

**Chris Dalton**

**Explore the**  
**Psalms**



**Plain & Simple**  
**Devotions**

## **Praise for Plain and Simple Devotions**

"These devotionals do exactly what they say on the tin! They are plain and simple, yet not dull or simplistic. These devotions are biblical and accessible, and I wholeheartedly recommend them to you. They fill a great need in the church for those who would love to know more about the Lord but maybe struggle with heavy reading."

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"Chris's daily devotions are wonderful! For those of us who find reading long, complicated books a challenge, these devotions are perfect. With a consistent structure that simply gets to the heart of the Bible passage, these reflections are laid out in an easy-to-read, clear format. They are truly accessible to all, and I would highly recommend them."

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Holy Trinity Church, Claygate**

"At last, accessibility-sensitive discipleship materials that include all who seek a closer relationship with the Lord. No one should be excluded from spiritual growth or church life."

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"These *Plain and Simple Devotions* are very clear and concise daily Bible studies for people who find reading a challenge. I love the easy-to-read format, which makes the truth of the Bible accessible to everyone. The short Bible readings and simple structure provide a great way to encourage anyone to grow in faith. Chris has a gift for writing simply, and this feels like a valuable resource that will help many on their journey with Jesus."

**Tim Wood, CEO, Through the Roof**

"This book proves that *simple* and *simplistic* are two very different concepts. Questions encourage deep thought about the passages and God. Application of spiritual principles is guided by those questions. Each day's reading is appropriate for new or low-level adult readers. This book provides needed spiritual reading material for adult literacy ministries. I look forward to sharing this resource with such ministries."

**Claudean Boatman, Coordinator,  
SBC National Literacy Missions Partnership**

**Chris Dalton**

**Explore the**

# **Psalms**



**Plain & Simple**  

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**Devotions**

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# Introduction

It is good to spend some time looking at the Bible each day, so that you grow in your faith.

But it is not always easy to do this on your own.

Some people can read but don't like to 😞

Some people find it hard to finish long books with big words.

Some people find it hard to focus on long sentences.

If any of those feel familiar,

then these notes have been written for you!

## A good habit

As we read the Bible, we see what God is really like and how much He loves us.

So, it's really good to read the Bible every day.

It helps to find a time that suits you, and then stick with it!

Some people like to do this first thing in the morning.

Other people choose to do it in the evening or at bedtime.

Whatever works for you is fine. If you miss a day, don't worry!

## All about the Psalms

The book of Psalms is the Bible's songbook.

Musicians wrote the songs for people to sing together.



Sadly, we don't know the tunes anymore!

There are many different kinds of songs.

- Sometimes the writer is singing the blues.  
This is when the songwriter is feeling sad or hopeless.  
It is healthy to express grief about our losses.
- In some songs, the songwriter is saying sorry to God  
for things they've done wrong.  
They help us see that sin is bad for our relationships.
- There are protest songs that ask difficult questions.
- There are songs that cry for help.
- There are love songs and praise songs!

Psalm 23 is probably the best-known song...

You might call it the Top of the Pops!

We will look at all these kinds of songs in this book.

## **How this book works**

We will look at a few verses each day.

Sometimes we will spend several days on one song.

With each song, we'll see what we can learn about life  
and what we can learn about God.

Then we will ask some questions

to see how the song challenges or comforts us.

## Day 1

# Wonderful God

We are going to start by looking at some songs of praise.  
Praise is telling others about something we think is great.  
When we share our enjoyment with others, our joy increases!

### Psalm 9 verses 1-2

*For the director of music.*

*A psalm of David to the tune of "The Death of the Son."*

**1 LORD, I will give thanks to you with all my heart.**

**I will tell about all the wonderful things you have done.**

**2 I will be glad and full of joy because of you.**

**Most High God, I will sing the praises of your name.**

### More info

There is usually information at the top of a psalm.

This one says the psalm is by David.

David was a shepherd who later became King of Israel.

He wrote over 70 of the psalms in the Bible,  
including this one.

We don't know what the tune sounded like.



### Some things to notice

David called God "**LORD**" and "**Most High God**".

He wanted us to know that God is very big and different to us.

God has always been there.

God is Creator. Everything else is something that He created.

We are created beings.

David was amazed at what God had done.

He was full of joy because of who God is.



### **Some questions to think about**

- What makes me thankful to God?
- What have I seen God do in the world and in my life?
- How easy do I find it to tell others how great God is?



### **Some words to pray**

Loving Father, I praise You today because You are amazing!

I praise You for sending Jesus

to show us just how awesome You are.

I praise You for the beautiful world You made.

Please help me to be full of joy because You are in my life.

Please help me to tell others how great You are.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 2      God is always good

Today's psalm is about when we can praise God.

### Psalm 34 verses 1-3a

*A psalm of David when he was with Abimelek  
and pretended to be out of his mind.*

*Abimelek drove him away, and David left.*

**1 I will thank the LORD at all times.**

**My lips will always praise him.**

**2 I will find my glory in knowing the LORD.**

**Let those who are hurting hear me and be joyful.**

**3 Join me in giving glory to the LORD.**

### More info

David wrote this song when life was hard.

He was running away from someone  
who was trying to kill him.

**"The LORD"** is a name for God. It means "I Always Am".

God is eternal and always present. He is outside time.

If that is confusing, it's supposed to be!

God is a totally different being!



### Some things to notice

God was the focus of David's life.

Knowing God brought him joy.

Life was hard, but David still wanted to thank and praise God.  
He made up his mind to trust and praise God,  
whatever happened. Even when life was tough,  
he wanted to point others to the goodness of God.  
He wrote the song for others to sing as well as himself.



### **Some questions to think about**

- How do I react when life is tough?
- Could I choose to praise God even in hard times?  
What difference would it make?
- How might my choice help others who are hurting  
or in trouble?



### **Some words to pray**

Loving Father, thank You that You are always good and kind.  
Thank You that I can always trust You.  
Thank You that I can always be honest about how I'm feeling  
when I pray to You.  
I'm sorry for times when I grumble about You to other people.  
Please help me to be real with others when I'm struggling,  
but also help me to keep saying how great and good You are.  
I find it hard to get this right.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.

## Day 3

# Singing is good for you!

Today's psalm is about why we praise God.

