



TEACH PASSION
LEADERSHIP



Prayer Journal

GLORIA DEO

Worshiping God for who He is.

PSALM 63:3

Pray one. Out loud if you can.

Ps 29 Glory and strength

Ps 63 His love is better

Ps 100 Enter His gates

Ps 111 Great are His works

Ps 147 He heals the brokenhearted

Ps 150 Let everything praise Him

Say it back to Him.

Merciful

Just

Provider

Confessing my sins and receiving His forgiveness. **PSALM 139:23**

PSALM 139:23

Most merciful God, I confess that I have sinned against You in thought, word, and deed, by what I have done and by what I have left undone. I have not loved You with my whole heart. I have not loved my neighbor as myself. I am truly sorry and I humbly repent. For the sake of Your Son Jesus Christ, have mercy on me. Forgive me, renew me, and lead me, so that I may delight in Your will and walk in Your ways, to the glory of Your holy name. Amen.

SEARCH MY HEART Psalm 139:23-24

Psalm 139:23-24

- ## WHAT I AM BRINGING HIM

Thanking God for His blessings.

- My family
- My work
- Answered prayer
- His grace
- My health
- His provision
- People in my life
- What He carried me through

Supplication

Bringing my own requests before God. **MATTHEW 7:7**

Bringing my own requests before God. **MATTHEW 7:7**

What am I asking God for today?

Where do I need Him to move?

Things to think about while you pray

- My work
- My family
- A decision I am carrying
- My health
- My finances
- Wisdom I do not have

Intercession

Praying for others. 1 TIMOTHY 2:1-2

1 TIMOTHY 2:1-2

Who is it that God has called me to pray over?

Who has asked for prayer?

People to think about while you pray

- Family members
- Clients
- The church and its leaders
- The grieving
- Team members
- Friends
- The sick

Our country, our president, our congress, our judges, our governor, our state representatives and senators, our county

officials, our elected and appointed officials, our military, our borders and our peace, those who have served, those who

lost loved ones protecting our country, and His church here on earth.

Affirmations

What is true about me, whether I feel it today or not.

2 CORINTHIANS 5:17

Write them in the present tense, as things that are already so. Read them out loud before you pray.

1

2

3

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My Compass

Why I am here, and how I am to live.

PROVERBS 16:3

MY WHY

MY MISSION

MY CORE VALUES

MY VISION

MY ROLES

1

2

3

Our Family Compass

Who we are, and where we are headed.

JOSHUA 24:15

OUR WHY

OUR FAMILY MISSION

OUR CORE VALUES

WHAT WE ARE FOCUSED ON RIGHT NOW

My Company Compass

What we are building, and who it is for.

COLOSSIANS 3:23

OUR WHY

OUR MISSION

OUR CORE VALUES

OUR VISION

MY ROCKS

1

2

3

My Goals This Year

Ten goals. Three a quarter, plus a bonus.

HABAKKUK 2:2

Keep at least one for each of the 7 F's: Faith, Family, Fitness, Finances, Friends, Fun, Fulfillment.

1

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S U P P L E M E N T A L

Prayers & Patterns

None of this is mine. Credit is on every page. Tap to jump.

The Five Areas **13**

The five movements, at a glance

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The whole thing, 1529

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All eighteen, in full

The Five Areas of Prayer

Five movements, in order. Adoration and confession get my eyes off myself. Thanksgiving points me at what He has already done. The asking comes last, and that is on purpose.

1

Adoration

Worshiping God for who He is.

2

Confession

Confessing my sins and receiving His forgiveness.

3

Thanksgiving

Thanking God for His blessings.

4

Supplication

Bringing my own requests before God.

5

Intercession

Praying for others.

Before You Begin

Be still first. A minute of quiet before the first word is worth more than a rushed half hour. Then work the five in order, and let the last two run as long as they need to.

PSALM 46:10

Be still, and know that I am God.

Common Prayers and Collects

For days you are looking for more help putting words together.

THE LORD'S PRAYER

Matthew 6:9-13

*Our Father, who art in heaven,
hallowed be Thy name.
Thy kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For Thine is the kingdom, and the power,
and the glory, forever. Amen.*

THE TEN COMMANDMENTS

Exodus 20

- 1** You shall have no other gods before Me.
- 2** You shall not misuse the name of the Lord your God.
- 3** Remember the Sabbath day by keeping it holy.
- 4** Honor your father and your mother.
- 5** You shall not murder.
- 6** You shall not commit adultery.
- 7** You shall not steal.
- 8** You shall not give false testimony against your neighbor.
- 9** You shall not covet your neighbor's house.
- 10** You shall not covet anything that belongs to your neighbor.

THE APOSTLES' CREED

*I believe in God, the Father Almighty,
maker of heaven and earth.*

*And in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.
The third day He rose again from the dead.
He ascended into heaven
and sits at the right hand of God the Father Almighty.
From there He will come to judge the living and the dead.*

*I believe in the Holy Spirit,
the holy Christian Church, the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.*

FOR PURITY

Before you pray, when your head is anywhere but here.

Almighty God, to You all hearts are open, all desires known, and from You no secrets are hid. Cleanse the thoughts of my heart by the inspiration of Your Holy Spirit, that I may perfectly love You and worthily magnify Your holy name, through Christ our Lord. Amen.

FOR GRACE

In the morning, before the day gets away from you.

O Lord, our heavenly Father, almighty and everlasting God, You have brought me safely to the beginning of this day. Defend me by Your mighty power, and grant that this day I fall into no sin, neither run into any kind of danger, but that all my doings, being ordered by Your governance, may be righteous in Your sight, through Jesus Christ our Lord. Amen.

