

OLIVE + FLAME MINISTRIES

The *Daily Psalter* & Proverbs

*the psalms in a month, morning and evening,
after the use of the church since 1549*

Berean Standard Bible

A gift of the Lantern · oliveandflame.org

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How the church has prayed the Psalms

The first Christian monks in the Egyptian desert recited the whole Psalter daily — until, as John Cassian tells it, an angel appearing among the brothers sang twelve psalms and vanished, settling the measure of an office. St. Benedict (c. 530) apportioned all one hundred fifty across each week, and wrote:

“...taking care in any case that the Psalter with its full number of 150 Psalms be chanted every week and begun again every Sunday at the Night Office. For those monks show themselves too lazy in the service to which they are vowed, who chant less than the Psalter with the customary canticles in the course of a week, whereas we read that our holy Fathers strenuously fulfilled that task in a single day. May we, lukewarm that we are, perform it at least in a whole week!”

— The Rule of St. Benedict, ch. 18 (tr. Doyle) · read it free at oliveandflame.org/read/the-rule-of-st-benedict

A thousand years later Thomas Cranmer re-cut the monastic week for ordinary households with a printed book: the Book of Common Prayer (1549) spreads the Psalter in sequence over thirty days, a morning and an evening portion each, with Psalm 119 divided by its acrostic sections. On the thirty-first day the thirtieth’s psalms are read again. That is the arrangement in your hands — averaging five psalms a day, as the church has prayed them for nearly five centuries.

Beside it stands a younger custom: Proverbs has thirty-one chapters, one for each day of the month. The pairing is modern; the hunger is ancient — wisdom in the morning, praise at close of day.

How to use this book

Take the day of the month, and read: the morning psalms with your coffee, the evening psalms before bed, the proverb whenever the day needs it. Miss a day — simply begin again at today’s date; the month always comes back around. And twice more, if you would keep the lamp lit through the whole day: the fixed hours on the next pages — the same every day, printed once, meant to be learned by heart. Every reading can also be followed, or listened to aloud, free at oliveandflame.org/plans.

The fixed hours

Morning and evening are the hinges; two more hours hold the middle and the close of the day, and their psalms never change. At midday, the Prayer Book's noonday psalms — the traveler lifting his eyes to the hills, the sower coming home with sheaves. At night, Compline, the church's last word before sleep since Benedict fixed its three psalms fifteen centuries ago: *"In peace I will lie down and sleep"* — *"He who dwells in the shelter of the Most High"* — *"Lift up your hands to the sanctuary and bless the LORD."* Because they are the same every day they are printed here once. Pray them until you no longer need the page.

AT MIDDAY · PSALMS 121 · 126

Psalm 121

¹A song of ascents. I lift up my eyes to the hills. From where does my help come? ²My help comes from the LORD, the Maker of heaven and earth. ³He will not allow your foot to slip; your Protector will not slumber. ⁴Behold, the Protector of Israel will neither slumber nor sleep. ⁵The LORD is your keeper; the LORD is the shade on your right hand. ⁶The sun will not strike you by day, nor the moon by night. ⁷The LORD will guard you from all evil; He will preserve your soul. ⁸The LORD will watch over your coming and going, both now and forevermore.

Psalm 126

¹A song of ascents. When the LORD restored the captives of Zion, we were like dreamers. ²Then our mouths were filled with laughter, our tongues with shouts of joy. Then it was said among the nations, "The LORD has done great things for them." ³The LORD has done great things for us; we are filled with joy. ⁴Restore our captives, O LORD, like streams in the Negev. ⁵Those who sow in tears will reap with shouts of joy. ⁶He who goes out weeping, bearing a trail of seed, will surely return with shouts of joy, carrying sheaves of grain.

AT NIGHT · COMPLINE · PSALMS 4 · 91 · 134

Psalm 4

¹For the choirmaster. With stringed instruments. A Psalm of David. Answer me when I call, O God of my righteousness! You have relieved my distress; show me grace and hear my prayer. ²How long, O men, will my honor be maligned? How long will you love vanity and seek after lies? Selah ³Know that the LORD has set apart the godly for Himself; the LORD hears when I call to Him. ⁴Be angry, yet do not sin; on your bed, search your heart and be still. Selah ⁵Offer the sacrifices of the righteous and trust in the LORD. ⁶Many ask, "Who can show us the good?" Shine the light of Your face upon us, O LORD. ⁷You have filled my heart with

more joy than when grain and new wine abound. ⁸I will lie down and sleep in peace, for You alone, O LORD, make me dwell in safety.