### Psalm 92 verses 1-2

*A psalm. A song for the Sabbath day.*

1 LORD, it is good to praise you.

Most High God, it is good to make music to honour you.

2 It is good to sing every morning about your love.

It is good to sing every night about how faithful you are.

### More info

The Sabbath day was a special day of rest.

When God created the world, He rested on the 7th day.

He told people to rest on the 7th day of every week just like Him.

The Sabbath also reminded the Israelites that God rescued them from slavery.

Jewish people start their Sabbath rest at 6 p.m. on Friday.

They end it at 6 p.m. on Saturday.

Christians usually keep Sunday as their Sabbath.

That's the day Jesus rose from the dead.



### Some things to notice

Singing about God is good.

The songwriter wanted to remind himself and us

that God is loving and faithful.

God always keeps His promises.

It's good to sing every morning and evening

about how awesome God is.

When Christians meet on a Sunday, we sing together.

It helps us to rest in God's goodness.



### **Some questions to think about**

- When do I find it easiest to sing God's praise?  
On my own or with others?
- Do I find resting easy or hard? Why is that?
- Could I praise God at the start and end of each day?  
How would this change the way I think about life?



### **Some words to pray**

Loving Father, thank You that You gave us a day  
especially to rest and to think about You.

Thank You that You are always good and keep Your promises.

I'm sorry that sometimes when life is good,

I forget to praise You.

I'm sorry that sometimes when life is hard,

I doubt Your goodness.

Please help me to keep a Sabbath day every week.

Help me to meet with others so we can praise You together.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.



## Day 4      God's amazing work

Today's psalm gives us another reason to praise God.

### **Psalm 139 verses 14-16a**

14 How you made me is amazing and wonderful.

I praise you for that.

What you have done is wonderful.

I know that very well.

15 None of my bones was hidden from you

when you made me inside my mother's body.

That place was as dark as the deepest parts of the earth.

When you were putting me together there,

16 your eyes saw my body even before it was formed.



### **Some things to notice**

God made us. We are His creation.

There is nothing about us that God does not know.

God knew us before we were born.

God saw us even before we looked human.

### **More info**

In the New Testament, the apostle Paul wrote these words about human beings:

**"We are God's creation.**

**He created us to belong to Christ Jesus.**

## **Now we can do good works.” (Ephesians 2 verse 10)**

The word Paul used for “creation” means “handiwork”, but it is sometimes translated as “poem” or “work of art”. God made us, and that makes us special.



### **Some questions to think about**

- God knew all about me before I was born.  
How do I feel about that?
- I am made by God.  
How does that change the way I feel about myself?
- When I praise God for making me,  
what am I saying about myself,  
and about all the other people that God made?



### **Some words to pray**

Loving Father, You are amazing. You saw me before I was born.  
Please help me to remember that I am Your creation.  
I am special because You put me together.  
I’m sorry for times when I compare myself to others  
and either look down on them or look down on myself.  
Help me to remember that You wonderfully created us all.  
Help me to see myself and others as You see us.  
I want the biggest influence on me to be what You say,  
not what others think.  
I ask these things in Jesus’ name,  
for my good and for Your glory. Amen.

## **Day 5**      **Filled with joy**

Today's psalm gives us another reason to praise God.

### **Psalm 119 verses 162-165**

**162 I'm filled with joy because of your promise.**

**It's like finding a great fortune.**

**163 I hate lies with a deep hatred.**

**But I love your law.**

**164 Seven times a day I praise you**

**for your laws, because they are right.**

**165 Those who love your law enjoy great peace.**

**Nothing can make them trip and fall.**

### **More info**

Psalm 119 is the longest psalm. It has 176 verses!

Each section starts with a letter of the Hebrew alphabet.

The songwriter wrote about God's "**laws**".

This means God's teaching about how to live His way.

In verse 1, the songwriter began by saying that anyone who lives God's way is blessed.

Another word for blessed is happy.



## **Some things to notice**

The songwriter praised God for His laws.

He recognised that they are good and right.

He praised God because living His way brings peace.

He praised God 7 times a day!



## **Some questions to think about**

- How do I feel about living God's way? Do I hate lies?
- Do God's promises fill me with joy?
- Could I pause to praise God 7 times in my day?

What difference will it make if I do this?



## **Some words to pray**

Loving Father, I praise You that You are blessed  
and You want Your people to be blessed.

Thank You that You have given us the Bible and Jesus  
to show us what You are like.

Thank You that You teach us about living Your way.

Please help me to live Your way and know Your peace.

Please help me to stop each day to take time to praise You.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## **My thoughts and questions**



## **My prayers and answers to prayer**



## Day 6 I'm desperate!

Over the next 6 days, we are going to sing the blues.

We will read some psalms of lament.

These songs tell God that life is really hard!

### Psalm 88 verses 1-3

*For the director of music. According to mahalath leannoth.*

*A song. A psalm of the Sons of Korah.*

*A maskil of Heman the Ezrahite.*

**1 LORD, you are the God who saves me.**

**Day and night I cry out to you.**

**2 Please hear my prayer.**

**Pay attention to my cry for help.**

**3 I have so many troubles**

**I'm about to die.**

### More info

The information at the start includes musical instructions, but we don't know exactly what they mean!

The Sons of Korah were musicians.

King David put them in charge of music in the tabernacle.

Heman was one of the 3 main musicians.

He was the grandson of the prophet and judge, Samuel.

You can read more about Heman and the Sons of Korah in 1 Chronicles 6 verses 31-33 and 1 Chronicles 25 verses 1-8.



## **Some things to notice**

This is a personal song. Heman was crying out to the Lord.

He named God as the One who saves.

He called out to God day and night. He pleaded with God.

He had so many troubles that he felt as if he was going to die.

He was not afraid to tell God how he felt.



## **Some questions to think about**

- Do I feel that I can talk to God and tell Him I'm desperate?
- Do I give up praying when things don't get better?
- How does it help if I remember  
that God is the One who saves?



## **Some words to pray**

Loving Father, thank You that I can talk to You about anything.

Today I am feeling...

---

Please help me to remember that You are always there for me.

Please help me to bring my fears and worries to You.

Sometimes I feel like You aren't listening.

I'm sorry for when that happens, because I know it's not true.

Please help me to keep on talking to You.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.



## Day 7 I'm depressed

Today we are reading more verses from the same psalm we looked at yesterday, by Heman the Ezrahite.

