



ontrack devotions

AUGUST

2023

PSALMS 76-150

MONTHLY PRAYER SHEET

“...The prayer of a righteous man is powerful and effective.” James 5:16

Reach out...

How I will do it...

How it went...

Other requests...

Answered

How it was answered...

## MONTHLY COMMITMENT SHEET

**Name:** \_\_\_\_\_

This sheet is designed to help you make personal commitments each month that will help you grow in your walk with God. Fill it out by determining

1. What will push you
2. What you think you can achieve

If you need help filling out your commitments, seek out someone you trust who can help you. Share your commitments with those who will help keep you accountable to your personal commitment.

### **Personal Devotions:**

How did I do with my commitment last month? \_\_\_\_\_

I will commit to read the OnTrack Bible passage and devotional thought \_\_\_\_\_ day(s) each week this month.

### **Church Attendance:**

How did I do last month with my attendance? \_\_\_\_\_

I will attend Youth/Growth Group \_\_\_\_\_ time(s) this month.

I will attend the Sunday AM service \_\_\_\_\_ time(s) this month.

I will attend the Sunday PM service \_\_\_\_\_ time(s) this month.

I will attend \_\_\_\_\_ time(s) this month.

I will attend \_\_\_\_\_ time(s) this month.

### **Scripture Memory:**

How did I do with Scripture memory last month? \_\_\_\_\_

I will memorize \_\_\_\_\_ key verse(s) from the daily OnTrack Devotions this month.

### **Outreach:**

How did I do last month with sharing Christ? \_\_\_\_\_

I will share Christ with \_\_\_\_\_ person/people this month.

I will serve my local church this month by \_\_\_\_\_

### **Other Activities:**

List any other opportunities such as events, prayer group, etc., that you will participate in this month. \_\_\_\_\_

If someone asked you if God was faithful, how would you answer him? What proof would you give to make your case? In Psalm 77, we learn a valuable lesson about God's faithfulness. The Psalm begins with a desperate cry for help. If the Psalmist was to determine God's faithfulness based on where he found himself at that moment, he might conclude that God was not faithful. He was discouraged to the point that he could not sleep and he cried out to God all night long, and yet his heart found no comfort. As he examined his situation, he wondered if God was not who he remembered Him being. Yet, his heart was changed. As he began to reflect on what God had done in his past, he knew that his present situation was no different—He would be faithful still. As he recounted God's faithfulness in the difficult situations of the past, he was assured that his trust was in the right place. God would be faithful. We should never determine God's faithfulness based on what we see happening today. We must look to the past to see how He provided, knowing this circumstance is no different. The God who has been faithful in the past, will also be in the present.

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 76-77



## PSALM 78:1-39

## SUBMISSION

**SAY WHAT?**

In what ways do you demonstrate submission before Almighty God?

**SO WHAT?**

In what ways have you or people you know demonstrated arrogance toward God?

**NOW WHAT?**

How can you demonstrate to God today that you recognize your humble position before Him?

**THEN WHAT?**

What personal commitment can you make in light of what this passage says?

As you read through this Psalm, what thoughts went through your mind? One might have been the contrast between the created world and mankind. This Psalm speaks of how amazingly arrogant mankind is in the face of God and how submissive creation is. In the first section, the Psalmist recounts all God did on behalf of the nation of Israel. The sea obeyed when He commanded it to stand on end. The rocks obeyed when He commanded water to flow from them. Yet, the nation of Israel refused to submit to Him. In fact, according to verse 18, they willfully put God to the test. They arrogantly challenged God to supply not only water, but meat. He gave a command to the sky and it rained manna. The birds submitted to His command to fly into Israel's camp. Yet, in verse 32, we again are told that while the world around them bowed in submission, the Israelites kept sinning. Which one are you most like, creation or the Israelites? Do you depend on God and obey in complete submission or ignore Him and live life the way you want? What needs to change in your life for you to be more like creation?