Psalm 91

¹He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ²I will say to the LORD, “You are my refuge and my fortress, my God, in whom I trust.” ³Surely He will deliver you from the snare of the fowler, and from the deadly plague. ⁴He will cover you with His feathers; under His wings you will find refuge; His faithfulness is a shield and rampart. ⁵You will not fear the terror of the night, nor the arrow that flies by day, ⁶nor the pestilence that stalks in the darkness, nor the calamity that destroys at noon. ⁷Though a thousand may fall at your side, and ten thousand at your right hand, no harm will come near you. ⁸You will only see it with your eyes and witness the punishment of the wicked. ⁹Because you have made the LORD your dwelling— my refuge, the Most High— ¹⁰no evil will befall you, no plague will approach your tent. ¹¹For He will command His angels concerning you to guard you in all your ways. ¹²They will lift you up in their hands, so that you will not strike your foot against a stone. ¹³You will tread on the lion and cobra; you will trample the young lion and serpent. ¹⁴“Because he loves Me, I will deliver him; because he knows My name, I will protect him. ¹⁵When he calls out to Me, I will answer him; I will be with him in trouble. I will deliver him and honor him. ¹⁶With long life I will satisfy him and show him My salvation.”

Psalm 134

¹A song of ascents. Come, bless the LORD, all you servants of the LORD who serve by night in the house of the LORD! ²Lift up your hands to the sanctuary and bless the LORD! ³May the LORD, the Maker of heaven and earth, bless you from Zion.

Day 1

MORNING • PSALMS 1–5

Psalm 1

¹Blessed is the man who does not walk in the counsel of the wicked, or set foot on the path of sinners, or sit in the seat of mockers. ²But his delight is in the Law of the LORD, and on His law he meditates day and night. ³He is like a tree planted by streams of water, yielding its fruit in season, whose leaf does not wither, and who prospers in all he does. ⁴Not so the wicked! For they are like chaff driven off by the wind. ⁵Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶For the LORD guards the path of the righteous, but the way of the wicked will perish.

Psalm 2

¹Why do the nations rage and the peoples plot in vain? ²The kings of the earth take their stand and the rulers gather together, against the LORD and against His Anointed One: ³“Let us break Their chains and cast away Their cords.” ⁴The One enthroned in heaven laughs; the Lord taunts them. ⁵Then He rebukes them in His anger, and terrifies them in His fury: ⁶“I have installed My King on Zion, upon My holy mountain.” ⁷I will proclaim the decree spoken to Me by the LORD: “You are My Son; today I have become Your Father. ⁸Ask Me, and I will make the nations Your inheritance, the ends of the earth Your possession. ⁹You will break them with an iron scepter; You will shatter them like pottery.” ¹⁰Therefore be wise, O kings; be admonished, O judges of the earth. ¹¹Serve the LORD with fear, and rejoice with trembling. ¹²Kiss the Son, lest He be angry and you perish in your rebellion, when His wrath ignites in an instant. Blessed are all who take refuge in Him.

Psalm 3

¹A Psalm of David, when he fled from his son Absalom. O LORD, how my foes have increased! How many rise up against me! ²Many say of me, “God will not deliver him.” Selah ³But You, O LORD, are a shield around me, my glory, and the One who lifts my head. ⁴To the LORD I cry aloud, and He answers me from His holy mountain. Selah ⁵I lie down and sleep; I wake again, for the LORD sustains me. ⁶I will not fear the myriads set against me on every side. ⁷Arise, O LORD! Save me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked. ⁸Salvation belongs to the LORD; may Your blessing be on Your people. Selah

Psalm 4

¹For the choirmaster. With stringed instruments. A Psalm of David. Answer me when I call, O God of my righteousness! You have relieved my distress; show me grace and hear my prayer. ²How long, O men, will

my honor be maligned? How long will you love vanity and seek after lies? Selah ³Know that the LORD has set apart the godly for Himself; the LORD hears when I call to Him. ⁴Be angry, yet do not sin; on your bed, search your heart and be still. Selah ⁵Offer the sacrifices of the righteous and trust in the LORD. ⁶Many ask, “Who can show us the good?” Shine the light of Your face upon us, O LORD. ⁷You have filled my heart with more joy than when grain and new wine abound. ⁸I will lie down and sleep in peace, for You alone, O LORD, make me dwell in safety.