### Psalm 88 verses 13-15

13 LORD, I cry out to you for help.

In the morning I pray to you.

14 LORD, why do you say no to me?

Why do you turn your face away from me?

15 I've been in pain ever since I was young.

I've been close to death.

You have made me suffer terrible things.

I have lost all hope.

### More info

Heman's situation had not changed.

His friends had turned away from him.

(We know this from other verses.)

He felt trapped and could not escape.

In the last verse of his song, after the part you just read,

Heman said that darkness was his closest friend.



### Some things to notice

Heman was still crying out to God for help.

He said he had always been in pain.

This time, he called God "LORD" but not "Saviour".  
He still knew that God was in charge,  
but he felt cut off from God.  
He said that God had caused all this to happen to him.  
Heman had given up hoping, but he still kept praying.



### **Some questions to think about**

- Have I ever felt this bad? When and why?
  - Do I question God's motives when I'm facing trouble?
  - Have I ever thought that Christians don't get depressed?
- What does this song teach me?



### **Some words to pray**

Loving Father, I'm sorry if I've thought that  
it's wrong to feel like the songwriter does.  
I'm sorry if I've not been kind to others who feel this way.  
Please make me a good listener.  
Please help me to help others who feel like this  
by praying for them.  
Today I am feeling...

---

Please help me to keep going when I'm feeling hopeless.  
Please help me to know that it's okay to not be okay.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.

## Day 8 Longing for God

Over the next 3 days we will look at Psalm 42.

It is different to Psalm 88 because it keeps a sense of hope.

### Psalm 42 verses 1-3a

*For the director of music. A maskil of the Sons of Korah.*

**1 A deer longs for streams of water.**

**God, I long for you in the same way.**

**2 I am thirsty for God. I am thirsty for the living God.**

**When can I go and meet with him?**

**3 My tears have been my food**

**day and night.**

### More info

This psalm points us to Jesus.

He spoke to those who are thirsty for God.

He said He can give us the water of life.

This means that when we trust Jesus,  
we will be close to God. We won't be thirsty inside.

Jesus spoke about this in John chapter 4.



### Some things to notice

The psalmist knew that seeking God is worth it.

God is the living God. He is as necessary to life as water is!

The songwriter longed for God but hadn't found Him yet.

He felt like he was eating tears for food.  
God has promised to be with us always.  
He is always close, even if we don't feel like He is.  
Feelings can change but God doesn't!  
The songwriter didn't give up hope.  
In verse 2 he said "when" not "if"!



### **Some questions to think about**

- Do I long to meet with God each day? Why? Why not?
- What things do I long for?  
What do I think will bring me happiness?  
What would it be like to long for God that way?
- If God seems far away,  
do I go on chasing after Him or give up?



### **Some words to pray**

Loving Father, this song challenges me.  
I don't always long for You.  
It's too easy to forget You in the busyness.  
There is so much that calls for my attention.  
Other things and people claim my time.  
Sometimes I'm so sad and overwhelmed, I don't talk to You.  
I'm sorry for times when I don't remember how great You are.  
I'm sorry for times when I don't long to be with You.  
Please help me to run after You in good and bad times.  
When You seem far away, please help me to keep going.  
Amen.

## Day 9 Confused

We are continuing to look at Psalm 42.

The writer has said that he is thirsty for God.

### Psalm 42 verses 7-9

7 You have sent wave upon wave of trouble over me.

It roars down on me like a waterfall.

All your waves and breakers have rolled over me.

8 During the day the LORD sends his love to me.

During the night I sing about him.

I say a prayer to the God who gives me life.

9 I say to God my Rock,

“Why have you forgotten me?

Why must I go around in sorrow?

Why am I treated so badly by my enemies?”

### More info

The songwriter was far from home.

Verse 6 tells us that he was in the far north of Israel, at Mount Hermon.

But normally he did his work of leading worship in Jerusalem.

God is everywhere, but He chose Jerusalem as a special place for worship.



## **Some things to notice**

Before, the songwriter was longing for God like water,  
but now, he felt like he was drowning.  
He blamed God for all his troubles. He felt forgotten by God.  
But he also said that God was sending him love  
and giving him life. He said that God was his Rock.  
The writer was still singing! Feelings are complicated  
and we often feel several things at the same time. That's okay!



## **Some questions to think about**

- What do I spend more time doing:  
blaming God for my troubles  
or remembering God's love and gifts to me?
- What do I think God is doing  
when bad things are happening?
- Is God my Rock, or am I trusting other things to save me?



## **Some words to pray**

Loving Father, sometimes life is confusing.  
I know You love me and will always be there for me. Thank You.  
Please help me to keep trusting You when bad things happen.  
Thank You for the songs of lament in the Bible  
that remind me that I can talk to You about anything.  
Thank You that You listen and understand.  
Please help me to speak truth to myself  
about who You are and what You are like.  
I ask these things in Jesus' name. Amen.

## Day 10 Remember God

Psalm 42 has a chorus. That means a section that repeats.  
The chorus comes in between the 2 parts that we already read.  
Then it is repeated again at the end.

### Psalm 42 verses 5 and 11

5 My spirit, why are you so sad?

Why are you so upset deep down inside me?

Put your hope in God.

Once again I will have reason to praise him.

He is my Saviour and my God.

11 My spirit, why are you so sad?

Why are you so upset deep down inside me?

Put your hope in God.

Once again I will have reason to praise him.

He is my Saviour and my God.

### More info

The songwriter used the chorus to bring in hope.

In between, in verse 6, he said,

**"My spirit is very sad deep down inside me.**

**So I will remember you here..."**

The writer was self-aware: he knew what he was feeling.



## **Some things to notice**

The songwriter was talking to himself.  
He was trying to change his thoughts.  
He reminded himself what God is like.  
This caused him to have hope.



## **Some questions to think about**

- Am I self-aware? Do I know exactly how I feel?  
Why might that be helpful?
- When I feel sad deep down, what do I do about it?
- If I remember God's goodness, how will it bring me hope?



## **Some words to pray**

Loving Father, thank You for this song.  
Thank You that there is always hope,  
even when it feels like there isn't.  
Thank You that You are always good and kind.  
Please help me to remember this truth,  
especially when I have dark thoughts.  
When I speak to others who are feeling sad, please help me  
to encourage them and not make them feel worse.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.