FOR PEACE

When the noise will not quiet down.

O God, who is the author of peace and lover of concord, in knowledge of whom stands our eternal life, whose service is perfect freedom: defend me, Your servant, in all assaults of my enemies, that I, surely trusting in Your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. Amen.

FOR GUIDANCE

Before a decision you cannot see the far side of.

Direct me, O Lord, in all my doings with Your most gracious favor, and further me with Your continual help, that in all my works begun, continued, and ended in You, I may glorify Your holy name, and finally by Your mercy obtain everlasting life, through Jesus Christ our Lord. Amen.

A GENERAL THANKSGIVING

When you have more to be grateful for than you can name.

Almighty God, Father of all mercies, I give You humble thanks for all Your goodness and loving kindness to me and to all people. I bless You for my creation, preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace and for the hope of glory. Give me such an awareness of Your mercies that my heart may be unfeignedly thankful, and that I may show forth Your praise not only with my lips but in my life. Amen.

FOR THE PEACE OF THE WORLD

Attributed to Francis of Assisi.

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. Grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

OF CHRYSOSTOM

To close a time of prayer, alone or with others.

Almighty God, You have given me grace at this time with one accord to make my common supplication to You, and You have promised that when two or three are gathered together in Your name You will be in the midst of them. Fulfill now, O Lord, the desires and petitions of Your servants as may be best for us, granting us in this world knowledge of Your truth, and in the world to come life everlasting. Amen.

LUTHER'S MORNING BLESSING

On rising.

I thank You, my heavenly Father, through Jesus Christ Your dear Son, that You have kept me this night from all harm and danger. Keep me this day also from sin and every evil, so that all I do and how I live may please You. I put myself in Your hands, my body and soul and everything. Let Your holy angel be with me, so that the evil one has no power over me. Amen.

LUTHER'S EVENING BLESSING

On going to bed.

I thank You, my heavenly Father, through Jesus Christ Your dear Son, that You have kept me graciously this day. Forgive me every sin where I have done wrong, and keep me graciously this night. I put myself in Your hands, my body and soul and everything. Let Your holy angel be with me, so that the evil one has no power over me. Amen.

THE PRIESTLY BLESSING

Numbers 6:24-26

The Lord bless you and keep you.

The Lord make His face shine on you and be gracious to you.

The Lord lift up His countenance on you and give you peace.

Luther's Small Catechism

Martin Luther, 1529. The whole thing.

Martin Luther wrote the Small Catechism in 1529 after visiting churches and finding that most people, and a fair number of pastors, could not explain the basics of the faith. He wrote it for fathers to teach at the kitchen table. Five hundred years later it is still the shortest, plainest summary of the Christian faith in print. What follows is the whole thing, in our own plain wording.

THE FIRST CHIEF PART

The Ten Commandments

As the head of the family should teach them in the simplest way to his household.

THE FIRST COMMANDMENT

You shall have no other gods.

Fear, love, and trust God above everything else.

THE SECOND COMMANDMENT

You shall not misuse the name of the Lord your God.

Do not curse, swear falsely, or use His name to deceive. Call on it in trouble, pray, praise, and give thanks.

THE THIRD COMMANDMENT

Remember the Sabbath day by keeping it holy.

Do not treat preaching and His Word as if they do not matter. Hold them sacred, and gladly hear and learn them.

THE FOURTH COMMANDMENT

Honor your father and your mother.

Do not look down on your parents or those in authority, or provoke them. Honor them, serve them, obey them, love them, and hold them in high regard.

THE FIFTH COMMANDMENT

You shall not murder.

Do no harm to your neighbor's body. Help and support him in every physical need.

THE SIXTH COMMANDMENT

You shall not commit adultery.

Live a sexually pure and decent life in what you say and do. Husband and wife are to love and honor each other.

THE SEVENTH COMMANDMENT

You shall not steal.

Do not take your neighbor's money or property, or get it by dishonest dealing. Help him keep and improve what is his.

THE EIGHTH COMMANDMENT

You shall not give false testimony against your neighbor.

Do not lie about your neighbor, betray him, run him down, or damage his name. Defend him, speak well of him, and put the kindest reading on what he does.

THE NINTH COMMANDMENT

You shall not covet your neighbor's house.

Do not scheme to get what belongs to your neighbor, even by means that look legal. Help him keep it.

THE TENTH COMMANDMENT

You shall not covet your neighbor's wife, his workers, his animals, or anything that is his.

Do not lure away or turn against him the people who belong to his household. Urge them to stay and do their work.

THE CLOSE OF THE COMMANDMENTS

I, the Lord your God, am a jealous God. I punish the sin of the fathers in the children to the third and fourth generation of those who hate Me, and I show mercy to a thousand generations of those who love Me and keep My commandments.

God warns that He will punish everyone who breaks these commandments, so we should fear His anger and not act against them. He also promises grace and every good thing to everyone who keeps them, so we should love Him, trust Him, and gladly do what He says.

THE SECOND CHIEF PART

The Apostles' Creed

THE FIRST ARTICLE *Creation*

I believe in God, the Father Almighty, Maker of heaven and earth.

God made me and every other creature. He gave me my body and soul, my mind and my senses, and He still keeps them going. He gives me food and clothing, a home and a family, work and everything else I need for this life. He guards me against danger and protects me from evil. He does all of this out of pure fatherly goodness and mercy, with nothing earned or deserved on my part. For all of it I owe Him thanks and praise, service and obedience. This is most certainly true.