**EXTRA READING**

PSALM 78

Have you ever had something horribly wrong happen to you? Something that you could not imagine God letting happen? The writer of Psalm 79 had these kinds of feelings when he wrote this Psalm. It was probably written about the time that Nebuchadnezzar destroyed the Temple. The thought that the Temple of Jehovah would be destroyed by an evil man was beyond imagination. It must have seemed impossible that God would allow something like that to happen. This Psalm teaches us how to respond when we see or face similar situations. The Psalmist acknowledges his anguish, but realizes that the destruction of the Temple was the result of God's anger, not God's lack of control. He asks that God rise up and react with justice to their wickedness. He knew they were facing these circumstances because God allowed it. He closed his Psalm with a prayer asking for God's help in order that His name might be glorified. His concern was not the impact of the circumstances on himself, but on the glory of God. What circumstances are you now facing where you can respond as the Psalmist did in this Psalm?

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 79-80

## PSALM 81

## OBEDIENCE

**SAY WHAT?**

What are some of the warnings God has given in His Word that people today ignore?

**SO WHAT?**

What blessings have you experienced in your life when you have been obedient to His Word?

**NOW WHAT?**

What steps can you take to ensure continued obedience to God's Word?

**THEN WHAT?**

What personal commitment should you make in light of what this passage says?

Could what the Psalmist wrote about the nation of Israel in Psalm 81 also be said about you? Does this Psalm apply to your life? In verses 8-10, God gave clear instructions of what He expected of His people. In verses 11-12, we read that they did not listen to His pleas. Isn't it remarkable how different the lives are of those who heed the warnings of God as opposed to those who live life their way? God would have subdued their enemies if they had obeyed Him. Had they listened and then obeyed God, they would have had the finest of food and been satisfied. How true this is in the world today. God has warned us repeatedly in the Scriptures about how He wants us to live. Most of us fail to heed those warnings and decide to live the way we want to. Unfortunately, we sacrifice the blessings of God's promises when we ignore His commands. Many spend their entire lives searching for what is only found in submission to God's law and heeding His warnings. Are you enjoying all God has to give? Does your life reflect a life of obedience or disobedience?

**EXTRA READING**

PSALM 81-84

Psalm 85 gives us a great example of the process we need to follow when we sin. Did you see it as you read? First, we see in verses 1-3 the need to seek forgiveness. We must go to God, admit our sin, and accept our responsibility. Second, we see in verses 4-7 the need for restoration. It is not enough to seek forgiveness. We now need to pursue restoration in our relationship to God and others. We need to work to mend any relationships that have been hurt or broken due to our sin. This may take time and requires perseverance, but it must be done. Third, in verses 8-9 we need to live in complete obedience to God—not partial or convenient obedience. Finally, verses 10-13 give us hope that we can have the love and righteousness only God can give. Are these the steps you follow when you sin? Is there an area of your life that demands you take these steps today? Have you left any steps of this process out recently? Why not correct it right now? Only when we deal correctly with our sin can we experience what God has for us?

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 85-87



## PSALM 88

## EARS

**SAY WHAT?**

Why is it important to us that God has ears?

**SO WHAT?**

What kinds of things should we talk to God about?

**NOW WHAT?**

How can you find comfort in this attribute?

**THEN WHAT?**

What personal commitment should you make in light of this passage?

Which of God's many attributes do you find the greatest comfort? Is it any of the ones the Psalmist mentioned in verse 2 of Psalm 88? We often talk of the wonderful attributes of God. We are taught that He is all-powerful and can do anything for us. We are taught that He is all-knowing, can help us with any problem we might have, and He always does what is right. We are taught that He is everywhere at the same time. No matter where I am, He is there with me. But one attribute of God often goes unmentioned. It is that God has ears. It is overwhelming to know that when I am hurting and need to talk with someone, God has ears. When I want to make a request, God has ears. When I think no one knows or understands what I am going through, God has ears. When I cry out to Him, He has ears. God is not a force out there influencing our lives. Nor is He too big or too busy to listen to what we have to say. When we call out to Him, He turns His ears to listen to us. What a great comfort that ought to be for us. Is there something you should be sharing with Him? He longs to hear from us. Spend time with Him today.

