ³ to the music of the ten-stringed lyre and the melody of the harp.
- ⁴ For you make me glad by your deeds, LORD; I sing for joy at what your hands have done.
- ⁵ How great are your works, LORD, how profound your thoughts!
- ⁶ Senseless people do not know, fools do not understand,
- ⁷ that though the wicked spring up like grass and all evildoers flourish, they will be destroyed forever.
- ⁸ But you, LORD, are forever exalted.
- ⁹ For surely your enemies, LORD, surely your enemies will perish; all evildoers will be scattered.
- ¹⁰ You have exalted my horn like that of a wild ox; fine oils have been poured on me.
- ¹¹ My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.
- ¹² The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;
- ¹³ planted in the house of the LORD, they will flourish in the courts of our God.
- ¹⁴ They will still bear fruit in old age, they will stay fresh and green,
- ¹⁵ proclaiming, “The LORD is upright; he is my Rock, and there is no wickedness in him.”

Reflection

- ◆ Our God is the Almighty, those who rely on Him will be blessed. Is there a particular person or matter for which you would like to intercede or give thanks to our God?

Prayer

O God, Your ways are great and awesome; Your thoughts are profound. Thank You for rescuing me from the hands of the wicked and evildoers. I commit myself to walk in the path of the upright and righteous, to be in the care of the Lord, to be in the temple of God; like the cedar which flourishes and bears fruit in old age, which stays fresh and green. Amen.

My Reflection

Psalm 90 (NIV)

- ¹ 1 Lord, you have been our dwelling place throughout all generations.
- ² Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.
- ³ You turn people back to dust, saying, "Return to dust, you mortals."
- ⁴ A thousand years in your sight are like a day that has just gone by, or like a watch in the night.
- ⁵ Yet you sweep people away in the sleep of death— they are like the new grass of the morning:
- ⁶ In the morning it springs up new, but by evening it is dry and withered.
- ⁷ We are consumed by your anger and terrified by your indignation.
- ⁸ You have set our iniquities before you, our secret sins in the light of your presence.
- ⁹ All our days pass away under your wrath; we finish our years with a moan.
- ¹⁰ Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.
- ¹¹ If only we knew the power of your anger! Your wrath is as great as the fear that is your due.
- ¹² Teach us to number our days, that we may gain a heart of wisdom.
- ¹³ Relent, LORD! How long will it be? Have compassion on your servants.
- ¹⁴ Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.
- ¹⁵ Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.
- ¹⁶ 16 May your deeds be shown to your servants, your splendour to their children.
- ¹⁷ May the favour of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.

Reflection

- ◆ Before the Eternal God, how short our life seems! Let us cherish our lives, number our days and live lives of wisdom. Quieten down and recall the different seasons in your life. How has God's hand been working in each of them?

Prayer

Eternal God, all our days are set before You; whether 70 or 80 years or more, they are merely temporary. Although there is much trouble and sorrow in my life and transgressions which stir Your anger; I turn to You and seek your face. I desire to be satisfied by Your unfailing love, that I may sing for joy and be glad all my days. May You guide me and reveal the work of Your hand in my life. May You establish the work of my hands; the work of my hands, may You establish, O Lord. Amen.

My Reflection

Psalm 91 (NIV)

- ¹ Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
- ² I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."
- ³ Surely he will save you from the fowler's snare and from the deadly pestilence.
- ⁴ He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.
- ⁵ You will not fear the terror of night, nor the arrow that flies by day,
- ⁶ nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
- ⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
- ⁸ You will only observe with your eyes and see the punishment of the wicked.
- ⁹ If you say, "The LORD is my refuge," and you make the Most High your dwelling,
- ¹⁰ no harm will overtake you, no disaster will come near your tent.
- ¹¹ For he will command his angels concerning you to guard you in all your ways;
- ¹² they will lift you up in their hands, so that you will not strike your foot against a stone.
- ¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent.
- ¹⁴ "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.
- ¹⁵ He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.
- ¹⁶ With long life I will satisfy him and show him my salvation."