THE SECOND ARTICLE *Redemption*

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From there He will come to judge the living and the dead.

Jesus Christ is true God, born of the Father from eternity, and true man, born of the virgin Mary. He is my Lord. He bought me back when I was lost and condemned, not with gold or silver but with His holy and precious blood and His innocent suffering and death. He did it so that I would be His own, live under Him in His kingdom, and serve Him in everlasting righteousness, innocence, and blessedness, just as He is risen from the dead and lives and reigns forever. This is most certainly true.

THE THIRD ARTICLE *Being Made Holy*

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

I cannot by my own thinking or effort believe in Jesus Christ my Lord or come to Him. The Holy Spirit called me through the gospel, gave me light through His gifts, made me holy, and keeps me in the true faith. He does the same for the whole Church on earth, calling it, gathering it, and keeping it with Jesus Christ in the one true faith. In this Church He daily and fully forgives all my sins and the sins of every believer, and on the last day He will raise me and all the dead and give eternal life to me and to everyone who believes in Christ. This is most certainly true.

THE THIRD CHIEF PART

The Lord's Prayer

THE INTRODUCTION

Our Father who art in heaven.

God is inviting us to believe that He is truly our Father and that we are truly His children, so that we come to Him with the same freedom and confidence as children asking a father who loves them.

THE FIRST PETITION

Hallowed be Thy name.

God's name is holy already, but we pray that it would be kept holy among us. That happens when His Word is taught purely and we live according to it. Help us do that, Father. Anyone who teaches or lives against His Word profanes His name among us. Protect us from that.

THE SECOND PETITION

Thy kingdom come.

God's kingdom comes whether we pray for it or not, but we pray that it would come to us. That happens when the Father gives us His Holy Spirit, so that by His grace we believe His Word and live godly lives here in time and there in eternity.

THE THIRD PETITION

Thy will be done on earth as it is in heaven.

God's good and gracious will is done whether we pray for it or not, but we pray that it would be done among us. That happens when God breaks and hinders every evil plan and purpose that would stop His name being kept holy and His kingdom coming, and when He strengthens and keeps us firm in His Word and faith to the end.

THE FOURTH PETITION

Give us this day our daily bread.

God gives daily bread to everyone without our asking, even to people who do not know Him, but we pray that we would recognize where it comes from and receive it with thanks. Daily bread means everything this body and life need: food, drink, clothing, shoes, a house, land, work, money, a good spouse and good children, honest and capable government, good weather, peace, health, order, honor, true friends, faithful neighbors, and things like that.

THE FIFTH PETITION

And forgive us our trespasses, as we forgive those who trespass against us.

We ask that God would not look at our sins or refuse the prayer because of them. We do not deserve any of what we ask for, and we have not earned it, but we ask Him to give it all to us by grace. We sin every day and deserve nothing but punishment. So we will also sincerely forgive and gladly do good to the people who sin against us.

THE SIXTH PETITION

And lead us not into temptation.

God tempts no one, but we pray that He would guard and keep us so that the devil, the world, and our own flesh do not deceive us or drag us into false belief, despair, or any other great shame or vice, and that when they attack us we would finally win and hold the victory.

THE SEVENTH PETITION

But deliver us from evil.

We pray that our Father in heaven would rescue us from every kind of evil that touches body or soul, property or reputation, and that at the last hour He would give us a blessed end and graciously take us from this valley of sorrow to Himself in heaven.

THE CONCLUSION

For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Amen means yes, this is going to happen. It is our certainty that these prayers are acceptable to our Father in heaven and heard by Him, because He Himself commanded us to pray this way and promised to hear us.

THE FOURTH CHIEF PART

Holy Baptism

What is Baptism?

Baptism is not plain water. It is water used according to God's command and joined to His Word. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

What does Baptism give?

It forgives sins, rescues from death and the devil, and gives eternal salvation to everyone who believes what God has promised. Whoever believes and is baptized will be saved.

How can water do such great things?

The water does not do it. God's Word joined to the water does it, along with the faith that trusts that Word. Without the Word it is only water. With the Word it is a life giving water and a washing of new birth in the Holy Spirit.

What does baptizing with water mean for daily life?

The old self in us is drowned by daily sorrow over sin and daily repentance, and a new person comes up and rises to live before God in righteousness and purity forever.

THE FIFTH CHIEF PART

Confession

What is confession?

Confession has two parts. First, we admit our sins. Second, we receive absolution, that is, forgiveness, from the pastor as if it came from God Himself, and we do not doubt it but firmly believe that our sins are forgiven before God in heaven.

Which sins should we confess?

Before God we admit that we are guilty of all sins, including the ones we cannot see in ourselves. Before another person we confess only the sins we know and feel in our hearts.

How do you find those?

Look at your life against the Ten Commandments. Are you a father, mother, son, daughter, employer, employee. Have you been disobedient, unfaithful, lazy, harsh in word or action, careless with someone's property or name. Name what you find.

THE SIXTH CHIEF PART

The Sacrament of the Altar

What is it?

It is the true body and blood of our Lord Jesus Christ, under the bread and wine, given to us Christians to eat and to drink, established by Christ Himself.

What good does it do?

The words tell us. Given and shed for you for the forgiveness of sins. In this sacrament, forgiveness of sins, life, and salvation are given to us through those words, because where there is forgiveness of sins there is also life and salvation.

How can eating and drinking do that?