## Day 11    God knows

Today's psalm was written by David when he was in trouble.

### **Psalm 69 verses 1-2 and 20-21**

**1** God, save me.

My troubles are like a flood.

I'm up to my neck in them.

**2** I'm sinking in deep mud.

I have no firm place to stand.

I am out in deep water.

The waves roll over me.

**20** They have broken my heart

by saying evil things about me.

It has left me helpless.

I looked for pity, but I didn't find any.

I looked for someone to comfort me,

but I didn't find anyone.

**21** They put bitter spices in my food.

They gave me vinegar when I was thirsty.



### **Some things to notice**

David felt like he was drowning. He was helpless.

He called out to God to save him.

He felt like he was stuck in mud and sinking down.

No one helped him or comforted him. People hated him.

## More info

David sometimes wrote things that pointed to the future. Verses 20 and 21 describe things that happened to Jesus, a very long time after David wrote this psalm.

John 19 verse 28 mentions this.

Jesus chose to die on the cross so that we could be saved. It was a choice, but that doesn't mean it was easy for Him!



## Some questions to think about

- The writer spoke about people being against him.  
Do I know what this feels like?
- What other experiences have I had  
that have made me feel like the writer?
- How does it help to know that Jesus understands?



## Some words to pray

Loving Father, thank You for the cross.

Thank You that Jesus knows what it feels like  
to be mocked and hurt.

Thank You that this song is in Your Bible.

It shows me that I can bring all my troubles to You.

Thank You that You will never leave me.

Today I just want to say...

---

Amen.

## **My thoughts and questions**



## **My prayers and answers to prayer**



## Day 12 Faithful love

Next we are going to read some love songs.

These are psalms which speak about the love of God,  
and also about our love for Him.

### Psalm 89 verses 1-4

*A maskil of Ethan the Ezrahite.*

**1 LORD, I will sing about your great love for ever.**

**For all time to come, I will tell how faithful you are.**

**2 I will tell everyone that your love stands firm for ever.**

**I will tell them that you are always faithful,  
even in heaven itself.**

**3 You said, "Here is the covenant I have made  
with my chosen one.**

**Here is the promise I have made to my servant David.**

**4 'I will make your family line continue for ever.**

**I will make your kingdom secure for all time to come.'"**

### More info

The song was written by Ethan the son of Zerah.

1 Kings 4 verse 31 tells us that he was wise.

1 Chronicles 2 verse 6 tells us that he had 4 brothers.

His name means "enduring" or "firm".



## **Some things to notice**

Ethan made a decision based on God's character.

He was going to sing about God's love, always.

He knew about God's love because God kept His promises.

God's love is faithful. That means it can be trusted.

It means God's love is enduring.

It means God's love stands firm.



## **Some questions to think about**

- Do I believe God will always love me?
- How do I know God's love can be trusted?  
Where have I seen it?
- God is love. When I know this,  
how does it help me to live for Him?



## **Some words to pray**

Loving Father, thank You that Your love can be trusted.

Thank You that You always keep Your promises.

I'm sorry for times when I don't keep mine.

I'm sad and angry when others can't be trusted.

Please forgive me and help me to forgive others.

Help me to be wise about what I say and what I do.

Today, please help me to focus on Your never-ending love.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 13      The power of love

Today's psalm reminds us that God's love lasts for ever.

### Psalm 136 verses 1-5

1 Give thanks to the LORD, because he is good.

His faithful love continues for ever.

2 Give thanks to the greatest God of all.

His faithful love continues for ever.

3 Give thanks to the most powerful Lord of all.

His faithful love continues for ever.

4 Give thanks to the only one who can do great miracles.

His faithful love continues for ever.

5 By his understanding he made the heavens.

His faithful love continues for ever.

### More info

In this psalm, every other line is the same:

**"His faithful love continues for ever."**

26 times, the psalm tells us about God's faithful love.

Most of the psalm describes a journey:

God's people travelled from Egypt to the promised land.

In every part of the journey, they saw God's faithful love.

Just like them, we see God's faithful love

all the way through our lives!



## **Some things to notice**

God is good. God is better than anything or anyone.

No one else can do what He does.

People have worshipped many things as “gods”,  
but there is only one real God!

God is wise and understanding. He is Creator.



## **Some questions to think about**

- Why is it important that God is powerful *and* good?  
What would the world be like  
if He were powerful but not good?
- Am I ever tempted to act as if  
other things are more powerful than God?
- If I keep remembering God’s faithful love,  
what difference will it make today?



## **Some words to pray**

Loving Father, thank You that You are good.

Thank You that You are powerful.

Thank You that You are loving.

Please will You help those who have power to use it wisely?

Please can world leaders use their power for good?

Thank You that You created everything, including me.

Please help me and others to look after Your creation.

I ask these things in Jesus’ name,

for my good and for Your glory. Amen.



## **Day 14**      **Saving love**

Today we will read some more verses from the same psalm that we read yesterday.

### **Psalm 136 verses 16 and 23-24**

**16 Give thanks to the God**

**who led his people through the desert.**

**His faithful love continues for ever.**

**23 Give thanks to the God**

**who remembered us when things were going badly.**

**His faithful love continues for ever.**

**24 He set us free from our enemies.**

**His faithful love continues for ever.**

### **More info**

When the Bible speaks of God “remembering”, it doesn’t mean that He forgets sometimes.

When God “remembers”, it means He is thinking about us in order to act—to bless or to punish.

God “remembered” His people when they were slaves.

The Egyptian king would not set them free.

So God sent punishment on Egypt and saved His people.

God loves His people today too.

Through Jesus, He frees us from slavery to sin.



## **Some things to notice**

God is in control. He **led**, He **remembered**, He **set free**.

God acts on behalf of His people.

God acts to save us when we are powerless.

God sets His people free.



## **Some questions to think about**

- How do I feel about God being in control?
- How do I feel about being powerless to save myself?
- How will I choose to live today  
if I remember that God has saved me?



## **Some words to pray**

Loving Father, thank You that You are in control.

Thank You that You want to bless me today.

It can feel scary to know I'm not in charge of my life,  
but I'm glad You are.

Thank You that Jesus defeated the enemy on the cross.

Thank You that Jesus is alive and reigns in glory.

Thank You that He knows what it's like to live in this world.

