

A year through the Psalms

A Word from the Lord Just for You

2023



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through the
Psalms**

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This devotional guide is a composition of questions developed by pastors and leaders at Mission Vineyard Church for the purpose and use of the Mission Vineyard Church community, their friends, and family.

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Luke 6:46-47“Why are you so polite with me, always saying ‘Yes, sir,’ and ‘That’s right, sir,’ but never doing a thing I tell you? These words I speak to you are not mere additions to your life, homeowner improvements to your standard of living. They are foundation words, words to build a life on.

48-49“*If you work the words into your life, you are like a smart carpenter who dug deep and laid the foundation of his house on bedrock. When the river burst its banks and crashed against the house, nothing could shake it; it was built to last. But if you just use my words in Bible studies and don’t work them into your life, you are like a dumb carpenter who built a house but skipped the foundation. When the swollen river came crashing in, it collapsed like a house of cards. It was a total loss.*”

THE MESSAGE: The Bible in Contemporary Language copyright © 1993, 2002, 2018 by Eugene H. Peterson.

INTRODUCTION

A Plan for Reading through the Psalms and the Proverbs

It has been my experience that Christians today desire two things in their life. The first is to hear the Lord's voice, especially in answer to their prayers. The second is to have a daily Bible-reading plan that is practical and yet not extremely time consuming. One particular way to hopefully begin to satisfy this desire involves a reading of the Book of Psalms, along with the Book of Proverbs.

The methodology of the fifty week schedule is to read the listed Psalm(s) and, if time permits, the accompanying chapter of the Proverbs. The goal of this reading plan is not exegetical competency, nor exhaustive understanding of these chapters. Rather, the goal is a dialogue between the reader and the Lord. This dialogue is facilitated first by the reading of the Psalm(s) as the reader's prayer to the Lord. The Psalms are primarily liturgical and worshipful responses to the Lord. They are an essential resource in our developing a closer and more intimate relationship with the Lord and the Holy Spirit. The Psalms contain the full gamut of what the Lord wants us to communicate to Him. Whether human emotion, confession of sin, praise of the Lord, thanksgiving, remembrance, common sense / wisdom—namely, these are all responses the Lord wants us to bring before Him. As the reader reads the Psalms, the primary purpose is not learning as much as authentically confessing, responding and "praying" to the Lord. Through this exercise the reader may experience both revelation as we perceive a divine leading in our prayer and catharsis as we pray and confess sin(s). The reading of the Psalms can be therapeutic in that their many expressions of human

emotion, the Psalms can help us get in touch with many of our own emotions and with the trauma of abuse and/or sin perhaps buried deep within. Some of these matters we may be ordinarily reluctant to verbalize or to share even to the Lord Himself. As we are sensitive during the reading of the Psalms, we may begin to perceive a pattern to that day's prayer and thus a theme or an area in our lives to which the Lord would have us be sensitive, at least for that day. Although the daily reading of the various Psalms is not an adequate substitute for professional Christian counseling, it can begin or enhance the process of owning or taking responsibility for our own feelings, in order to be able to change and begin a journey of freedom of harmful bondage.

The second step in dialogue unfolds in the reading of the proverb as something of the Lord's response to our prayers. We as readers can perceive expressions of divine wisdom and counsel, especially in regard to the our previous prayer(s).

Most importantly, in reading the Psalms and the proverb on a regular basis, which takes only about thirty minutes per day, we have an opportunity to begin to recognize what the Lord's "voice to each of us" sounds like. As the we sense the Lord's leading in our own prayer and personal expressions via the Psalms, and as we hears the Lord's response(s) in the Proverbs, a familiarity and intimacy with the Lord will develop. It is not only in the words themselves, but in the perception of the mind of the Lord for everyday living. The dialogue renders a closer relationship with the Lord, as well as a familiarity with the "kind of things" the Lord says—thus what the Lord's voice sounds to each of us.