The eating and drinking do not do it. The words do, the ones that say given and shed for you for the forgiveness of sins. Whoever believes those words has exactly what they say.

Who receives it rightly?

Fasting and outward preparation are fine training, but the person who is truly ready is the one who believes the words, given and shed for you for the forgiveness of sins. Whoever does not believe them is unprepared, because the words for you call for hearts that believe.

FOR THE HOUSEHOLD

Daily Prayers

IN THE MORNING

Make the sign of the cross and say: In the name of the Father and of the Son and of the Holy Spirit. Amen. Then, kneeling or standing, say the Creed and the Lord's Prayer, and if you wish this prayer as well: I thank You, my heavenly Father, through Jesus Christ Your dear Son, that You have kept me this night from all harm and danger. Keep me this day also from sin and every evil, so that all I do and how I live may please You. I put myself in Your hands, my body and soul and everything. Let Your holy angel be with me, so that the evil one has no power over me. Amen. Then go to your work with joy, singing a hymn if you like.

IN THE EVENING

Make the sign of the cross and say: In the name of the Father and of the Son and of the Holy Spirit. Amen. Then, kneeling or standing, say the Creed and the Lord's Prayer, and if you wish this prayer as well: I thank You, my heavenly Father, through Jesus Christ Your dear Son, that You have kept me graciously this day. Forgive me every sin where I have done wrong, and keep me graciously this night. I put myself in Your hands, my body and soul and everything. Let Your holy angel be with me, so that the evil one has no power over me. Amen. Then go to sleep at once and in good cheer.

BEFORE EATING

The eyes of all look to You, Lord, and You give them their food at the right time. You open Your hand and satisfy the desire of every living thing. Then the Lord's Prayer, and this: Lord God, heavenly Father, bless us and these gifts which we receive from Your generous hand, through Jesus Christ our Lord. Amen.

AFTER EATING

Give thanks to the Lord, for He is good, and His mercy endures forever. He gives food to every creature. His delight is not in the strength of the horse or the legs of a man, but in those who fear Him and hope in His steady love. Then the Lord's Prayer, and this: We thank You, Lord God, Father, for all Your kindness, through Jesus Christ our Lord, who lives and reigns forever. Amen.

The Table of Duties

Certain passages for the various holy orders and positions, by which people are to be admonished about their responsibilities.

● Pastors	<i>1 Tim. 3:2-4 · 1 Tim. 3:6 · Titus 1:9</i>
● What hearers owe their pastors	<i>1 Cor. 9:14 · Gal. 6:6 · 1 Thess. 5:12-13 · Heb. 13:17</i>
● Government	<i>Rom. 13:1-4</i>
● Citizens	<i>Matt. 22:21 · Rom. 13:5-7 · 1 Tim. 2:1-2 · Titus 3:1</i>
● Husbands	<i>1 Peter 3:7 · Col. 3:19</i>
● Wives	<i>Eph. 5:22 · 1 Peter 3:6</i>
● Parents	<i>Eph. 6:4</i>
● Children	<i>Eph. 6:1-3</i>
● Workers	<i>Eph. 6:5-8</i>
● Employers	<i>Eph. 6:9</i>
● Young people	<i>1 Peter 5:5-6</i>
● Widows	<i>1 Tim. 5:5-6</i>
● Everyone	<i>Rom. 13:9 · 1 Tim. 2:1</i>

Let each his lesson learn with care, and all the household well shall fare.

Luther's 1529 text is in the public domain. The wording here is our own plain rendering, kept close to the original.

The Hour That Changes the World

Dick Eastman wrote a book called *The Hour That Changes the World*. It comes out of Matthew 26:40, where Jesus asks the disciples, could you not watch with Me one hour. Eastman took that as a challenge to spend an hour in prayer every day. He breaks the hour into twelve movements of five minutes each, so it never drags and never runs out of road. Praise starts it and praise ends it.

To help you pray for an hour, here is the framework Dick Eastman uses.

#	MOVEMENT	WHAT YOU DO	SCRIPTURE
1	Praise	Recognize God's nature.	<i>Ps. 63:3</i>
2	Waiting	Silent soul surrender.	<i>Ps. 46:10</i>
3	Confession	Agreeing with God about sin.	<i>Ps. 139:23</i>
4	Scripture Praying	Pray a passage back to Him.	<i>Jer. 23:29</i>
5	Watching	Develop holy alertness.	<i>Col. 4:2</i>
6	Intercession	Remember the world.	<i>1 Tim. 2:1-2</i>
7	Petition	Share personal needs.	<i>Matt. 7:7</i>
8	Thanksgiving	Confess your blessings.	<i>1 Thess. 5:18</i>
9	Singing	Worship in song.	<i>Ps. 100:2</i>
10	Meditation	Ponder spiritual themes.	<i>Josh. 1:8</i>
11	Listening	Receive spiritual instruction.	<i>Eccl. 5:2</i>
12	Praise	Recognize God's nature. End where you began.	<i>Ps. 52:9</i>

From The Hour That Changes the World by Dick Eastman. The descriptions here are ours. Read the book for his full teaching.

Four Keys to Hearing God's Voice

Mark and Patti Virkler. Drawn from Habakkuk 2:1-2.

In Habakkuk 2, the prophet stands at his guardpost, watches to see what God will say, and is then told to write the vision down. Mark and Patti Virkler pulled four practices out of those two verses. Put them together and you have what most people mean when they say they heard from God.

KEY 1

Stillness

Quiet yourself in the Lord's presence.