Please help me to make wise choices today.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 15      Unending love

People sang this psalm while they travelled to worship God.

### **Psalm 118 verses 26-29**

**26 Blessed is the one who comes in the name of the LORD.**

From the temple of the LORD we bless you.

**27 The LORD is God.**

He has been good to us.

Take branches in your hands.

Join in the march on the day of the feast.

March up to the corners of the altar.

**28 You are my God, and I will praise you.**

You are my God, and I will honour you.

**29 Give thanks to the LORD, because he is good.**

His faithful love continues for ever.



### **Some things to notice**

The psalm describes how people showed their love for God.

They waved branches, marched to the temple

and gave thanks. God is good to us, so He deserves praise.

God deserves our thanks, our honour and our respect.

### **More info**

When Jesus entered Jerusalem, people waved branches and shouted the words from verse 26:

**"Blessed is the one who comes in the name of the LORD."**

They knew that Jesus came from God.

But they didn't understand that Jesus is God Himself!

Verse 27 talks about an altar.

This was where sacrifices happened.

Jesus came to be a sacrifice to save us.

He perfectly showed us God's faithful love.



### **Some questions to think about**

- How do I feel about God loving me SO much?
- How can I show my thanks to Him today?
- What can I do to please God and honour Him?



### **Some words to pray**

Loving Father, this song reminds me how much You love me.

Today I want to thank You especially for...

---

I am amazed that Jesus died in my place to save me.

I want to show You how much You mean to me.

Please help me to tell others about Your great love.

Please help me to tell them how good You are.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name, Amen.

## Day 16 I love You

Today's psalm is another psalm by David.

### Psalm 18 verses 1-2

*For the director of music.*

*A psalm of David, the servant of the LORD.*

*He sang the words of this song to the LORD.*

*He sang them when the LORD saved him.*

*He saved him from the power of all his enemies and of Saul.*

*David said,*

**1 I love you, LORD.**

**You give me strength.**

**2 The LORD is my rock and my place of safety.**

**He is the God who saves me.**

**My God is my rock. I go to him for safety.**

**He is like a shield to me. He's the power that saves me.**

**He's my place of safety.**

### More info

King Saul was the first king of Israel. He disobeyed God.

God said that David was going to be king instead.

Saul was jealous. He tried to kill David many times.

Eventually David became king after Saul died in battle.



## Some things to notice

David loved God because God loved him!

David experienced God's saving love.

He knew that God gave him strength. God was his safe place.

David called God his rock, shield and powerful Saviour.

David loved God because God is good and kind and powerful.

David called God "**my God**".

It shows that he had a relationship with God.



## Some questions to think about

- What are all the things that David says about God?  
Which one means most to me?
- What do I trust in for safety and strength?  
Who is my rock?
- In what way do I especially need God's help today?



## Some words to pray

Loving Father, thank You for Your love for me.

Today I want to say that I love You! You are amazing.

Thank You that You want me to know You and talk to You.

Thank You that You give me strength and help in hard times.

This life is a battle.

The enemy, the devil, wants to make me doubt Your love.

Please protect me and remind me of the truth.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name. Amen.

## **My thoughts and questions**



# **My prayers and answers to prayer**





## Day 17    How long?

Over the next 4 days, we are going to read protest songs.

In these psalms, the writers are asking hard questions like “Why?” and “How long?”

They are protesting that God is not answering their prayers.

### **Psalm 13 verses 1-2**

*For the director of music. A psalm of David.*

**1 LORD, how long must I wait? Will you forget me for ever?**

**How long will you turn your face away from me?**

**2 How long must I struggle with my thoughts?**

**How long must my heart be sad day after day?**

**How long will my enemies keep winning**

**the battle over me?**

### **More info**

David, the writer, was facing powerful enemies.

Whatever David felt like, he turned to God.

At the end of the song, he says he still trusted in God.



### **Some things to notice**

David felt abandoned by God. He asked, “How long”?

God had helped David before.

David felt like things had been going on for too long.

How much longer did he have to wait for God to act?

He was struggling with bad thoughts. He was sad.

His enemies seemed to be winning.

He was impatient and frustrated.



### **Some questions to think about**

- Have I ever felt like David? When and why?
- Do I talk to God about my fears and frustrations?  
Do I still trust Him?
- If I stop talking to God when I feel angry or frustrated,  
is it good for me?



### **Some words to pray**

Loving Father, thank You that You have promised  
that You will always be with me.

Thank You that however I feel, I can trust Your promises.

Thank You that I can come to You with my sadness and fears.

I'm sorry for times when I get impatient  
and question Your goodness.

Loving Father, You know that I am weak and easily discouraged.

Please help me to remember the truth that You are good.

Please help me to think more about Your love and grace.

Please protect me from my soul's enemy.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 18      **Why?**

Today's song asks God, "Why?"

We are just reading the end of the song.

### **Psalm 44 verses 23-26**

23 Lord, wake up! Why are you sleeping?

Get up! Don't say no to us for ever.

24 Why do you turn your face away from us?

Why do you forget our pain and troubles?

25 We are brought down to the dust.

Our bodies lie flat on the ground.

26 Rise up and help us.

Save us because of your faithful love.

### **More info**

Most of this psalm looks back into the past.

It talks about how God has helped His people.

The first 8 verses are about God giving His people victory.

But the rest of the song is about

how His people felt rejected.

They had not forgotten God,

but they thought He had forgotten them.

Why were God's people under attack?

The psalm says it was because they DID follow Him.



## **Some things to notice**

The psalm talks about God being asleep.

God doesn't sleep, but sometimes it feels like He does!

God was not answering prayers for help.

He was saying no to His people.

The people were in pain and facing trouble.

They wanted to know why God wasn't helping them.

In the last verse they remembered that His love doesn't fail.



## **Some questions to think about**

- Is "Why?" a helpful question to ask a good God?  
Do we need to know the answer?
- When I'm under attack for following God, how do I feel?
- When I feel like the psalmist,  
can I remember God's faithful love?  
How will that help me?



## **Some words to pray**

Loving Father, thank You that You never sleep.

Thank You that You always hear me when I pray to You.

Sometimes I don't understand why You don't answer yes.

I feel like You aren't listening or You don't care.

I'm sorry because I know that isn't true.

Please help me to keep trusting You.

Please protect me and keep me walking with You.

I need help to live for You,

so please fill me with Your Holy Spirit. Amen.