**EXTRA READING**

PSALM 88-89

When difficult times come in your life, how do you respond to them? To what or whom do you turn? Psalm 91 has instructions on responding to the difficult situations we face. The Psalm begins with a reminder that when we dwell with God and seek Him above anything else, we can rest in His shadow. We do not need to get upset and tense when difficulties come. We can rest knowing that God has everything under control. We can see throughout this Psalm that the author was a man who was totally dependent on the Lord and was confident in God's ability to rescue him. This Psalm ends with a reminder that God responds to us, in part, based on how we have responded to Him. God rescues and protects those who love Him. What comfort our relationship with God provides when facing difficult times! Do you have the kind of relationship with God that you run to Him first in times of trouble? Does that relationship provide you with the knowledge that God loves you and will take care of you? Have you taken the time to develop that kind of intimacy with God? Use this Psalm to encourage you to do just that. Then, when you face a difficult situation, you can find rest in Him.

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 90-91

## PSALM 92

## PRAISE

**SAY WHAT?**

List some deeds that God has performed on your behalf for which you can give thanks.

**SO WHAT?**

List the works of His hands that you are thankful for.

**NOW WHAT?**

Write out a Psalm of praise to God for what you have recorded above. Take some time to express it to God in prayer.

**THEN WHAT?**

What personal commitment should you make in light of this passage?

Sunday is the day set aside to worship the Lord and express our love for Him with other believers. However, it is not the only time we worship our God. Psalm 92 was written for the Sabbath, but could be used to illustrate why we should worship Him everyday with hearts filled with gratitude. Verse 1 tells us that it is good to praise the Lord and make music to His Name. Why? According to verse 4, it is because of the works of His hands and His deeds. Today, use the questions provided to write your own praise Psalm for what God has done for you. Then, take some time during the day to express to God the love you have for Him and the thankfulness you feel.

**EXTRA READING**  
PSALM 92-94

In what ways can we express to God how we feel about Him? According to Psalm 96, there are at least three ways. First, we can sing (vs1). Singing in church is one of the ways we can, as a body, express to God how we feel. A second way we can express our praise is to declare it (vs3). In other words, we can just verbally say it. We can tell others what God has done or get down on our knees and pray. The point is we need to declare it. A third way is to ascribe (vs7). To ascribe means to give credit to God for what He has done. We often take credit ourselves for what He has done. We praise God when we give Him the credit in our lives. Worship involves singing, declaring, and ascribing to God how we feel about Him. How it must grieve God to have done so much in our lives and have us do so little to express our thankfulness. What can you do this week to sing your praises to God? When can you declare what He has done on your behalf? How can you ascribe to God His work in your life? Why not begin today?

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 95-98



## PSALM 101

## A PROCESS

**SAY WHAT?**

What can you do to make sure your personal life is what it needs to be?

**SO WHAT?**

What can you do to make sure those around you are living as they ought to live?

**NOW WHAT?**

How can you use this passage to help you continue to grow personally and help others around you grow spiritually?

**THEN WHAT?**

What personal commitment should you make in light of this passage?

In Psalm 101, we see a pattern for spiritual growth. First, we see in verses 1-3a that David made a personal decision about how he was going to live his life. He stated that he was going to keep his heart pure and walk blamelessly. He was going to guard his eyes. Second, in verse 3b-8 he went a step further and said that not only will he make sure his personal life is what it ought to be, but he will also work hard to make sure that those around him are living the kind of life they should be living. He was committed to staying away from those who would pull him down. Isn't it interesting that he specifically mentions in verse 5 that he will silence those who slander their neighbors. His focus will be towards those who are pursuing God and walking blamelessly. His commitment does not just include his personal life, but also those who influence him. He took on an incredible responsibility! What level of commitment have you made in your walk with God? Have you determined to live righteously in your personal walk? Are you ready to commit to influence those around you?

**EXTRA READING**

PSALM 99-102

Have you noticed while reading through the Psalms how much solid theological truth is contained within them? For example, in Psalm 104:1 the Psalmist writes about God's power and greatness. It is obvious that he believed that God is an all-powerful God. Reread Psalm 104 and record the theological truth it contains. In other words, answer the questions "What did the Psalmist believe to be true of God?" or "What truth does this Psalm state about God?" Use the space provided to help you record your thoughts.