Hab. 2:1 · Ps. 62:5

KEY 2

Vision

Look for vision as you pray. Fix your eyes on Jesus.

Hab. 2:1 · Heb. 12:2 · Acts 2:25

KEY 3

Spontaneity

God's voice often comes as spontaneous thoughts.

Hab. 2:2 · Jn. 7:37-39

KEY 4

Journaling

Write out the flow of thoughts and pictures. Two way journaling.

Hab. 2:2 · Deut. 17:18

WHAT I HEARD TODAY

Date it. Test it against Scripture.

Psalms of Praise

World English Bible. Public domain.

Every psalm listed on the Adoration page is printed here in full. Tap a reference on that page to jump straight to it, and tap the line at the end of any psalm to come back.

Psalm 8

For the Chief Musician; on an instrument of Gath. A Psalm by David.

1 LORD, our Lord, how majestic is your name in all the earth!
You have set your glory above the heavens!

2 From the lips of babes and infants you have established strength,
because of your adversaries, that you might silence the enemy and the avenger.

3 When I consider your heavens, the work of your fingers,
the moon and the stars, which you have ordained,

4 what is man, that you think of him?
What is the son of man, that you care for him?

5 For you have made him a little lower than the angels,
and crowned him with glory and honor.

6 You make him ruler over the works of your hands.
You have put all things under his feet:

7 All sheep and cattle,
yes, and the animals of the field,

8 the birds of the sky, the fish of the sea,
and whatever passes through the paths of the seas.

9 LORD, our Lord,
how majestic is your name in all the earth!

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Psalm 19

For the Chief Musician. A Psalm by David.

1 The heavens declare the glory of God.
The expanse shows his handiwork.

2 Day after day they pour out speech,
and night after night they display knowledge.

3 There is no speech nor language
where their voice is not heard.

4 Their voice has gone out through all the earth,
their words to the end of the world.

In them he has set a tent for the sun,

5 which is as a bridegroom coming out of his room,
like a strong man rejoicing to run his course.

6 His going out is from the end of the heavens,
his circuit to its ends.

There is nothing hidden from its heat.

7 The LORD's law is perfect, restoring the soul.
The LORD's covenant is sure, making wise the simple.

8 The LORD's precepts are right, rejoicing the heart.
The LORD's commandment is pure, enlightening the eyes.

9 The fear of the LORD is clean, enduring forever.
The LORD's ordinances are true, and righteous altogether.

10 They are more to be desired than gold, yes, than much fine gold,
sweeter also than honey and the extract of the honeycomb.

11 Moreover your servant is warned by them.
In keeping them there is great reward.

12 Who can discern his errors?
Forgive me from hidden errors.

13 Keep back your servant also from presumptuous sins.
Let them not have dominion over me.

Then I will be upright.
I will be blameless and innocent of great transgression.

14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
LORD, my rock, and my redeemer.

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Psalm 29

A Psalm by David.

1 Ascribe to the LORD, you sons of the mighty,
ascribe to the LORD glory and strength.

2 Ascribe to the LORD the glory due to his name.
Worship the LORD in holy array.

3 The LORD's voice is on the waters.
The God of glory thunders, even the LORD on many waters.

4 The LORD's voice is powerful.

The LORD's voice is full of majesty.

5 The LORD's voice breaks the cedars.

Yes, the LORD breaks in pieces the cedars of Lebanon.

6 He makes them also to skip like a calf;

Lebanon and Sirion like a young, wild ox.

7 The LORD's voice strikes with flashes of lightning.

8 The LORD's voice shakes the wilderness.

The LORD shakes the wilderness of Kadesh.

9 The LORD's voice makes the deer calve,

and strips the forests bare.

In his temple everything says, "Glory!"

10 The LORD sat enthroned at the Flood.

Yes, the LORD sits as King forever.

11 The LORD will give strength to his people.

The LORD will bless his people with peace.

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Psalm 33

1 Rejoice in the LORD, you righteous!

Praise is fitting for the upright.

2 Give thanks to the LORD with the lyre.

Sing praises to him with the harp of ten strings.

3 Sing to him a new song.

Play skillfully with a shout of joy!

4 For the LORD's word is right.

All his work is done in faithfulness.

5 He loves righteousness and justice.

The earth is full of the loving kindness of the LORD.

6 By the LORD's word, the heavens were made:

all their army by the breath of his mouth.

7 He gathers the waters of the sea together as a heap.

He lays up the deeps in storehouses.

8 Let all the earth fear the LORD.

Let all the inhabitants of the world stand in awe of him.

9 For he spoke, and it was done.
He commanded, and it stood firm.

10 The LORD brings the counsel of the nations to nothing.
He makes the thoughts of the peoples to be of no effect.

11 The counsel of the LORD stands fast forever,
the thoughts of his heart to all generations.

12 Blessed is the nation whose God is the LORD,
the people whom he has chosen for his own inheritance.

13 The LORD looks from heaven.
He sees all the sons of men.

14 From the place of his habitation he looks out on all the inhabitants of the earth,

15 he who fashions all of their hearts;
and he considers all of their works.

16 There is no king saved by the multitude of an army.
A mighty man is not delivered by great strength.

17 A horse is a vain thing for safety,
neither does he deliver any by his great power.

18 Behold, the LORD's eye is on those who fear him,
on those who hope in his loving kindness,

19 to deliver their soul from death,
to keep them alive in famine.