Psalm 5

¹For the choirmaster, to be accompanied by flutes. A Psalm of David. Give ear to my words, O LORD; consider my groaning. ²Attend to the sound of my cry, my King and my God, for to You I pray. ³In the morning, O LORD, You hear my voice; at daybreak I lay my plea before You and wait in expectation. ⁴For You are not a God who delights in wickedness; no evil can dwell with You. ⁵The boastful cannot stand in Your presence; You hate all workers of iniquity. ⁶You destroy those who tell lies; the LORD abhors the man of bloodshed and deceit. ⁷But I will enter Your house by the abundance of Your loving devotion; in reverence I will bow down toward Your holy temple. ⁸Lead me, O LORD, in Your righteousness because of my enemies; make straight Your way before me. ⁹For not a word they speak can be trusted; destruction lies within them. Their throats are open graves; their tongues practice deceit. ¹⁰Declare them guilty, O God; let them fall by their own devices. Drive them out for their many transgressions, for they have rebelled against You. ¹¹But let all who take refuge in You rejoice; let them ever shout for joy. May You shelter them, that those who love Your name may rejoice in You. ¹²For surely You, O LORD, bless the righteous; You surround them with the shield of Your favor.

EVENING · PSALMS 6–8

Psalm 6

¹For the choirmaster. With stringed instruments, according to Sheminith. A Psalm of David. O LORD, do not rebuke me in Your anger or discipline me in Your wrath. ²Be merciful to me, O LORD, for I am frail; heal me, O LORD, for my bones are in agony. ³My soul is deeply distressed. How long, O LORD, how long? ⁴Turn, O LORD, and deliver my soul; save me because of Your loving devotion. ⁵For there is no mention of You in death; who can praise You from Sheol? ⁶I am weary from groaning; all night I flood my bed with weeping and drench my couch with tears. ⁷My eyes fail from grief; they grow dim because of all my foes. ⁸Depart from me, all you workers of iniquity, for the LORD has heard my weeping. ⁹The LORD has heard my cry for mercy; the LORD accepts my prayer. ¹⁰All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.

Psalm 7

¹ A Shiggaion of David, which he sang to the LORD concerning the words of Cush, a Benjamite. O LORD my God, I take refuge in You; save me and deliver me from all my pursuers, ² or they will shred my soul like a lion and tear me to pieces with no one to rescue me. ³ O LORD my God, if I have done this, if injustice is on my hands, ⁴ if I have rewarded my ally with evil, if I have plundered my foe without cause, ⁵ then may my enemy pursue me and overtake me; may he trample me to the ground and leave my honor in the dust. Selah ⁶ Arise, O LORD, in Your anger; rise up against the fury of my enemies. Awake, my God, and ordain judgment. ⁷ Let the assembled peoples gather around You; take Your seat over them on high. ⁸ The LORD judges the peoples; vindicate me, O LORD, according to my righteousness and integrity. ⁹ Put an end to the evil of the wicked, but establish the righteous, O righteous God who searches hearts and minds. ¹⁰ My shield is with God, who saves the upright in heart. ¹¹ God is a righteous judge and a God who feels indignation each day. ¹² If one does not repent, God will sharpen His sword; He has bent and strung His bow. ¹³ He has prepared His deadly weapons; He ordains His arrows with fire. ¹⁴ Behold, the wicked man travails with evil; he conceives trouble and births falsehood. ¹⁵ He has dug a hole and hollowed it out; he has fallen into a pit of his own making. ¹⁶ His trouble recoils on himself, and his violence falls on his own head. ¹⁷ I will thank the LORD for His righteousness and sing praise to the name of the LORD Most High.

Psalm 8

¹ For the choirmaster. According to Gittith. A Psalm of David. O LORD, our Lord, how majestic is Your name in all the earth! You have set Your glory above the heavens. ² From the mouths of children and infants You have ordained praise on account of Your adversaries, to silence the enemy and avenger. ³ When I behold Your heavens, the work of Your fingers, the moon and the stars, which You have set in place— ⁴ what is man that You are mindful of him, or the son of man that You care for him? ⁵ You made him a little lower than the angels; You crowned him with glory and honor. ⁶ You made him ruler of the works of Your hands; You have placed everything under his feet: ⁷ all sheep and oxen, and even the beasts of the field, ⁸ the birds of the air and the fish of the sea, all that swim the paths of the seas. ⁹ O LORD, our Lord, how majestic is Your name in all the earth!