## Day 19      Why me?

### Psalm 22 verses 1-3

*For the director of music. A psalm of David  
to the tune of "The Doe of the Morning."*

**1 My God, my God, why have you deserted me?**

Why do you seem so far away  
when I need you to save me?

Why do you seem so far away  
that you can't hear my groans?

**2 My God, I cry out in the daytime. But you don't answer.**

I cry out at night. But you don't let me sleep.

**3 But you rule from your throne as the Holy One.**

You are the God Israel praises.

### More info

David had many difficult times.

We don't know what was happening when he wrote this.

Years and years later,

Jesus quoted this psalm on the cross. He said,

**"My God, my God, why have you deserted me?"**



### Some things to notice

David asked, "Why?"

He felt abandoned, but he knew that God was still in charge.

He felt that God was far away and out of range.  
David couldn't sleep. He said that God wouldn't let him sleep.  
He knew that God is holy and in control.  
Holy means completely different from us and 100% good.



### **Some questions to think about**

- Do I feel like David? Have I ever felt like this?
- Does it help to remember that God is still good and in charge?
- Do I ask, "Why me?" when good things happen?



### **Some words to pray**

Loving Father, sometimes You feel so far away.  
It's hard to remember that You are really close  
even when I can't feel You.  
Help me to keep talking to You  
even when I don't feel like You're listening.  
Thank You that You live in the hearts of all those  
who put their trust in Jesus.  
Please keep me trusting in You today.  
Please help me to keep on praying for those I know  
who are going through tough times.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.

## Day 20    Who?

Today we are looking at some more verses from the psalm we looked at yesterday.

### **Psalm 22 verses 16-18**

- 16 A group of sinful people has closed in on me.  
They are all around me like a pack of dogs.  
They have pierced my hands and my feet.
- 17 Everyone can see all my bones right through my skin.  
People stare at me. They laugh when I suffer.
- 18 They divide up my clothes among them.  
They cast lots for what I am wearing.

### **More info**

David had many difficult times.  
But these verses describe something different.  
They describe a crucifixion.  
Crucifixion wasn't invented until 500 years after David lived!  
Jesus would have known this song from His childhood.  
David's words were describing Jesus' own future.



### **Some things to notice**

A crowd did gather to condemn Jesus.  
We sometimes say people are "baying for blood",  
like hounds who want their prey.

That's what verse 16 describes.

Jesus was flogged (whipped) before He was crucified.

It meant that people could see His bones.

Jesus' hands and feet were pierced.

Soldiers did cast lots for His clothes (John 19 verse 24).

Jesus came to suffer and die for our sins. It was always His plan.

Jesus was deserted so that we will never be, if we trust in Him.

If God had saved Jesus, He could not have saved us!



### **Some questions to think about**

- What did it cost God (Father, Son and Holy Spirit) to save me?
- How does that make me feel?
- How can this song help me when I am asking, "Why me?"?



### **Some words to pray**

Loving Father, when I remember what Jesus suffered for me,  
I feel...

\_\_\_\_\_.

Thank You so much. Increase my love for You today.

The news always seems to point to injustice and wrongdoing.

Thank You that one day these things will not happen anymore.

Jesus said that in this world I would face problems.

Help me not to be surprised when they happen.

Help me to ask You for help whenever they come.

Thank You that You will make everything right in the end.

Amen.



## Day 21 Sin hurts

In the next 4 days, we are going to read psalms which say, "I'm sorry" or "I was wrong".

### Psalm 25 verses 7 and 16-18

7 Don't remember the sins I committed when I was young.

Don't remember how often I refused to obey you.

Remember me because you love me.

LORD, you are good.

16 Turn to me and help me.

I am lonely and hurting.

17 Take away the troubles of my heart.

Set me free from my great pain.

18 Look at how I'm hurting! See how much I suffer!

Take away all my sins.

### More info

David was facing trouble from his enemies.

He wanted to be sure he was right with God.

Sin is a Bible word that means I put me in God's place.

It's like saying,

"Shove off God! I'm in charge. No to Your rules."

All sin is refusing to do things God's way.



## **Some things to notice**

This song asks God to forgive the sins of the past.

David asked for forgiveness from all his sins.

David knew that he refused to obey God when he was young.

He knew that he still sinned in the present.

The guilt David felt was so strong that it was like physical pain.



## **Some questions to think about**

- Are there wrong things that I've done that still bother me?
- God is good and has promised to forgive me if I ask. How does that make me feel?



## **Some words to pray**

Loving Father,

please bring to my mind some wrong things I have done.

I wait to let You speak to me in the silence.

I'm sorry for...

---

I'm sorry that I ignored You and did things my way.

Please forgive me for all my sins.

Thank You that You have promised to forgive me when I admit I have sinned.

Please help me to leave these things behind me and walk faithfully with You today. Amen.

## Day 22 Have mercy

In the first 10 verses of this psalm, David praised God.  
He remembered how many times God saved him in the past.  
He often spoke to others about how good God is.

### Psalm 40 verses 11-13

11 LORD, don't hold back your mercy from me.

May your love and faithfulness always keep me safe.

12 There are more troubles all around me than I can count.

My sins have caught up with me,

and I can't see any longer.

My sins are more than the hairs of my head.

I have lost all hope.

13 LORD, please save me.

LORD, come quickly to help me.

### More info

David was in trouble again.

Enemies were trying to kill him.



### Some things to notice

David wondered why God wasn't helping him.

He was aware of his sins.

He knew that sin has consequences.

He felt that he was being punished for the things he had done.

He knew that only God can forgive and save.  
He trusted God's faithful love and mercy.



### **Some questions to think about**

- Have I done wrong things that affected others?
- Which do I think more often: that God is angry with me or that He loves to forgive me?
- Do I remember to thank God for His love, mercy and forgiveness?



### **Some words to pray**

Loving Father, I forget that my sin hurts You.

I forget that it can affect others.

I'm sorry. Please forgive me.

Help me to remember Your faithful love for me today.

Thank You again for sending Jesus. He took my punishment and made my forgiveness possible.

Help me never to take You for granted.

Help me to tell others how good You are.