20 Our soul has waited for the LORD.
He is our help and our shield.

21 For our heart rejoices in him,
because we have trusted in his holy name.

22 Let your loving kindness be on us, LORD,
since we have hoped in you.

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Psalm 34

By David; when he pretended to be insane before Abimelech, who drove him away, and he departed.

1 I will bless the LORD at all times.
His praise will always be in my mouth.

2 My soul shall boast in the LORD.
The humble shall hear of it and be glad.

3 Oh magnify the LORD with me.
Let's exalt his name together.

4 I sought the LORD, and he answered me,
and delivered me from all my fears.

5 They looked to him, and were radiant.
Their faces shall never be covered with shame.

6 This poor man cried, and the LORD heard him,
and saved him out of all his troubles.

7 The LORD's angel encamps around those who fear him,
and delivers them.

8 Oh taste and see that the LORD is good.
Blessed is the man who takes refuge in him.

9 Oh fear the LORD, you his saints,
for there is no lack with those who fear him.

10 The young lions do lack, and suffer hunger,
but those who seek the LORD shall not lack any good thing.

11 Come, you children, listen to me.
I will teach you the fear of the LORD.

12 Who is someone who desires life,
and loves many days, that he may see good?

13 Keep your tongue from evil,
and your lips from speaking lies.

14 Depart from evil, and do good.
Seek peace, and pursue it.

15 The LORD's eyes are toward the righteous.
His ears listen to their cry.

16 The LORD's face is against those who do evil,
to cut off their memory from the earth.

17 The righteous cry, and the LORD hears,
and delivers them out of all their troubles.

18 The LORD is near to those who have a broken heart,
and saves those who have a crushed spirit.

19 Many are the afflictions of the righteous,
but the LORD delivers him out of them all.

20 He protects all of his bones.
Not one of them is broken.

21 Evil shall kill the wicked.
Those who hate the righteous shall be condemned.

22 The LORD redeems the soul of his servants.
None of those who take refuge in him shall be condemned.

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Psalm 63

A Psalm by David, when he was in the desert of Judah.

1 God, you are my God.
I will earnestly seek you.
My soul thirsts for you.
My flesh longs for you,
in a dry and weary land, where there is no water.

2 So I have seen you in the sanctuary,
watching your power and your glory.

3 Because your loving kindness is better than life,
my lips shall praise you.

4 So I will bless you while I live.
I will lift up my hands in your name.

5 My soul shall be satisfied as with the richest food.
My mouth shall praise you with joyful lips,

6 when I remember you on my bed,
and think about you in the night watches.

7 For you have been my help.
I will rejoice in the shadow of your wings.

8 My soul stays close to you.
Your right hand holds me up.

9 But those who seek my soul to destroy it
shall go into the lower parts of the earth.

10 They shall be given over to the power of the sword.
They shall be jackal food.

11 But the king shall rejoice in God.
Everyone who swears by him will praise him,
for the mouth of those who speak lies shall be silenced.

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Psalm 95

- 1** Oh come, let's sing to the LORD.
Let's shout aloud to the rock of our salvation!
- 2** Let's come before his presence with thanksgiving.
Let's extol him with songs!
- 3** For the LORD is a great God,
a great King above all gods.
- 4** In his hand are the deep places of the earth.
The heights of the mountains are also his.
- 5** The sea is his, and he made it.
His hands formed the dry land.
- 6** Oh come, let's worship and bow down.
Let's kneel before the LORD, our Maker,
- 7** for he is our God.
We are the people of his pasture,
and the sheep in his care.
Today, oh that you would hear his voice!
- 8** Don't harden your heart, as at Meribah,
as in the day of Massah in the wilderness,
- 9** when your fathers tempted me,
tested me, and saw my work.
- 10** Forty long years I was grieved with that generation,
and said, "They are a people who err in their heart.
They have not known my ways."
- 11** Therefore I swore in my wrath,
"They won't enter into my rest."

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Psalm 96

- 1** Sing to the LORD a new song!
Sing to the LORD, all the earth.
- 2** Sing to the LORD!
Bless his name!
Proclaim his salvation from day to day!
- 3** Declare his glory among the nations,
his marvelous works among all the peoples.

4 For the LORD is great, and greatly to be praised!
He is to be feared above all gods.

5 For all the gods of the peoples are idols,
but the LORD made the heavens.

6 Honor and majesty are before him.
Strength and beauty are in his sanctuary.

7 Ascribe to the LORD, you families of nations,
ascribe to the LORD glory and strength.

8 Ascribe to the LORD the glory due to his name.
Bring an offering, and come into his courts.

9 Worship the LORD in holy array.
Tremble before him, all the earth.

10 Say among the nations, "The LORD reigns."
The world is also established.
It can't be moved.
He will judge the peoples with equity.

11 Let the heavens be glad, and let the earth rejoice.
Let the sea roar, and its fullness!

12 Let the field and all that is in it exult!
Then all the trees of the woods shall sing for joy

13 before the LORD; for he comes,
for he comes to judge the earth.
He will judge the world with righteousness,
the peoples with his truth.

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Psalm 100

A Psalm of thanksgiving.

1 Shout for joy to the LORD, all you lands!

2 Serve the LORD with gladness.
Come before his presence with singing.

3 Know that the LORD, he is God.
It is he who has made us, and we are his.
We are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving,
and into his courts with praise.
Give thanks to him, and bless his name.

5 For the LORD is good.
His loving kindness endures forever,
his faithfulness to all generations.

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Psalm 103

By David.