Reflection

- ◆ God is our protector; pestilence or plague, disaster or affliction shall not ultimately overcome us. Our Father promises to rescue His people, to reveal His salvation. Are you in need or in difficulty? You can come to Him earnestly in prayer.

Prayer

O Lord my God, You are my refuge and my fortress, I will find refuge under Your wings. Surely You will rescue me; surely You will save me from the fowler's snare and from the deadly pestilence. O Lord, I pray that You will guard me in all my ways. I promise to call on Your name and love You wholeheartedly for You are a faithful and loving God. I pray all these with a heart full of thanksgiving, in Jesus Christ's name. Amen.

My Reflection

Tick when completed

Psalm 100 (NIV)

- ¹ Shout for joy to the LORD, all the earth.
- ² Worship the LORD with gladness;
come before him with joyful songs.
- ³ Know that the LORD is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.
- ⁴ Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
- ⁵ For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

Sermon Notes

Reflection

- ◆ Name your blessings one by one and give thanks to our God for He is good.

My Reflection

Prayer

God of all good gifts, thank You for all the blessings You have bestowed on me. Thank You for the gift of eternal life. Thank You for the gift of Your Spirit. Thank You for calling me Your child. In Jesus' name, Amen.

Verse of this Week

The LORD provided redemption for his people; He ordained His covenant forever - holy and awesome is His name.

Psalm 111:9

Psalm 96 (NIV)

- ¹ Sing to the LORD a new song; sing to the LORD, all the earth.
- ² Sing to the LORD, praise his name; proclaim his salvation day after day.
- ³ Declare his glory among the nations, his marvellous deeds among all peoples.
- ⁴ For great is the LORD and most worthy of praise; he is to be feared above all gods.
- ⁵ For all the gods of the nations are idols, but the LORD made the heavens.
- ⁶ Splendour and majesty are before him; strength and glory are in his sanctuary.
- ⁷ Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength.
- ⁸ Ascribe to the LORD the glory due his name; bring an offering and come into his courts.
- ⁹ Worship the LORD in the splendour of his holiness; tremble before him, all the earth.
- ¹⁰ Say among the nations, "The LORD reigns."
The world is firmly established, it cannot be moved; he will judge the peoples with equity.
- ¹¹ Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it.
- ¹² Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.
- ¹³ Let all creation rejoice before the LORD, for he comes, he comes to judge the earth.
He will judge the world in righteousness and the peoples in his faithfulness.

Reflection

- ◆ Observe how the psalmist calls the heavens and the earth to worship God in many various ways. Why is God most worthy of praise?
- ◆ Find a spot where you can see God's creation and read this psalm again. How can I continue to worship God in my everyday life?

Prayer

Dear God and Maker of all creation, You are great and most worthy of praise! Let the heavens rejoice and let the earth be glad; let the nations declare, "The LORD reigns!" Teach me to proclaim Your salvation day by day, and ascribe Your glory in all I say and do. May all splendour and majesty be Yours forever! In Jesus' name I pray, Amen.

My Reflection

Psalm 99 (NIV)

- ¹ The LORD reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake.
- ² Great is the LORD in Zion; he is exalted over all the nations.
- ³ Let them praise your great and awesome name— he is holy.
- ⁴ The King is mighty, he loves justice— you have established equity; in Jacob you have done what is just and right.
- ⁵ Exalt the LORD our God and worship at his footstool; he is holy.
- ⁶ Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the LORD and he answered them.
- ⁷ He spoke to them from the pillar of cloud; they kept his statutes and the decrees he gave them.
- ⁸ LORD our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds.[a]
- ⁹ Exalt the LORD our God and worship at his holy mountain, for the LORD our God is holy.

Reflection

- ◆ This praise psalm centres on the holiness of God – His holiness enthroned and His holiness encountered by His people. What other attributes and works of God can you read from this psalm that reflect His holiness?
- ◆ Verse 8 speaks of our God who punishes but also forgives. Recall a time when you were confronted with God's holiness, yet also filled with His forgiveness for you.