THE PROVERB · PROVERBS 1

¹ These are the proverbs of Solomon son of David, king of Israel, ² for gaining wisdom and discipline, for comprehending words of insight, ³ and for receiving instruction in wise living and in righteousness, justice, and equity. ⁴ To impart prudence to the simple and knowledge and discretion to the young, ⁵ let the wise listen and gain instruction, and the discerning acquire wise counsel ⁶ by understanding the proverbs and parables, the sayings and riddles of the wise. ⁷ The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline. ⁸ Listen, my son, to your father's instruction, and do not forsake the teaching of your mother. ⁹ For they are a garland of grace on your head and a pendant around your neck.

¹⁰My son, if sinners entice you, do not yield to them. ¹¹If they say, “Come along, let us lie in wait for blood, let us ambush the innocent without cause, ¹²let us swallow them alive like Sheol, and whole like those descending into the Pit. ¹³We will find all manner of precious goods; we will fill our houses with plunder. ¹⁴Throw in your lot with us; let us all share one purse”— ¹⁵my son, do not walk the road with them or set foot upon their path. ¹⁶For their feet run to evil, and they are swift to shed blood. ¹⁷How futile it is to spread the net where any bird can see it! ¹⁸But they lie in wait for their own blood; they ambush their own lives. ¹⁹Such is the fate of all who are greedy, whose unjust gain takes the lives of its possessors. ²⁰Wisdom calls out in the street, she lifts her voice in the square; ²¹in the main concourse she cries aloud, at the city gates she makes her speech: ²²“How long, O simple ones, will you love your simple ways? How long will scoffers delight in their scorn and fools hate knowledge? ²³If you had repented at my rebuke, then surely I would have poured out my spirit on you; I would have made my words known to you. ²⁴Because you refused my call, and no one took my outstretched hand, ²⁵because you neglected all my counsel, and wanted none of my correction, ²⁶in turn I will mock your calamity; I will sneer when terror strikes you, ²⁷when your dread comes like a storm, and your destruction like a whirlwind, when distress and anguish overwhelm you. ²⁸Then they will call on me, but I will not answer; they will earnestly seek me, but will not find me. ²⁹For they hated knowledge and chose not to fear the LORD. ³⁰They accepted none of my counsel; they despised all my reproof. ³¹So they will eat the fruit of their own way, and be filled with their own devices. ³²For the waywardness of the simple will slay them, and the complacency of fools will destroy them. ³³But whoever listens to me will dwell in safety, secure from the fear of evil.”

Day 2

MORNING • PSALMS 9–11

Psalm 9

¹For the choirmaster. To the tune of “The Death of the Son.” A Psalm of David. I will give thanks to the LORD with all my heart; I will recount all Your wonders. ²I will be glad and rejoice in You; I will sing praise to Your name, O Most High. ³When my enemies retreat, they stumble and perish before You. ⁴For You have upheld my just cause; You sit on Your throne judging righteously. ⁵You have rebuked the nations; You have destroyed the wicked; You have erased their name forever and ever. ⁶The enemy has come to eternal ruin, and You have uprooted their cities; the very memory of them has vanished. ⁷But the LORD abides forever; He has established His throne for judgment. ⁸He judges the world with justice; He governs the people with equity. ⁹The LORD is a refuge for the oppressed, a stronghold in times of trouble. ¹⁰Those who know Your name trust in You, for You, O LORD, have not forsaken those who seek You. ¹¹Sing praises to the LORD, who dwells in Zion; proclaim His deeds among the nations. ¹²For the Avenger of bloodshed remembers; He does not ignore the cry of the afflicted. ¹³Be merciful to me, O LORD; see how my enemies afflict me! Lift me up from the gates of death, ¹⁴that I may declare all Your praises— that within the gates of Daughter Zion I may rejoice in Your salvation. ¹⁵The nations have fallen into a pit of their making; their feet are caught in the net they have hidden. ¹⁶The LORD is known by the justice He brings; the wicked are ensnared by the work of their hands. Higgsion Selah ¹⁷The wicked will return to Sheol— all the nations who forget God. ¹⁸For the needy will not always be forgotten; nor the hope of the oppressed forever dashed. ¹⁹Rise up, O LORD, do not let man prevail; let the nations be judged in Your presence. ²⁰Lay terror upon them, O LORD; let the nations know they are but men. Selah