We as Christians have perhaps many voices assailing us as we attempt to discern what the Lord is saying to us (i.e., the voice of the world), the voice of our own selves, our own wishes and desires (i.e. the voice of the "flesh"), and the voice of Satan, our adversary. The regular reading of the Psalms and the Proverbs, although neither a substitute for the Lord nor a magical divining of the word of the Lord, can allow us to hear reliable expressions of the Lord's voice and will. Over a period of time our recognition of the true voice of the Lord increases and we can better discern what the Lord would say to us each and every day. We who submit ourselves to the Lord in this way gives Him an opportunity to reveal Himself better and his will expressly to each of us—thus A WORD FROM THE LORD JUST FOR YOU.

This is a mighty asset in welcoming Jesus into all of life and OUR LIVES, as well as our own spiritual formation!

- Randall Pannell

Week 1

Psalms 1-3

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 1**.

Week 2

Psalms 4-6

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 2**.

Week 3

Psalms 7-9

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 3**.

Week 5

Psalms 13-15

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 5**.

Week 6

Psalms 16-18

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 6**.

Week 7

Psalms 19-21

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 7**.

Week 8

Psalms 22-23

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 8 & 9**.

Week 9

Psalms 24-26

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 10**.

Week 10

Psalms 27-30

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 11**.

Week 11

Psalms 31-32

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 12 & 13**.

Week 12

Psalms 33-35

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 14**.

Week 13

Psalms 36-38

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 15**.

Week 14

Psalms 39-41

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 16**.

Week 15

Psalms 42-44

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 17**.

Week 16

Psalms 45-47

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 18**.

Week 17

Psalms 48-50

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 19**.

Week 18

Psalms 51-54

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 20**.

Week 19

Psalms 55-57

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 21**.

Week 20

Psalms 58-60

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 22**.

Week 21

Psalms 61-63

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 23**.

Week 22

Psalms 64-67

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 24**.

Week 23

Psalms 68-69

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 25 & 26**.

Week 24

Psalms 70-72

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 27**.

Week 25

Psalms 73-75

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 28**.

Week 26

Psalms 76-78

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 29**.

Week 27

Psalms 79-81

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 30**.

Week 28

Psalms 82-85

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 31**.

Week 29

Psalms 86-89

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 1**.

Week 30

Psalms 90-92

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 2**.

Week 31

Psalms 93-95

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 3**.

Week 32

Psalms 96-99

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 4**.

Week 33

Psalms 100-103

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 5**.

Week 34

Psalms 104-105

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 6 & 7**.

Week 35

Psalms 106

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 8**.

Week 36

Psalms 107-108

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 9 & 10**.

Week 37

Psalms 109-112

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 11**.

Week 38

Psalms 113-116

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 12**.

Week 39

Psalms 117-118

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 13 & 14**.

Week 40

Psalms 119

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 15**.

Week 41

Psalms 120-123

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 16**.

Week 42

Psalms 124-127

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 17**.

Week 43

Psalms 128-131

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 18**.

Week 44

Psalms 132-134

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 19**.

Week 45

Psalms 135-136

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 20 & 21**.

Week 46

Psalms 137-39

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 22 & 23**.

Week 47

Psalms 140-142

In Reflection:

- What are these Psalms saying to you?
- What one or two ways do these Psalms prompt you to honestly say/speak to God?
- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 24 & 25**.

Week 48

Psalms 143-145

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 26 & 27**.

Week 50

Psalms 148-150

In Reflection:

- What are these Psalms saying to you?

- What one or two ways do these Psalms prompt you to honestly say/speak to God?

- What verse(s) among these Psalms are you taking with you today?

Want to go deeper? Listen for a response from God to you from reading **Proverbs 30 & 31**.

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Additional Resources -

- *Fee, Gordon D.; Stuart, Douglas. **How to Read the Bible for All Its Worth: A Guide to Understanding the Bible.** Zondervan.*
- *Benner, David G.. **Surrender to Love: Discovering the Heart of Christian Spirituality** InterVarsity Press.*
- *Foster, Richard J.. **Celebration of Discipline: The Path To Spiritual Growth .** HarperCollins.*
- *Blackaby, Richard. **Experiencing God.** B&H Publishing Group.*
- *Scazzero, Peter; Scazzero, Geri. **Emotionally Healthy Spirituality.** Zondervan.*
- *Shigematsu, Ken. **God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God.** Zondervan.*