When I am tempted to sin, help me to say no and follow You.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 23

## Wash me clean

### Psalm 51 verses 1-3

*For the director of music.*

*A psalm of David when the prophet Nathan came to him.*

*Nathan came to him*

*after David had committed adultery with Bathsheba.*

**1 God, have mercy on me**

**according to your faithful love.**

**Because your love is so tender and kind,**

**wipe out my lawless acts.**

**2 Wash away all the evil things I've done.**

**Make me pure from my sin.**

**3 I know the lawless acts I've committed.**

**I can't forget my sin.**

### More info

Before he wrote this psalm, David sinned big time!

David had sex with another man's wife.

Then he had the man killed. He was trying to cover it up.

God sent His prophet to challenge David.

David didn't make excuses. He knew he had sinned.



### Some things to notice

David knew that his sin was evil. He deserved punishment.

David knew that he needed God's tender mercy.  
Mercy is when God doesn't give us what we deserve.  
David knew that sin had left its mark on him.  
David asked for God to make him clean again.  
David was not able to forget what he had done.  
Only God could take away his shame and make him pure.



### **Some questions to think about**

- Do I feel that some sins can't be forgiven?  
Does God agree?
- Are there wrong things I've done that I can't forget?
- Do I need to ask God for cleansing  
as well as forgiveness?



### **Some words to pray**

Loving Father, I have done bad things.  
I feel like they have left a mark on me. I feel stained.  
I'm really sorry. I need You to make me clean.  
I ask You to wash away my shame and guilt.  
Thank You that You have promised that if I confess my sins,  
You will forgive me and cleanse me.  
That is such good news.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for Your glory. Amen.

## Day 24 Guilty

Today's psalm is a song for people who were travelling to Jerusalem to worship the Lord.

### Psalm 130 verses 3 and 6-8

3 LORD, suppose you kept a close watch on sins.

Lord, who then wouldn't be found guilty?

6 I wait for the Lord to help me.

I want his help

more than night watchmen want the morning to come.

I'll say it again.

I want his help

more than night watchmen want the morning to come.

7 Israel, put your hope in the LORD,

because the LORD's love never fails.

He sets his people completely free.

8 He himself will set Israel

free from all their sins.

### More info

Israel means God's people.

Israel doesn't just mean the country in the Middle East.



## **Some things to notice**

The song says that everyone sins.

Nobody has always put God first or always been loving.

We don't see viruses, but they can kill us.

Sin is just as deadly, even sins that seem small.

The travellers were longing for God to help them.

The song encourages the travellers to trust God

and to hope in His love. God's love never fails.

It says that God Himself will set His people free from their sins.

The song is personal. It says "I" not "we".



## **Some questions to think about**

- God says everyone sins—how do I feel about that?
- How has God shown His love and set His people free?
- Who do I know who doesn't understand  
that they need a Saviour? How can I pray for them?



## **Some words to pray**

Loving Father, sometimes

I think that sins like gossiping or greed are unimportant.

But this is not true. Please forgive me.

Thank You for Your unfailing love and Your forgiveness.

Father, lots of my friends and family don't understand sin.

I'm thinking especially of...

---

Please give them a right understanding. Amen.



## **My thoughts and questions**



## **My prayers and answers to prayer**



## Day 25    The shepherd

The next 6 days are all about Psalm 23.

It's probably the best-known and best-loved psalm.

Many modern songs use the words of this psalm.

### Psalm 23 verse 1

*A psalm of David.*

**1 The LORD is my shepherd.**

**He gives me everything I need.**

### More info

David was a shepherd for a long time before he was a king.

He knew that it was hard work looking after sheep.

Sheep cannot defend themselves.

Sheep are easily frightened.

Sheep don't always know what's best for them.

They can wander away from the shepherd's protection.



### Some things to notice

This is personal.

David said that the Lord is his shepherd.

God is like a shepherd. David was one of God's sheep.

God told Moses to call Him "the LORD".

This name shows what God is like.

It means He is everlasting, good and glorious.

In the Old Testament God is also called “Jehovah Jireh”, which means “the LORD who gives us what we need”.  
In the New Testament, Jesus said that He is the Good Shepherd. Those who follow Him are like His sheep.



### **Some questions to think about**

- Am I sure that God is my shepherd?  
Do I want to be His sheep and be under His care?
- Do I feel like I have everything I need?  
Am I right about what I need and what I don't need?
- How much do I trust God to give me what I need?  
How often do I thank Him for what I do have?



### **Some words to pray**

Loving Father, thank You for being my shepherd.  
Thank You for all the good things that You give me every day.  
Thank You that You are good and kind.  
You do many things to help me and protect me.  
I don't even notice all the things that You do!  
Loving Father, thank You for sending Jesus.  
He shows me what a Good Shepherd looks like.  
Thank You for sending the Holy Spirit  
to be with me all the time.  
I'm sorry for when I complain and I am not grateful.  
Please forgive me. I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name. Amen.

## Day 26 Rest

David has said that God is like a shepherd  
and he is like a sheep.

### Psalm 23 verse 2

**2 He lets me lie down in fields of green grass.  
He leads me beside quiet waters.**

#### More info

Sheep only lie down if they are not afraid.

If pests or other animals bother them, they won't lie down.

If they are hungry, they won't lie down.

A shepherd can make sure that the sheep are safe and well.

When the sheep know that the shepherd is with them,  
it keeps them calm. They feel safe.

So they lie down and drink water.



#### Some things to notice

God provides everything so we can rest.

He gives us His Word and the Holy Spirit.

He fills us with good things.

On Day 3 we saw that God gave us a Sabbath—  
one day a week when we rest.

We can do that because He keeps us safe and well.

The Good Shepherd leads, and the sheep follow!



## Some questions to think about

- Jesus is the Good Shepherd. How well do I follow Him?
- Do I think it is important to rest? How do I do that?
- What things frighten or bother me?  
What do I need to ask God for?



## Some words to pray

Loving Father, thank You that I can rest in You.

Thank You that You do provide all I need for each day.

Please help me to trust You and rely on You.

Please help me to see the importance of resting.

Help me to set aside time to be with You.

These things are bothering me right now:

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Please help me.

Thank You that even if I forget You, You never forget me.

You are always looking after me.

Please help me to be better at following You.

I need help to live for You,

so please fill me with Your Holy Spirit.

I ask these things in Jesus' name,

for my good and for Your glory. Amen.

## Day 27    **Strength and honour**

David is saying that God is like a shepherd.