Psalm 10

¹Why, O LORD, do You stand far off? Why do You hide in times of trouble? ²In pride the wicked pursue the needy; let them be caught in the schemes they devise. ³For the wicked man boasts in the cravings of his heart; he blesses the greedy and reviles the LORD. ⁴In his pride the wicked man does not seek Him; in all his schemes there is no God. ⁵He is secure in his ways at all times; Your lofty judgments are far from him; he sneers at all his foes. ⁶He says to himself, “I will not be moved; from age to age I am free of distress.” ⁷His mouth is full of cursing, deceit, and violence; trouble and malice are under his tongue. ⁸He lies in wait near the villages; in ambush he slays the innocent; his eyes watch in stealth for the helpless. ⁹He lies in wait like a lion in a thicket; he lurks to seize the oppressed; he catches the lowly in his net. ¹⁰They are crushed and beaten down; the hapless fall prey to his strength. ¹¹He says to himself, “God has forgotten; He hides His face and never sees.” ¹²Arise, O LORD! Lift up Your hand, O God! Do not forget the helpless. ¹³Why has the

wicked man renounced God? He says to himself, “You will never call me to account.” ¹⁴But You have regarded trouble and grief; You see to repay it by Your hand. The victim entrusts himself to You; You are the helper of the fatherless. ¹⁵Break the arm of the wicked and evildoer; call him to account for his wickedness until none is left to be found. ¹⁶The LORD is King forever and ever; the nations perish from His land. ¹⁷You have heard, O LORD, the desire of the humble; You will strengthen their hearts. You will incline Your ear, ¹⁸to vindicate the fatherless and oppressed, that the men of the earth may strike terror no more.

Psalm 11

¹For the choirmaster. Of David. In the LORD I take refuge. How then can you say to me: “Flee like a bird to your mountain!” ²For behold, the wicked bend their bows. They set their arrow on the string to shoot from the shadows at the upright in heart. ³If the foundations are destroyed, what can the righteous do?” ⁴The LORD is in His holy temple; the LORD is on His heavenly throne. His eyes are watching closely; they examine the sons of men. ⁵The LORD tests the righteous and the wicked; His soul hates the lover of violence. ⁶On the wicked He will rain down fiery coals and sulfur; a scorching wind will be their portion. ⁷For the LORD is righteous; He loves justice. The upright will see His face.

EVENING • PSALMS 12–14

Psalm 12

¹For the choirmaster. According to Sheminith. A Psalm of David. Help, O LORD, for the godly are no more; the faithful have vanished from among men. ²They lie to one another; they speak with flattering lips and a double heart. ³May the LORD cut off all flattering lips and every boastful tongue. ⁴They say, “With our tongues we will prevail. We own our lips—who can be our master?” ⁵“For the cause of the oppressed and for the groaning of the needy, I will now arise,” says the LORD. “I will bring safety to him who yearns.” ⁶The words of the LORD are flawless, like silver refined in a furnace, like gold purified sevenfold. ⁷You, O LORD, will keep us; You will forever guard us from this generation. ⁸The wicked wander freely, and vileness is exalted among men.

Psalm 13

¹For the choirmaster. A Psalm of David. How long, O LORD? Will You forget me forever? How long will You hide Your face from me? ²How long must I wrestle in my soul, with sorrow in my heart each day? How long will my enemy dominate me? ³Consider me and respond, O LORD my God. Give light to my eyes, lest I sleep in death, ⁴lest my enemy say, “I have overcome him,” and my foes rejoice when I fall. ⁵But I have trusted in Your loving devotion; my heart will rejoice in Your salvation. ⁶I will sing to the LORD, for He has been good to me.

Psalm 14

¹For the choirmaster. Of David. The fool says in his heart, “There is no God.” They are corrupt; their acts are vile. There is no one who does good. ²The LORD looks down from heaven upon the sons of men to see if any understand, if any seek God. ³All have turned away, they have together become corrupt; there is no one who does good, not even one. ⁴Will the workers of iniquity never learn? They devour my people like bread; they refuse to call upon the LORD. ⁵There they are, overwhelmed with dread, for God is in the company of the righteous. ⁶You sinners frustrate the plans of the oppressed, yet the LORD is their shelter. ⁷Oh, that the salvation of Israel would come from Zion! When the LORD restores His captive people, let Jacob rejoice, let Israel be glad!