**VERSE:**      **WHAT IT SAYS ABOUT GOD:**

---

EXTRA READING  
PSALM 103-104



## PSALM 105:1-27

## HISTORY

**VERSE:**    **OT STORY:**    **WHERE IT'S FOUND?:**

Yesterday, we looked at a Psalm that revealed theology. Today we are examining a Psalm that gives a review of the history of the nation of Israel. The Psalmist begins with Abraham in verse 6 and ends with Israel's arrival in the Promised Land. Use today's page to record what this Psalm states about the history of the nation of Israel. If you want to study this even further, record where the specific account mentioned in this Psalm is located in the Old Testament. A study like this can help us see how God works throughout history. It can also provide for you a test to see how much you know about the Old Testament.

EXTRA READING  
PSALM 105

Like yesterday, Psalm 106 is another chapter devoted to recounting the events of the Israelites. Instead of recording the significant events and where they are found, like we did yesterday, record the event and then list what that event taught those people about God. Ask yourself why the Psalmist wanted to remind them of these events? What do you think his motivation was for making another record of the events they certainly knew from childhood? What can this Psalm teach you about the need to record events from your life?

**VERSE:**      **WHAT IT SAYS ABOUT GOD:**

---

EXTRA READING  
PSALM 106





## PSALM 107:1-22

## GOD'S PROVISION

**SAY WHAT?**

Observation: What do I see?

**SO WHAT?**

Interpretation: What does it mean?

**NOW WHAT?**

Application: How does it apply to me?

**THEN WHAT?**

Implementation: What do I do?

In today's Psalm, we are again reminded of how God provides for us. Not only does this Psalm remind us of all God does for us, but it also reminds us of the kind things God provides for us. In verses 1-9 we are reminded that God supplies us with basic provisions like food, clothes, shelter, etc. He is not just a God who provides for our spiritual needs, but is also a God who is concerned about our physical needs. In verses 10-22, we are reminded that God provides restoration when we sin. Although our sin can't go unpunished, God will forgive us when we confess our sin and ask for forgiveness. He graciously grants it and restores us. This chapter closes by reminding us that God also provides for our deliverance. When we are under great pressure, He always provides just "what" we need "when" we need it. When it seems our world is falling apart, God is there to provide what we need to make it through. Can you recount how God has provided for you in these three areas? How has He provided for your physical needs? When has He granted restoration? When has He granted deliverance?

**EXTRA READING**  
PSALM 107

When you are really under pressure, what is your first response? When you feel as if there is no hope, how do you respond? To whom do you run? Hopefully, you can identify with the response of the Psalmist in Psalm 108. This Psalm gives us a simple but profound statement of truth in verses 12-13. Throughout this chapter, the writer speaks of his great love for God. He reminds himself of how great God's love is for him. He reminds himself of the ways God has helped him in times past. He then concludes with a thought that we must remember ourselves. To avoid being hurt and disappointed by placing our hope and trust in the wrong places, we must depend on God. It is written in verse 12 that God will give us aid because the help of man is worthless. So often, we view it the opposite way. We run to others for help when everything seems hopeless. When we experience pressure and tension, generally our reaction is to have someone bail us out. Often, the last place we turn to is God. The reality is that man's help is worthless. What are you presently facing that you need to turn to God with for His provision? Why not take time right now to get started?

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 108-109

## PSALM 112

## WALKING RIGHTLY

**SAY WHAT?**

How can you determine if you or anyone else fears God?

**SO WHAT?**

How can you determine whether or not you delight in God's commands?

**NOW WHAT?**

What can you change in order to become more obedient in your walk with God?

**THEN WHAT?**

What personal commitment should you make in light of this passage?