Prayer

Dear LORD our God, Holy are You! You are exalted over all the nations and we praise Your great and awesome name. Continue to establish justice and equity over this restless world. Thank you for being our forgiving God, and guide me as I strive to keep Your statutes and decrees. In Jesus' name I pray, Amen!

My Reflection

Confession / Lament

DAY 31 | 2 September 2020, Wednesday

Psalm 102 (NIV)

- 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 favour 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.
- ¹⁶ For the LORD will rebuild Zion and appear in his glory.
- ¹⁷ He will respond to the prayer of the destitute; he will not despise their plea.
- ¹⁸ Let this be written for a future generation, that a people not yet created may praise the LORD:
- ¹⁹ “The LORD looked down from his sanctuary on high, from heaven he viewed the earth,
- ²⁰ to hear the groans of the prisoners and release those condemned to death.”
- ²¹ So the name of the LORD will be declared in Zion and his praise in Jerusalem
- ²² when the peoples and the kingdoms assemble to worship the LORD.
- ²³ In the course of my life he broke my strength; he cut short my days.
- ²⁴ So I said: “Do not take me away, my God, in the midst of my days; your years go on through all generations.
- ²⁵ In the beginning you laid the foundations of the earth, and the heavens are the work of your hands.
- ²⁶ They will perish, but you remain; they will all wear out like a garment. Like clothing you will change them and they will be discarded.
- ²⁷ But you remain the same, and your years will never end.
- ²⁸ The children of your servants will live in your presence; their descendants will be established before you.”

Tick when completed

Reflection

- ◆ This lament psalm starts with the words of one afflicted. Recall a time when your experience resonates with the psalmist's cry about human frailty, pain, rejection and despair.
- ◆ Verse 12 serves as a turning point of the psalm. Ponder upon how the psalmist describes God's eternity in light of man's fleeting days and find assurance in Him.

Prayer

Dear God of all generations, hear my prayer and let my cries come to you; do not hide Your face from me when I am in distress for I am like grass that wither away. In my frailty and despair, remind me that You sit enthroned forever. Help me place my confidence in You for You remain the same and Your years will never end. Keep me in Your presence, O Lord, that I may revere Your glory. In Jesus' name I pray, Amen!

My Reflection

Psalm 111 (NIV)

- ¹ Praise the LORD
I will extol the LORD with all my heart in the council of the upright and in the assembly.
- ² Great are the works of the LORD; they are pondered by all who delight in them.
- ³ Glorious and majestic are his deeds, and his righteousness endures forever.
- ⁴ He has caused his wonders to be remembered; the LORD is gracious and compassionate.
- ⁵ He provides food for those who fear him; he remembers his covenant forever.
- ⁶ He has shown his people the power of his works, giving them the lands of other nations.
- ⁷ The works of his hands are faithful and just; all his precepts are trustworthy.
- ⁸ They are established for ever and ever, enacted in faithfulness and uprightness.
- ⁹ He provided redemption for his people; he ordained his covenant forever— holy and awesome is his name.
- ¹⁰ The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding.
To him belongs eternal praise.

Reflection

- ◆ What are some attributes mentioned by the psalmist about the works of God? What are some examples of God's works described in this psalm?
- ◆ Take some time to give thanks to God for His wonderful works in your life.

Prayer

Dear God and Provider of all things, I give thanks to You for Your wondrous works; they are full of splendour and majesty! The works of Your hands are faithful and just; You provide food for those who fear You, sent redemption to Your people and remember Your covenant forever. Help me remember Your great and powerful works in my life, that I may fear You and praise Your holy name! In Jesus' name I pray, Amen.