THE PROVERB · PROVERBS 2

¹My son, if you accept my words and hide my commandments within you, ²if you incline your ear to wisdom and direct your heart to understanding, ³if you truly call out to insight and lift your voice to understanding, ⁴if you seek it like silver and search it out like hidden treasure, ⁵then you will discern the fear of the LORD and discover the knowledge of God. ⁶For the LORD gives wisdom; from His mouth come knowledge and understanding. ⁷He stores up sound wisdom for the upright; He is a shield to those who walk with integrity, ⁸to guard the paths of justice and protect the way of His saints. ⁹Then you will discern righteousness and justice and equity—every good path. ¹⁰For wisdom will enter your heart, and knowledge will delight your soul. ¹¹Discretion will watch over you, and understanding will guard you, ¹²to deliver you from the way of evil, from the man who speaks perversity, ¹³from those who leave the straight paths to walk in the ways of darkness, ¹⁴from those who enjoy doing evil and rejoice in the twistedness of evil, ¹⁵whose paths are crooked and whose ways are devious. ¹⁶It will rescue you from the forbidden woman, from the stranger with seductive words ¹⁷who abandons the partner of her youth and forgets the covenant of her God. ¹⁸For her house sinks down to death, and her tracks to the departed spirits. ¹⁹None who go to her return or negotiate the paths of life. ²⁰So you will follow in the ways of the good, and keep to the paths of the righteous. ²¹For the upright will inhabit the land, and the blameless will remain in it; ²²but the wicked will be cut off from the land, and the unfaithful will be uprooted.

Day 3

MORNING • PSALMS 15–17

Psalm 15

¹A Psalm of David. O LORD, who may abide in Your tent? Who may dwell on Your holy mountain? ²He who walks with integrity and practices righteousness, who speaks the truth from his heart, ³who has no slander on his tongue, who does no harm to his neighbor, who casts no scorn on his friend, ⁴who despises the vile but honors those who fear the LORD, who does not revise a costly oath, ⁵who lends his money without interest and refuses a bribe against the innocent. He who does these things will never be shaken.

Psalm 16

¹A Mikram of David. Preserve me, O God, for in You I take refuge. ²I said to the LORD, “You are my Lord; apart from You I have no good thing.” ³As for the saints in the land, they are the excellence in whom all my delight resides. ⁴Sorrows will multiply to those who chase other gods. I will not pour out their libations of blood, or speak their names with my lips. ⁵The LORD is my chosen portion and my cup; You have made my lot secure. ⁶The lines of my boundary have fallen in pleasant places; surely my inheritance is delightful. ⁷I will bless the LORD who counsels me; even at night my conscience instructs me. ⁸I have set the LORD always before me. Because He is at my right hand, I will not be shaken. ⁹Therefore my heart is glad and my tongue rejoices; my body also will dwell securely. ¹⁰For You will not abandon my soul to Sheol, nor will You let Your Holy One see decay. ¹¹You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Psalm 17

¹A prayer of David. Hear, O LORD, my righteous plea; listen to my cry. Give ear to my prayer— it comes from lips free of deceit. ²May my vindication come from Your presence; may Your eyes see what is right. ³You have tried my heart; You have visited me in the night. You have tested me and found no evil; I have resolved not to sin with my mouth. ⁴As for the deeds of men— by the word of Your lips I have avoided the ways of the violent. ⁵My steps have held to Your paths; my feet have not slipped. ⁶I call on You, O God, for You will answer me. Incline Your ear to me; hear my words. ⁷Show the wonders of Your loving devotion, You who save by Your right hand those who seek refuge from their foes. ⁸Keep me as the apple of Your eye; hide me in the shadow of Your wings ⁹from the wicked who assail me, from my mortal enemies who surround me. ¹⁰They have closed their callous hearts; their mouths speak with arrogance. ¹¹They have tracked us down, and now surround us; their eyes are set to cast us to the ground, ¹²like a lion greedy for prey, like a young lion lurking in ambush. ¹³Arise, O LORD, confront them! Bring them to their knees;

deliver me from the wicked by Your sword,¹⁴ from such men, O LORD, by Your hand— from men of the world whose portion is in this life. May You fill the bellies of Your treasured ones and satisfy their sons, so they leave their abundance to their children.¹⁵ As for me, I will behold Your face in righteousness; when I awake, I will be satisfied in Your presence.