Psalm 112 provides us with an outline for walking rightly before God. Did you notice it? First, we learn that we need to have the right attitude. Our attitude needs to be one of fear (vs1). Second, we need to have the right affections. That fear ought to result in our finding delight in His commands. We do not see God's expectations as burdensome or demanding. We delight in them and strive to be obedient. In verses 2-9, we see the results in the life of one who follows this outline. When our hearts fear God and we delight in His commands, our lives are filled with His blessing. If we do not fear God and obey His commands, we suffer the consequences found in verse 10. The final phrase captures the heart of it all, "the longings of the wicked will come to nothing." As you examine your life, do you fear God? Does disobedience cause you to live in dread of consequences? Are you concerned about what He thinks of your life? Do you find great delight in doing what God wants you to do? Or, do you find ways of doing what you want with no thought of God? What evidence is there in your life of the path you've chosen? What needs to change?

**EXTRA READING**

PSALM 110-113

FEW WORDS

PSALM 117

Have you ever been in a conversation with someone who takes forever to get the story out? He could say what he wants you to know in about three sentences, yet he takes forever. Then, there are those who do not say very much, but when they do, it is a profound statement. You will notice as you read the Bible that often the writers of Scripture say something profound in a concise manner. The writer of Psalm 117 is that kind of person. This is a very short Psalm, but one that seems to say it all. It tells us what we ought to be doing, and why we ought to be doing it. Nothing more needs to be said than what is said in this brief Psalm. It gets right to the point. In light of that, did you just read over it and miss the significance of what it contains? Did its truth leap out at you as you read it? Is it true in your life? God is worthy of our praise and we should praise and extol Him. Why? Because His love toward us is great. Could you express your feelings toward God in such few words? Why not take some time today and write out a short Psalm expressing how you feel about God. Then share it with Him.

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 114-117





## PSALM 118:1-18

## REFUGE

**SAY WHAT?**

What kinds of situations occur in your life in which you need a refuge?

**SO WHAT?**

How do you typically respond when you've found yourself in those kinds of situations?

**NOW WHAT?**

How can you use today's reading to help you when you need a refuge?

**THEN WHAT?**

What personal commitment should you make in light of this passage?

What does it mean to take refuge in something? According to Webster's dictionary, refuge is something that provides "shelter or protection from danger or distress." It can also mean "a means of resort for help in difficulty." Think of the different kinds of things we use for refuge. We lean on our friends to protect us or, we use our abilities, humor, or popularity to protect us from hurt or embarrassment. However, according to verse 8, it is better to find shelter or protection from danger or distress in God. How many times do we ask for help from those around us before we turn to God? There is no superior help to God's. The Psalmist understood that whether he needed protection and shelter from danger or help in difficult times, God was better than anyone or anything else he could turn to. Is there a situation in your life currently in which you need help? Why not find your refuge in God? Do not turn to others for help, but allow God to be your refuge. As the controller of all things, who is better than He to encourage you in trouble. Why not go to Him right now about what you are facing?

**EXTRA READING**  
PSALM 118

Today, we begin the longest chapter in the Bible. It is a Psalm that reveals a heart that was totally consumed with the Word of God. There are 8 different terms used for the Word of God throughout this chapter. It is obvious that God’s Word dominated the writer’s heart and mind. He mentions reading it before dawn, daily, seven times daily, nightly, and at midnight. Another interesting feature of this Psalm is that it is an acrostic in its original writing. It is divided into 22 sections, each containing 8 lines. All 8 lines of the first section begin with the first letter of the Hebrew alphabet and it continues until all the letters have been used. As you read it, record what it reveals about the Word of God. Use the space provided to help you.

**VERSE:   WHAT IT REVEALS ABOUT GOD’S WORD:**

EXTRA READING  
PSALM 119



## PSALM 119:49-96

## GOD'S WORD

**VERSE: WHAT IT REVEALS ABOUT GOD'S WORD:**

Today, we continue reading this great Psalm on the Word of God. We will take the next several days to do a study on what this Psalm tells us about the Word of God. Why not circle all the references to the Word of God and keep track of how many times in the Psalm the Word of God is mentioned. Be sure to record your observations. What are you learning or being reminded of while reading?