### **Psalm 23 verse 3**

**3 He gives me new strength.**

**He guides me in the right paths  
for the honour of his name.**

### **More info**

In other Bible translations,

the first sentence is “He restores my soul”.

Sometimes we feel depressed, tired or overwhelmed.

But God strengthens us and makes us new.

A shepherd comes to the rescue when sheep fall down.

If a sheep falls onto its back,

it cannot get the right way up by itself.

It is in danger from predators.

The shepherd must help the sheep up.

When we feel like a sheep that has fallen over,

Jesus leads us in the right way and strengthens us.



### **Some things to notice**

Sheep need new strength sometimes—even God’s sheep.

It is important to God that people know that He is good.

This means they will give honour to His name.

He leads us in the right way  
so that people will say He is good.  
David was saying that it's always safe to follow God.  
We follow Him by knowing His word and obeying it.  
If we do this, we will always be on the right path.  
A right path is not always an easy path!



### **Some questions to think about**

- What kind of sheep am I today?  
Am I weighed down by sin or worries? Or am I at peace?
- Where do I need God's help and strength today?
- If God takes care of me,  
how will this bring honour to His name?



### **Some words to pray**

Loving Father, You will never lead me down a wrong path.  
Thank You! Please help me if I am tempted to not follow You.  
Sometimes, I get smug if life is going well.  
I forget how much I need You. I'm sorry. Please forgive me.  
Please help me to remember that I'm a sheep and I need You.  
Please strengthen me today and set me the right way up.  
Please help me to be better at following You.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for the glory of Your name. Amen.



## Day 28 Valleys

David is saying that God is like a shepherd.

### **Psalm 23 verse 4**

**4 Even though I walk  
through the darkest valley,  
I will not be afraid.  
You are with me.  
Your shepherd's rod and staff  
comfort me.**

### **More info**

In Bible times, sheep moved to higher ground in summer.

The shepherd led them back down in winter.

The valleys were darkest then.

Valleys were also dangerous sometimes.

The shepherd never left the sheep on their own.

The rod and staff were the shepherd's equipment.

The rod was a weapon.

The shepherd used it if animals attacked the sheep.

The staff had a hook at the end.

The shepherd used it to pull sheep out of brambles  
or guide them into the right way.

When the sheep saw the rod and staff,  
they were comforted.



## **Some things to notice**

David spoke directly to God, his shepherd.

He talked about going through dark valleys.

He meant difficult and dangerous times in life.

In the valleys God is always there,

so David was comforted and not afraid.

His shepherd protected him and comforted him.

Jesus promised NEVER to leave us, in good times or bad.



## **Some questions to think about**

- What does "going through a dark valley" mean to me?
- What do I feel I need protection from today?
- Jesus promised to be with me. How does this comfort me?



## **Some words to pray**

Loving Father, life can be really hard.

Today I'm facing...

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Thank You that You are always with me.

Sometimes I am scared. Please help me to trust You.

Thank You that I am one of Your sheep,

so I can go safely through any valley.

Even death is not a dead end. It is the way to heaven.

Thank You that one day I will see You face to face.

I will never lose sight of You.

Please fill me with Your Holy Spirit. Amen.

## Day 29      Protection

David is saying that God is like a shepherd.

### Psalm 23 verse 5

5 You prepare a feast for me  
right in front of my enemies.

You pour oil on my head.

My cup runs over.

### More info

A good shepherd prepares the pasture for the sheep.  
He gets rid of dangerous plants and looks for predators.  
He protects the sheep from bugs  
by pouring oil on their heads.



### Some things to notice

God, our shepherd, is always working for our good.

We have enemies.

One enemy is the devil, who wants us to sin.

He tells us that God isn't good or that He doesn't love us.

Another enemy is the world, which distracts us from Jesus,  
or causes us to feel envy or anger.

A third enemy is our own sinful hearts.

These things can harm us by leading us away from God.

The Holy Spirit is like the oil in the psalm. He helps us.

We can feast on God's word and His presence every day.

God is SO good!

His goodness is like wine that spills over out of a cup.

That's because it's so abundant.

God's goodness overflows in our lives.



### **Some questions to think about**

- What is distracting me or upsetting me this week?
- What has the Good Shepherd done for me?  
Do I know that He is there for me?
- Jesus knows the difficulties and dangers that I face.  
But He has overcome these things.  
What does this mean to me?



### **Some words to pray**

Loving Father, thank You that You are always there for me.

Thank You that You are with me and have gone ahead of me.

Please protect me from the enemy of my spirit today.

Thank You that every day, You pour Your Holy Spirit over me.

At the moment these thoughts are really bothering me:

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Please show me what to do. Thank You for all Your goodness.

Please fill me with the Holy Spirit so that I can live for You.

I ask these things in Jesus' name,

for my good and for the glory of Your name. Amen.

## Day 30      **Surrounded by love**

Today we are reading the final verse of Psalm 23.

### **Psalm 23 verse 6**

**6** I am sure that your goodness and love will follow me  
all the days of my life.

And I will live in the house of the LORD  
for ever.

### **More info**

The word for “follow” also means “chase after”.

In David’s time, God’s “house” was the tabernacle.

God put His presence there to be with His people.

But God’s “house” is also heaven.

One day, everyone who trusts Jesus will live in heaven.

They will be with God for ever.

Jesus said that He is the Good Shepherd  
who lays down His life for the sheep.

He said this in John 10 verses 11-15.



### **Some things to notice**

David was sure that God is good.

He trusted that God was chasing after him to bless him.

He believed that God would always love and care for him.



## **Some questions to think about**

- God chases after me to bless me.  
How do I feel about that?
- Am I sure that God loves me and wants the best for me?  
Why?
- If I trust in Jesus, I will spend eternity with Him.  
What do I think about that?



## **Some words to pray**

Loving Father, thank You for always wanting to bless me.  
You have promised that I can be with You for ever. Thank You.  
I know that I depend on You for every good thing.  
Sometimes, when I look at other things and people,  
I think they are better for me than You are. I'm sorry.  
Please forgive me.  
Thank You for this song, which tells me so much about You—  
and about me!  
I want to live as Your sheep today.  
Please help me to listen to Your voice.  
I need help to live for You,  
so please fill me with Your Holy Spirit.  
I ask these things in Jesus' name,  
for my good and for the glory of Your name. Amen.

## **My thoughts and questions**









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