EVENING · PSALM 18

Psalm 18

¹For the choirmaster. Of David the servant of the LORD, who sang this song to the LORD on the day the LORD had delivered him from the hand of all his enemies and from the hand of Saul. He said: I love You, O LORD, my strength. ²The LORD is my rock, my fortress, and my deliverer. My God is my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. ³I will call upon the LORD, who is worthy to be praised; so shall I be saved from my enemies. ⁴The cords of death encompassed me; the torrents of chaos overwhelmed me. ⁵The cords of Sheol entangled me; the snares of death confronted me. ⁶In my distress I called upon the LORD; I cried to my God for help. From His temple He heard my voice, and my cry for His help reached His ears. ⁷Then the earth shook and quaked, and the foundations of the mountains trembled; they were shaken because He burned with anger. ⁸Smoke rose from His nostrils, and consuming fire came from His mouth; glowing coals blazed forth. ⁹He parted the heavens and came down with dark clouds beneath His feet. ¹⁰He mounted a cherub and flew; He soared on the wings of the wind. ¹¹He made darkness His hiding place, and storm clouds a canopy around Him. ¹²From the brightness of His presence His clouds advanced— hailstones and coals of fire. ¹³The LORD thundered from heaven; the voice of the Most High resounded— hailstones and coals of fire. ¹⁴He shot His arrows and scattered the foes; He hurled lightning and routed them. ¹⁵The channels of the sea appeared, and the foundations of the world were exposed, at Your rebuke, O LORD, at the blast of the breath of Your nostrils. ¹⁶He reached down from on high and took hold of me; He drew me out of deep waters. ¹⁷He rescued me from my powerful enemy, from foes too mighty for me. ¹⁸They confronted me in my day of calamity, but the LORD was my support. ¹⁹He brought me out into the open; He rescued me because He delighted in me. ²⁰The LORD has rewarded me according to my righteousness; He has repaid me according to the cleanness of my hands. ²¹For I have kept the ways of the LORD and have not wickedly departed from my God. ²²For all His ordinances are before me; I have not disregarded His statutes. ²³And I have been blameless before Him and kept myself from iniquity. ²⁴So the LORD has repaid me according to my righteousness, according to the cleanness of my hands in His sight. ²⁵To the faithful You show Yourself faithful, to the blameless You show Yourself blameless; ²⁶to the pure You show Yourself pure, but to the crooked You show Yourself shrewd. ²⁷For You save an afflicted people, but You humble those with haughty eyes. ²⁸For You, O LORD, light my lamp; my God lights up my darkness. ²⁹For in You I can charge an army, and with my God I can scale a wall. ³⁰As for God, His way is perfect; the word of the LORD is flawless. He is a shield to all who take refuge in

Him. ³¹For who is God besides the LORD? And who is the Rock except our God? ³²It is God who arms me with strength and makes my way clear. ³³He makes my feet like those of a deer and stations me upon the heights. ³⁴He trains my hands for battle; my arms can bend a bow of bronze. ³⁵You have given me Your shield of salvation; Your right hand upholds me, and Your gentleness exalts me. ³⁶You broaden the path beneath me so that my ankles do not give way. ³⁷I pursued my enemies and overtook them; I did not turn back until they were consumed. ³⁸I crushed them so they could not rise; they have fallen under my feet. ³⁹You have armed me with strength for battle; You have subdued my foes beneath me. ⁴⁰You have made my enemies retreat before me; I put an end to those who hated me. ⁴¹They cried for help, but there was no one to save them— to the LORD, but He did not answer. ⁴²I ground them as dust in the face of the wind; I trampled them like mud in the streets. ⁴³You have delivered me from the strife of the people; You have made me the head of nations; a people I had not known shall serve me. ⁴⁴When they hear me, they obey me; foreigners cower before me. ⁴⁵Foreigners lose heart and come trembling from their strongholds. ⁴⁶The LORD lives, and blessed be my Rock! And may the God of my salvation be exalted— ⁴⁷the God who avenges me and subdues nations beneath me, ⁴⁸who delivers me from my enemies. You exalt me above my foes; You rescue me from violent men. ⁴⁹Therefore I will praise You, O LORD, among the nations; I will sing praises to Your name. ⁵⁰Great salvation He brings to His king. He shows loving devotion to His anointed, to David and his descendants forever.