1 Praise the LORD, my soul!
All that is within me, praise his holy name!

2 Praise the LORD, my soul,
and don't forget all his benefits,

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

4 who redeems your life from destruction,
who crowns you with loving kindness and tender mercies,

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

6 The LORD executes righteous acts,
and justice for all who are oppressed.

7 He made known his ways to Moses,
his deeds to the children of Israel.

8 The LORD is merciful and gracious,
slow to anger, and abundant in loving kindness.

9 He will not always accuse;
neither will he stay angry forever.

10 He has not dealt with us according to our sins,
nor repaid us for our iniquities.

11 For as the heavens are high above the earth,
so great is his loving kindness toward those who fear him.

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

13 Like a father has compassion on his children,
so the LORD has compassion on those who fear him.

14 For he knows how we are made.
He remembers that we are dust.

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

16 For the wind passes over it, and it is gone.
Its place remembers it no more.

17 But the LORD's loving kindness is from everlasting to everlasting with those who fear him,
his righteousness to children's children,

18 to those who keep his covenant,
to those who remember to obey his precepts.

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

20 Praise the LORD, you angels of his,
who are mighty in strength, who fulfill his word,
obeying the voice of his word.

21 Praise the LORD, all you armies of his,
you servants of his, who do his pleasure.

22 Praise the LORD, all you works of his,
in all places of his dominion.
Praise the LORD, my soul!

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Psalm 104

1 Bless the LORD, my soul.
The LORD, my God, you are very great.
You are clothed with honor and majesty.

2 He covers himself with light as with a garment.
He stretches out the heavens like a curtain.

3 He lays the beams of his rooms in the waters.
He makes the clouds his chariot.
He walks on the wings of the wind.

4 He makes his messengers winds,
and his servants flames of fire.

5 He laid the foundations of the earth,
that it should not be moved forever.

6 You covered it with the deep as with a cloak.
The waters stood above the mountains.

7 At your rebuke they fled.
At the voice of your thunder they hurried away.

8 The mountains rose,
the valleys sank down,
to the place which you had assigned to them.

9 You have set a boundary that they may not pass over,
that they don't turn again to cover the earth.

10 He sends springs into the valleys.
They run among the mountains.

11 They give drink to every animal of the field.
The wild donkeys quench their thirst.

12 The birds of the sky nest by them.
They sing among the branches.

13 He waters the mountains from his rooms.
The earth is filled with the fruit of your works.

14 He causes the grass to grow for the livestock,
and plants for man to cultivate,
that he may produce food out of the earth:

15 wine that makes the heart of man glad,
oil to make his face to shine,
and bread that strengthens man's heart.

16 The LORD's trees are well watered,
the cedars of Lebanon, which he has planted,

17 where the birds make their nests.
The stork makes its home in the cypress trees.

18 The high mountains are for the wild goats.
The rocks are a refuge for the rock badgers.

19 He appointed the moon for seasons.
The sun knows when to set.

20 You make darkness, and it is night,
in which all the animals of the forest prowl.

21 The young lions roar after their prey,
and seek their food from God.

22 The sun rises, and they steal away,
and lie down in their dens.

23 Man goes out to his work,
to his labor until the evening.

24 LORD, how many are your works!
In wisdom, you have made them all.
The earth is full of your riches.

25 There is the sea, great and wide,
in which are innumerable living things,
both small and large animals.

26 There the ships go,
and leviathan, whom you formed to play there.

27 These all wait for you,
that you may give them their food in due season.

28 You give to them; they gather.
You open your hand; they are satisfied with good.

29 You hide your face; they are troubled.
You take away their breath; they die and return to the dust.

30 You send out your Spirit and they are created.
You renew the face of the ground.

31 Let the LORD's glory endure forever.
Let the LORD rejoice in his works.

32 He looks at the earth, and it trembles.
He touches the mountains, and they smoke.

33 I will sing to the LORD as long as I live.
I will sing praise to my God while I have any being.

34 Let my meditation be sweet to him.
I will rejoice in the LORD.

35 Let sinners be consumed out of the earth.
Let the wicked be no more.
Bless the LORD, my soul.
Praise the LORD!

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Psalm 111

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

2 The LORD's works are great,
pondered by all those who delight in them.

3 His work is honor and majesty.
His righteousness endures forever.

4 He has caused his wonderful works to be remembered.
The LORD is gracious and merciful.

5 He has given food to those who fear him.
He always remembers his covenant.

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

7 The works of his hands are truth and justice.
All his precepts are sure.

8 They are established forever and ever.
They are done in truth and uprightness.

9 He has sent redemption to his people.
He has ordained his covenant forever.
His name is holy and awesome!

10 The fear of the LORD is the beginning of wisdom.
All those who do his work have a good understanding.
His praise endures forever!

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Psalm 145

A praise psalm by David.

1 I will exalt you, my God, the King.
I will praise your name forever and ever.

2 Every day I will praise you.
I will extol your name forever and ever.

3 Great is the LORD, and greatly to be praised!
His greatness is unsearchable.

4 One generation will commend your works to another,
and will declare your mighty acts.

5 I will meditate on the glorious majesty of your honor,
on your wondrous works.

6 Men will speak of the might of your awesome acts.
I will declare your greatness.

7 They will utter the memory of your great goodness,
and will sing of your righteousness.

8 The LORD is gracious, merciful,
slow to anger, and of great loving kindness.

9 The LORD is good to all.
His tender mercies are over all his works.

10 All your works will give thanks to you, LORD.
Your saints will extol you.

11 They will speak of the glory of your kingdom,
and talk about your power,

12 to make known to the sons of men his mighty acts,
the glory of the majesty of his kingdom.