My Reflection

Psalm 115 (NIV)

- ¹ Not to us, LORD, not to us but to your name be the glory, because of your love and faithfulness.
- ² Why do the nations say, "Where is their God?"
- ³ Our God is in heaven; he does whatever pleases him.
- ⁴ But their idols are silver and gold, made by human hands.
- ⁵ They have mouths, but cannot speak, eyes, but cannot see.
- ⁶ They have ears, but cannot hear, noses, but cannot smell.
- ⁷ They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats.
- ⁸ Those who make them will be like them, and so will all who trust in them.
- ⁹ All you Israelites, trust in the LORD— he is their help and shield.
- ¹⁰ House of Aaron, trust in the LORD— he is their help and shield.
- ¹¹ You who fear him, trust in the LORD— he is their help and shield.
- ¹² The LORD remembers us and will bless us: He will bless his people Israel, he will bless the house of Aaron,
¹³ he will bless those who fear the LORD— small and great alike.
- ¹⁴ May the LORD cause you to flourish, both you and your children.
- ¹⁵ May you be blessed by the LORD, the Maker of heaven and earth.
- ¹⁶ The highest heavens belong to the LORD, but the earth he has given to mankind.
- ¹⁷ It is not the dead who praise the LORD, those who go down to the place of silence;
- ¹⁸ it is we who extol the LORD, both now and forevermore.
Praise the LORD.

Reflection

- ◆ How does the psalm contrast our God against other idols of worship? What assurance can we gain from knowing this difference?
- ◆ Verse 9-11 is a refrain to trust in the LORD, whereas verse 12-15 speaks of God as the Giver of blessings. Take time to think of someone you know who needs to be reminded of his/her trust in God, and to be a recipient of God's blessings.

Prayer

Dear God and Father of mankind, to Your name we give glory; for the sake of Your steadfast love and Your faithfulness! While other idols are the works of human hands, You O Lord, reign in heaven and on earth. I pray that (name) will trust in You for You are his/her help and shield. May the Lord give (name) increase, and may he/she be blessed by the Lord! In Jesus' name I pray, Amen.

My Reflection

Supplication

DAY 34 | 5 September 2020, Saturday

Psalm 116 (NIV)

- ¹ I love the LORD, for he heard my voice; he heard my cry for mercy.
- ² Because he turned his ear to me, I will call on him as long as I live.
- ³ The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.
- ⁴ Then I called on the name of the LORD: “LORD, save me!”
- ⁵ The LORD is gracious and righteous; our God is full of compassion.
- ⁶ The LORD protects the unwary; when I was brought low, he saved me.
- ⁷ Return to your rest, my soul, for the LORD has been good to you.
- ⁸ For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling,
- ⁹ that I may walk before the LORD in the land of the living.
- ¹⁰ I trusted in the LORD when I said, “I am greatly afflicted”;
- ¹¹ in my alarm I said, “Everyone is a liar.”
- ¹² What shall I return to the LORD for all his goodness to me?
- ¹³ I will lift up the cup of salvation and call on the name of the LORD.
- ¹⁴ I will fulfil my vows to the LORD in the presence of all his people.
- ¹⁵ Precious in the sight of the LORD is the death of his faithful servants.
- ¹⁶ Truly I am your servant, LORD; I serve you just as my mother did; you have freed me from my chains.
- ¹⁷ I will sacrifice a thank offering to you and call on the name of the LORD.
- ¹⁸ I will fulfil my vows to the LORD in the presence of all his people,
- ¹⁹ in the courts of the house of the LORD— in your midst, Jerusalem.
Praise the LORD.

Reflection

- ◆ This psalm speaks of overwhelming gratitude from one whose prayer has found an answer. Reflect upon a time when you too witnessed God's salvation and preservation in times of suffering and uncertainty.
- ◆ Think of someone whom you can share this testimony with; that he/she too may find assurance in God.

Tick when completed

Prayer

Dear gracious and merciful God, great are You whose ears are inclined to me when I call upon Your name. When I was brought low, You saved me. When I lacked wisdom, You upheld me. What shall I render to You for all Your benefits to me? Therefore, I will lift up the cup of salvation and call on the name of the LORD; I will offer to You the sacrifice of thanksgiving and exalt You in the presence of Your people! May all Your people praise You! In Jesus' name I pray, Amen.