## EXTRA READING

PSALM 119

GOD’S WORD

PSALM 119:97-128

Today, we continue reading this great Psalm on the Word of God. We will continue our study on what this Psalm tells us about the Word of God. Circle the references you find to the Word of God and keep track of how many times in this Psalm the Word of God is mentioned. Be sure to record your observations. What are you learning about God's Word or being reminded of while reading?

**VERSE:   WHAT IT REVEALS ABOUT GOD’S WORD:**

---

EXTRA READING  
PSALM 119



## PSALM 119:129-152

## GOD'S WORD

**VERSE: WHAT IT REVEALS ABOUT GOD'S WORD:**

Today, we continue reading this great Psalm on the Word of God. We will continue our study on what this Psalm tells us about the Word of God. Circle the references you find to the Word of God and keep track of how many times in this Psalm the Word of God is mentioned. Be sure to record your observations. What are you learning about God's Word or being reminded of while reading?

EXTRA READING  
PSALM 119

GOD’S WORD

PSALM 119:153-176

Today, we end our reading of this amazing Psalm on the Word of God. What did it reveal to you about God's Word? What has it revealed about your own view of the Word of God? In what ways ought your life to change in light of what you have discovered or been reminded of while reading this Psalm? Be sure to record your observations. What plan do you need to create to allow this Psalm to change you?

**VERSE: WHAT IT REVEALS ABOUT GOD’S WORD:**

EXTRA READING  
PSALM 119



PSALM 120

PREPARATION

**VERSE:**      **WHAT IT REVEALS ABOUT GOD:**

Today, we begin a section in the Psalms known as the "Psalms of Ascent." They are found in Psalms 120-136. They are Psalms the Jews sang on their way to Jerusalem during the 3 prescribed annual feasts. It appears that these Psalms began far away from Jerusalem and continued as they got closer, until they reached the temple and finished their worship. It is interesting to speculate on what they must have thought or been reminded of as they traveled to the temple for worship. This is an excellent example of how we could prepare our own hearts for worship before we come to church on Sunday. Too often, we don't think of God while we are getting ready or even on the way to church. As you read the Psalms in this section, record what characteristics of God they remind you of. Consider how you can better prepare your heart for worship each Sunday. Use this sheet to record your observations.

EXTRA READING  
PSALM 120-126

PREPARATION

PSALM 127

Today, we continue reading in the “Psalms of Ascent.” Remember, we are recording the characteristics of God that the Jews sought to remind themselves of as they headed to the temple to worship God. We can also use this study as a personal reminder of how we ought to give attention to the preparation of our hearts for worship any time we attend church. How can you prepare your heart today?

**VERSE:**                      **WHAT IT REVEALS ABOUT GOD:**

---

EXTRA READING  
PSALM 127-131





PSALM 132

A PLAN

VERSE:	WHAT IT REVEALS ABOUT GOD:
	<p>Today, we finish reading in the "Psalms of Ascent." Remember, we are recording the characteristics of God the Jews sought to remind themselves of as they traveled to the temple to worship God. Be sure to allow this study to be a personal reminder of how we ought to give attention to the preparation of our hearts for worship any time we attend church. Also, take some time to record your observations. As you finish this section, be sure to create a plan that will help you better prepare your own heart for worship on Sunday.</p>

EXTRA READING  
PSALM 132-136

In Psalm 138, we are again allowed to look into the heart of David, who was referred to by God as “a man after my own heart.” His relationship with God was like no other he had. Due to the intimate relationship God had with David, the nation of Israel was treated differently for generations. What made him such a great man? Psalm 138 reveals his deep love for God. Although we don't know the exact circumstances David had in mind when he wrote this Psalm, he had obviously been thinking about how gracious God had been to him in the past. As he considered the events of his life, he could not help but break into praise. When thinking about times of extreme difficulty, he remembered the strength that God gave when he cried out. Verse 7 reveals complete reliance on God. Regardless of the events of his life, God would sustain him. As you reflect on what God has done, does your heart well up with praise? When you look back on the strength He gave you, does it make you want to sing? Is your love for God like David's? How can you become more like him? Today would be a good day to get started!

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 137-138



## PSALM 139

## TRANSPARENCY

**SAY WHAT?**

Describe where your relationship with God is right now?