13 Your kingdom is an everlasting kingdom.
Your dominion endures throughout all generations.
The LORD is faithful in all his words,
and loving in all his deeds.

14 The LORD upholds all who fall,
and raises up all those who are bowed down.

15 The eyes of all wait for you.
You give them their food in due season.

16 You open your hand,
and satisfy the desire of every living thing.

17 The LORD is righteous in all his ways,
and gracious in all his works.

18 The LORD is near to all those who call on him,
to all who call on him in truth.

19 He will fulfill the desire of those who fear him.
He also will hear their cry, and will save them.

20 The LORD preserves all those who love him,
but he will destroy all the wicked.

21 My mouth will speak the praise of the LORD.
Let all flesh bless his holy name forever and ever.

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Psalm 146

1 Praise the LORD!
Praise the LORD, my soul.

2 While I live, I will praise the LORD.
I will sing praises to my God as long as I exist.

3 Don't put your trust in princes,
in a son of man in whom there is no help.

4 His spirit departs, and he returns to the earth.
In that very day, his thoughts perish.

5 Happy is he who has the God of Jacob for his help,
whose hope is in the LORD, his God,

6 who made heaven and earth,
the sea, and all that is in them;
who keeps truth forever;

7 who executes justice for the oppressed;
who gives food to the hungry.
The LORD frees the prisoners.

8 The LORD opens the eyes of the blind.
The LORD raises up those who are bowed down.
The LORD loves the righteous.

9 The LORD preserves the foreigners.
He upholds the fatherless and widow,
but he turns the way of the wicked upside down.

10 The LORD will reign forever;
your God, O Zion, to all generations.
Praise the LORD!

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Psalm 147

1 Praise the LORD,
for it is good to sing praises to our God;
for it is pleasant and fitting to praise him.

2 The LORD builds up Jerusalem.
He gathers together the outcasts of Israel.

3 He heals the broken in heart,
and binds up their wounds.

4 He counts the number of the stars.
He calls them all by their names.

5 Great is our Lord, and mighty in power.
His understanding is infinite.

6 The LORD upholds the humble.
He brings the wicked down to the ground.

7 Sing to the LORD with thanksgiving.
Sing praises on the harp to our God,

8 who covers the sky with clouds,
who prepares rain for the earth,
who makes grass grow on the mountains.

9 He provides food for the livestock,
and for the young ravens when they call.

10 He doesn't delight in the strength of the horse.
He takes no pleasure in the legs of a man.

11 The LORD takes pleasure in those who fear him,
in those who hope in his loving kindness.

12 Praise the LORD, Jerusalem!
Praise your God, Zion!

13 For he has strengthened the bars of your gates.
He has blessed your children within you.

14 He makes peace in your borders.
He fills you with the finest of the wheat.

15 He sends out his commandment to the earth.
His word runs very swiftly.

16 He gives snow like wool,
and scatters frost like ashes.

17 He hurls down his hail like pebbles.
Who can stand before his cold?

18 He sends out his word, and melts them.
He causes his wind to blow, and the waters flow.

19 He shows his word to Jacob,
his statutes and his ordinances to Israel.

20 He has not done this for just any nation.
They don't know his ordinances.
Praise the LORD!

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Psalm 148

1 Praise the LORD!
Praise the LORD from the heavens!
Praise him in the heights!

2 Praise him, all his angels!
Praise him, all his army!

3 Praise him, sun and moon!
Praise him, all you shining stars!

4 Praise him, you heavens of heavens,
you waters that are above the heavens.

5 Let them praise the LORD's name,
for he commanded, and they were created.

6 He has also established them forever and ever.
He has made a decree which will not pass away.

7 Praise the LORD from the earth,
you great sea creatures, and all depths,

8 lightning and hail, snow and clouds,
stormy wind, fulfilling his word,

9 mountains and all hills,
fruit trees and all cedars,

10 wild animals and all livestock,
small creatures and flying birds,

11 kings of the earth and all peoples,
princes and all judges of the earth,

12 both young men and maidens,
old men and children.

13 Let them praise the LORD's name,
for his name alone is exalted.
His glory is above the earth and the heavens.

14 He has lifted up the horn of his people,
the praise of all his saints,
even of the children of Israel, a people near to him.
Praise the LORD!

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Psalm 149

1 Praise the LORD!
Sing to the LORD a new song,
his praise in the assembly of the saints.

2 Let Israel rejoice in him who made them.
Let the children of Zion be joyful in their King.

3 Let them praise his name in the dance!
Let them sing praises to him with tambourine and harp!

4 For the LORD takes pleasure in his people.
He crowns the humble with salvation.

5 Let the saints rejoice in honor.
Let them sing for joy on their beds.

6 May the high praises of God be in their mouths,
and a two-edged sword in their hand,

7 to execute vengeance on the nations,
and punishments on the peoples;

8 to bind their kings with chains,
and their nobles with fetters of iron;

9 to execute on them the written judgment.

All his saints have this honor.

Praise the LORD!

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Psalm 150

1 Praise the LORD!

Praise God in his sanctuary!

Praise him in his heavens for his acts of power!

2 Praise him for his mighty acts!

Praise him according to his excellent greatness!

3 Praise him with the sounding of the trumpet!

Praise him with harp and lyre!

4 Praise him with tambourine and dancing!

Praise him with stringed instruments and flute!

5 Praise him with loud cymbals!

Praise him with resounding cymbals!

6 Let everything that has breath praise the LORD!

Praise the LORD!

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