My Reflection

Tick when completed

Psalm 127 (NIV)

- ¹ Unless the LORD builds the house,
the builders labour in vain.
Unless the LORD watches over the city,
the guards stand watch in vain.
- ² In vain you rise early
and stay up late,
toiling for food to eat—
for he grants sleep to those he loves.
- ³ Children are a heritage from the LORD,
offspring a reward from him.
- ⁴ Like arrows in the hands of a warrior
are children born in one's youth.
- ⁵ Blessed is the man
whose quiver is full of them.
They will not be put to shame
when they contend with their opponents in court.

Sermon Notes

Reflection

- ◆ Imagine your life without the Lord. How would it be?
- ◆ How should family be like given that children are a heritage from the LORD?

My Reflection

Prayer

O God, You are our Lord. All good things come from you. Our life, existence, and breath all originate from You. We acknowledge You in all our life, relying on Your guidance and preservation. O Lord, my family, my children are all blessings from You, Your promised blessings through the generations. Oh Jehovah, we give thanks for your majestic love. We want to hold on firmly to Your promises and remain committed in serving You forever. In Jesus' name we pray, Amen.

Verse of this Week

Unless the Lord builds the house, the builders labour in vain. Unless the Lord watches over the city, the guards stand watch in vain.

Psalm 111:9

Psalm 122 (NIV)

- ¹ I rejoiced with those who said to me, "Let us go to the house of the LORD."
- ² Our feet are standing in your gates, Jerusalem.
- ³ Jerusalem is built like a city that is closely compacted together.
- ⁴ That is where the tribes go up— the tribes of the LORD— to praise the name of the LORD according to the statute given to Israel.
- ⁵ There stand the thrones for judgment, the thrones of the house of David.
- ⁶ Pray for the peace of Jerusalem: "May those who love you be secure.
- ⁷ May there be peace within your walls and security within your citadels."
- ⁸ For the sake of my family and friends, I will say, "Peace be within you."
- ⁹ For the sake of the house of the LORD our God, I will seek your prosperity.

Reflection

- ◆ What does intercession mean to you? Who can you pray for today?
- ◆ What is true peace? Have you found peace?

Prayer

Dear Heavenly Father, You are the King of Kings, Lord of Lords. You created the world, and watch over the nations, Emmanuel! All nations must worship You forever. Lord, thank You for choosing us to be Your people, and for giving us the power to pray. We pray for Your kingdom to come and Your will to be done. We pray, O Lord, You will use us to spread the grace of the gospel to more people, so that more can have true peace. In Jesus' name we pray, Amen!

My Reflection

Psalm 124 (NIV)

- ¹ If the LORD had not been on our side— let Israel say—
- ² if the LORD had not been on our side when people attacked us,
- ³ they would have swallowed us alive when their anger flared against us;
- ⁴ the flood would have engulfed us, the torrent would have swept over us,
- ⁵ the raging waters would have swept us away.
- ⁶ Praise be to the LORD, who has not let us be torn by their teeth.
- ⁷ We have escaped like a bird from the fowler's snare; the snare has been broken, and we have escaped.
- ⁸ Our help is in the name of the LORD, the Maker of heaven and earth.

Reflection

- ◆ Reflect on this Psalm. What should you do if you have been treated unfairly?
- ◆ How should you relate your faith and your daily life?

Prayer

O Lord, our help comes from You. Lord, You are Almighty, and You will save Your children from all danger. We are often weak, and we fall, but we know that You will help us walk from darkness into light. Lord, please cleanse our heart, forgive our sins, and bless us with a strong and courageous faith, to be devoted to walk this heavenly path through the Lord. In Jesus' name we pray, Amen

My Reflection

Psalm 130 (NIV)

- 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.

Reflection

- ◆ How have you faced suffering?
- ◆ Reflect on the significance of prayer in difficult times.

Prayer

Oh Lord, we appeal to You from the bottom of our heart, please listen to our pleading voice. Please have mercy on us, and forgive our sins so that we may be free from the bondage of sin. Help us to look upon You with reverence, to receive Your grace. Lord, please help us to submit to Your sovereignty, may Your will be done. Unveil Your perfect plan in us. In Jesus' name we pray, Amen.