**SO WHAT?**

What has contributed to where you find yourself in your walk with God?

**NOW WHAT?**

What changes can you make in order to get to the point you should be in your walk?

**THEN WHAT?**

What steps should you take to begin to move forward?

Psalm 139 is one of many Psalms that should have a lasting affect on you. It has a way of looking deep into your soul, and revealing what is really going on there. It further reveals what made David a great man of God. His concern was always that his heart be right and that God have free reign to search and reveal whatever He finds. Do you desire for God to have that kind of reign in your heart? When was the last time you took a good hard look at the true condition of your soul? Today, try something different. Read this Psalm out loud and then answer the questions provided. It could change your life. Be honest and begin by asking God to reveal to you what He sees.

**EXTRA READING**

PSALM 139-140

Before looking at Psalm 142, how well did you apply what you learned from the "Ascent Psalms?" How well are you preparing your heart for worship on Sunday? Keep working on it! Now for Psalm 142. When was the last time something came into your life that really troubled you? How did you respond? Did you complain to your friends? Did you get together with people who share your viewpoint and discuss how wrong or awful it is? Psalm 142 gives us advice for dealing with situations we don't like or think are wrong. In verse 2, David revealed that when he had complaints, he brought them to the Lord. He did not gossip with friends. He didn't view every conversation as an opportunity to complain. When he was troubled, he gave it to the Lord. His confidence was in the Lord and it is on Him that he rested. He trusted God to take care of the issues that concerned him. Are you like David? Have you taken issues that bother you to the Lord or do you discuss them with others first? Take David's advice and spend some time today presenting your complaints before the Lord. He cares for us and can help! Place your confidence in Him.

SAY WHAT?

Observation: What do I see?

SO WHAT?

Interpretation: What does it mean?

NOW WHAT?

Application: How does it apply to me?

THEN WHAT?

Implementation: What do I do?

EXTRA READING  
PSALM 141-144

## PSALM 146-147

## PRAISE THE LORD

REASONS TO PRAISE GOD:	REASONS FROM MY LIFE:
	<p>Did you notice any similarities between Psalms 146 &amp; 147? Look at the statement that begins each one. In fact, look back in the Bible at how each of these two Psalms end. Isn't it interesting that each of the next five Psalms begin and end with the words, "Praise the Lord." The book of Psalms concludes with a multitude of reasons why we ought to praise the Lord. The authors list the reasons for which they praise Him. They list what He has promised that causes them to praise Him. The truth is, no matter who we are or what is going on in our lives right now, we all have reasons to praise God. Finish your reading of the Psalms by recording what these final chapters tell us about why we should praise the Lord. Record them and then list similar reasons in your personal life for why you should praise the Lord as well.</p>

EXTRA READING

PSALM 145-147

Today, we have concluded reading the wonderful book of Praise. We ended where we began, with reasons why God is to be praised. As we move on into Matthew tomorrow, make a commitment to be a different person than the one who began two months ago. Determine to revisit this book often. Determine to be a person whose life is marked by an awareness of God's greatness and a life filled with praise. Use the questions provided to help you draw conclusions you can take from this book.

**SAY WHAT?**

In what ways has this book impacted your life?

**SO WHAT?**

List some verses or thoughts that still stick with you.

**NOW WHAT?**

In what ways will you be different after reading this book?

**THEN WHAT?**

How do you plan to make that happen?

EXTRA READING  
PSALM 148-150



## Get out of the rut next Summer.

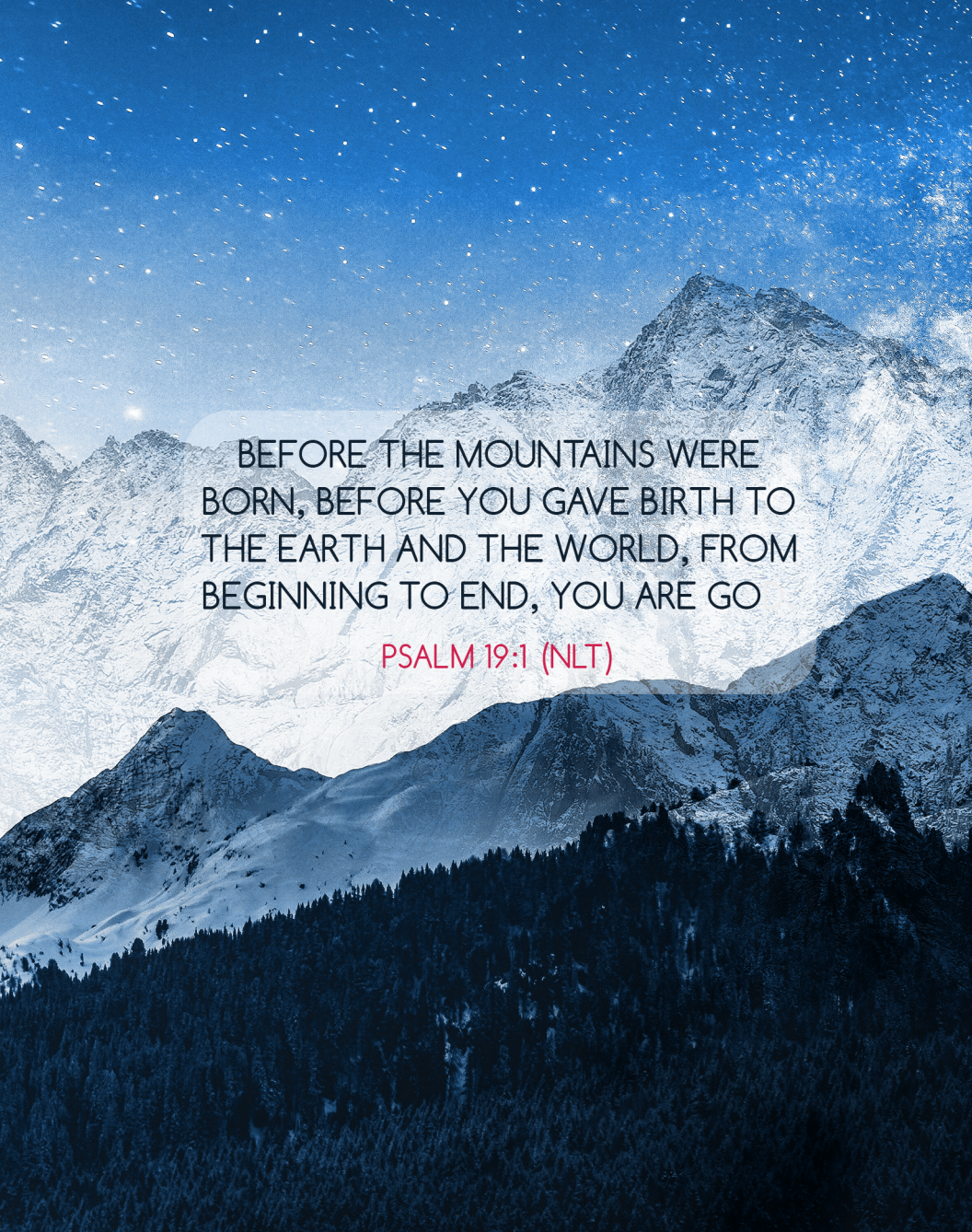
The longest-standing tool in our toolbox, the **Wilderness Outfitting** program presents an opportunity for the intentional leader to gain accelerated access to **real connection** with those they lead.

The wilderness can be leveraged into significant access to **real relationships** and **real conversations** that defy other environments... and it transfers

A black and white photograph of a woman in a canoe, smiling and looking towards the camera. She is wearing a dark tank top and patterned shorts, and is holding a paddle. The background is a blurred natural setting.

LEARN MORE AT  
[WILDERNESSOUTFITTING.COM](http://WILDERNESSOUTFITTING.COM)





BEFORE THE MOUNTAINS WERE  
BORN, BEFORE YOU GAVE BIRTH TO  
THE EARTH AND THE WORLD, FROM  
BEGINNING TO END, YOU ARE GO

PSALM 19:1 (NLT)

ontrackdevotions.com