My Reflection

Psalm 136 (NIV)

- ¹ Give thanks to the LORD, for he is good. His love endures forever.
- ² Give thanks to the God of gods. His love endures forever.
- ³ Give thanks to the Lord of lords: His love endures forever.
- ⁴ to him who alone does great wonders, His love endures forever.
- ⁵ who by his understanding made the heavens, His love endures forever.
- ⁶ who spread out the earth upon the waters, His love endures forever.
- ⁷ who made the great lights— His love endures forever.
- ⁸ the sun to govern the day, His love endures forever.
- ⁹ the moon and stars to govern the night; His love endures forever.
- ¹⁰ to him who struck down the firstborn of Egypt His love endures forever.
- ¹¹ and brought Israel out from among them His love endures forever.
- ¹² with a mighty hand and outstretched arm; His love endures forever.
- ¹³ to him who divided the Red Sea[a] asunder His love endures forever.
- ¹⁴ and brought Israel through the midst of it, His love endures forever.
- ¹⁵ but swept Pharaoh and his army into the Red Sea; His love endures forever.
- ¹⁶ to him who led his people through the wilderness; His love endures forever.
- ¹⁷ to him who struck down great kings, His love endures forever.
- ¹⁸ and killed mighty kings— His love endures forever.
- ¹⁹ Sihon king of the Amorites His love endures forever.
- ²⁰ and Og king of Bashan— His love endures forever.
- ²¹ and gave their land as an inheritance, His love endures forever.
- ²² an inheritance to his servant Israel. His love endures forever.
- ²³ He remembered us in our low estate His love endures forever.
- ²⁴ and freed us from our enemies. His love endures forever.
- ²⁵ He gives food to every creature. His love endures forever.
- ²⁶ Give thanks to the God of heaven. His love endures forever.

Reflection

- ◆ God's love is multi-faceted. In what ways have you experienced His love?
- ◆ Why is it that nothing in this world can separate us from God's love?

Prayer

Dear Heavenly Father, we give thanks to You, because You are good, and Your love endures forever. We give thanks for Your love and mercy throughout our life. Thank You for the miracles that have made our life wonderful. Thank You for Your great work of salvation and faithful protection. Lord, we praise you and we lift Your name on high. Please continue to guide and help us, bless us with sufficient faith and grace. In Jesus' name we pray, Amen!

My Reflection

Supplication

DAY 40 | 11 September 2020, Friday

Psalm 139 (NIV)

- 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, 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.
- ¹⁹ If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!
- ²⁰ They speak of you with evil intent; your adversaries misuse your name.
- ²¹ Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you?
- ²² I have nothing but hatred for them; I count them my enemies.
- 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.

Reflection

- ◆ Can we flee from God's presence? What is the psalmist's attitude towards this?
- ◆ Should we hate our enemies or God's enemies? Why?

Tick when completed

Prayer

Dear Heavenly Father, we want to live an honest life like the psalmist, David. We do not want to be afraid of You or the judgment of man, we want to be free from this. Father, You are always present and all-powerful, yet full of compassion and love. Please forgive us, help us and inspire us, to live out Your words in our daily life, and enjoy Your presence. In Jesus' name we pray, Amen!

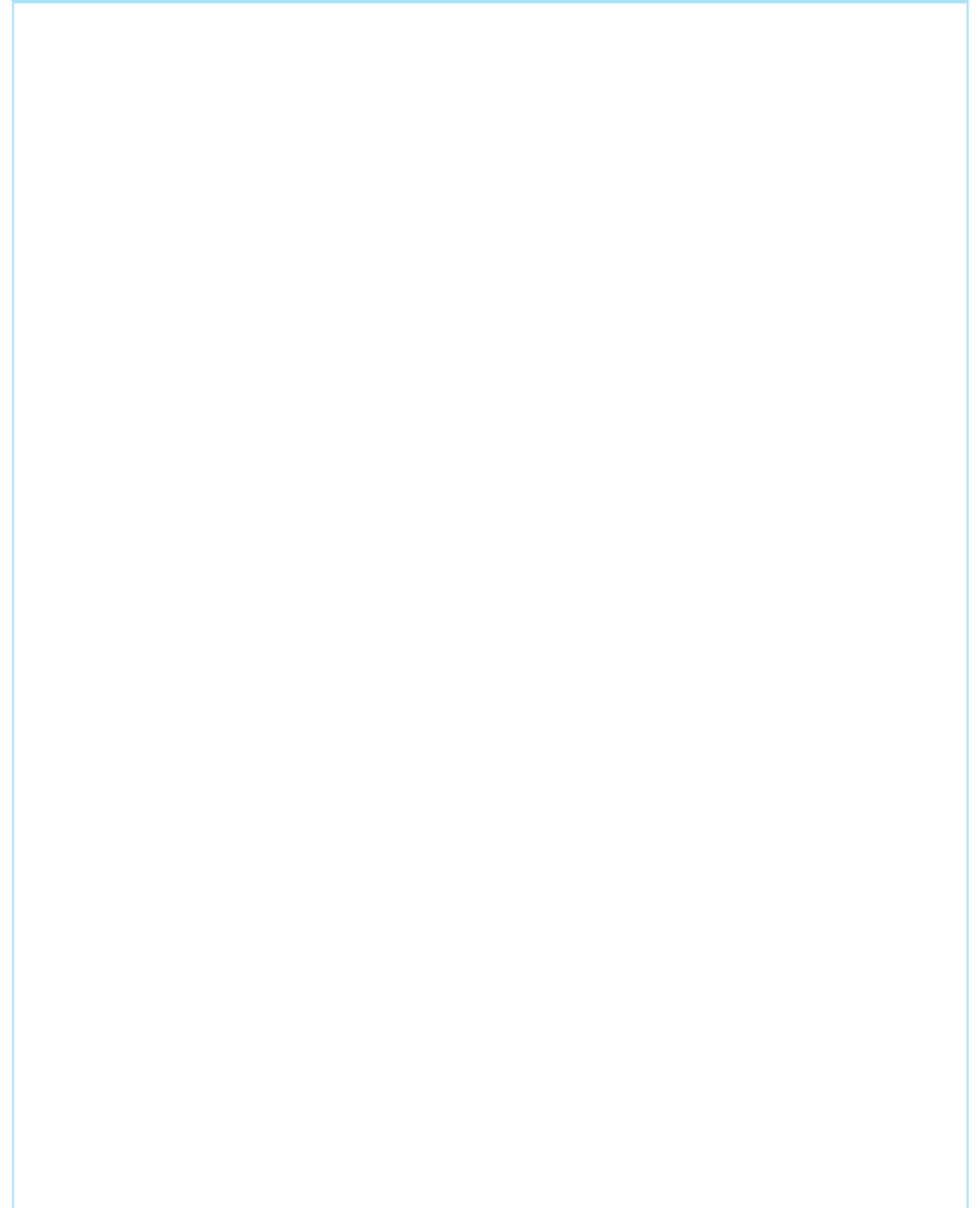
My Reflection

We praise God for leading you through this 40-day bible reading journey!
Please take this day of devotion to reflect, give thanks and plan how your daily devotional will be like from tomorrow onwards.

My Reflection

A large, empty rectangular box with a light blue border, intended for the user to write their reflection.

My Prayer of Commitment to God

A large, empty rectangular box with a light blue border, intended for the user to write their prayer of commitment to God.

Psalm 150 (NIV)

- ¹ Praise the Lord.
Praise God in his sanctuary;
praise him in his mighty heavens.
- ² Praise him for his acts of power;
praise him for his surpassing greatness.
- ³ Praise him with the sounding of the trumpet,
praise him with the harp and lyre,
- ⁴ praise him with timbrel and dancing,
praise him with the strings and pipe,
- ⁵ praise him with the clash of cymbals,
praise him with resounding cymbals.
- ⁶ Let everything that has breath praise the Lord.
Praise the Lord.

Sermon Notes

My Reflection

Verse of this Week

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.

Psalm 27:4



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