THE PROVERB · PROVERBS 3

¹My son, do not forget my teaching, but let your heart keep my commandments; ²for they will add length to your days, years and peace to your life. ³Never let loving devotion or faithfulness leave you; bind them around your neck, write them on the tablet of your heart. ⁴Then you will find favor and high regard in the sight of God and man. ⁵Trust in the LORD with all your heart, and lean not on your own understanding; ⁶in all your ways acknowledge Him, and He will make your paths straight. ⁷Be not wise in your own eyes; fear the LORD and turn away from evil. ⁸This will bring healing to your body and refreshment to your bones. ⁹Honor the LORD with your wealth and with the firstfruits of all your harvest; ¹⁰then your barns will be filled with plenty, and your vats will overflow with new wine. ¹¹My son, do not reject the discipline of the LORD, and do not loathe His rebuke; ¹²for the LORD disciplines the one He loves, as does a father the son in whom he delights. ¹³Blessed is the man who finds wisdom, the man who acquires understanding, ¹⁴for she is more profitable than silver, and her gain is better than fine gold. ¹⁵She is more precious than rubies; nothing you desire compares with her. ¹⁶Long life is in her right hand; in her left hand are riches and honor. ¹⁷All her ways are pleasant, and all her paths are peaceful. ¹⁸She is a tree of life to those who embrace her, and those who lay hold of her are blessed. ¹⁹The LORD founded the earth by wisdom and established the heavens by understanding. ²⁰By His knowledge the watery depths were broken open, and the clouds dripped with dew. ²¹My son, do not lose sight of this: Preserve sound judgment and discernment. ²²They

will be life to your soul and adornment to your neck. ²³Then you will go on your way in safety, and your foot will not stumble. ²⁴When you lie down, you will not be afraid; when you rest, your sleep will be sweet. ²⁵Do not fear sudden danger or the ruin that overtakes the wicked, ²⁶for the LORD will be your confidence and will keep your foot from the snare. ²⁷Do not withhold good from the deserving when it is within your power to act. ²⁸Do not tell your neighbor, “Come back tomorrow and I will provide”— when you already have the means. ²⁹Do not devise evil against your neighbor, for he trustfully dwells beside you. ³⁰Do not accuse a man without cause, when he has done you no harm. ³¹Do not envy a violent man or choose any of his ways; ³²for the LORD detests the perverse, but He is a friend to the upright. ³³The curse of the LORD is on the house of the wicked, but He blesses the home of the righteous. ³⁴He mocks the mockers, but gives grace to the humble. ³⁵The wise will inherit honor, but fools are held up to shame.

Day 4

MORNING • PSALMS 19–21

Psalm 19

¹For the choirmaster. A Psalm of David. The heavens declare the glory of God; the skies proclaim the work of His hands. ²Day after day they pour forth speech; night after night they reveal knowledge. ³Without speech or language, without a sound to be heard, ⁴their voice has gone out into all the earth, their words to the ends of the world. In the heavens He has pitched a tent for the sun. ⁵Like a bridegroom emerging from his chamber, like a champion rejoicing to run his course, ⁶it rises at one end of the heavens and runs its circuit to the other; nothing is deprived of its warmth. ⁷The Law of the LORD is perfect, reviving the soul; the testimony of the LORD is trustworthy, making wise the simple. ⁸The precepts of the LORD are right, bringing joy to the heart; the commandments of the LORD are radiant, giving light to the eyes. ⁹The fear of the LORD is pure, enduring forever; the judgments of the LORD are true, being altogether righteous. ¹⁰They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb. ¹¹By them indeed Your servant is warned; in keeping them is great reward. ¹²Who can discern his own errors? Cleanse me from my hidden faults. ¹³Keep Your servant also from willful sins; may they not rule over me. Then I will be blameless and cleansed of great transgression. ¹⁴May the words of my mouth and the meditation of my heart be pleasing in Your sight, O LORD, my Rock and my Redeemer.

Psalm 20

¹For the choirmaster. A Psalm of David. May the LORD answer you in the day of trouble; may the name of the God of Jacob protect you. ²May He send you help from the sanctuary and sustain you from Zion. ³May He remember all your gifts and look favorably on your burnt offerings. Selah ⁴May He give you the desires of your heart and make all your plans succeed. ⁵May we shout for joy at your victory and raise a banner in the name of our God. May the LORD grant all your petitions. ⁶Now I know that the LORD saves His anointed; He answers him from His holy heaven with the saving power of His right hand. ⁷Some trust in chariots and others in horses, but we trust in the name of the LORD our God. ⁸They collapse and fall, but we rise up and stand firm. ⁹O LORD, save the king. Answer us on the day we call.

Psalm 21

¹For the choirmaster. A Psalm of David. O LORD, the king rejoices in Your strength. How greatly he exults in Your salvation! ²You have granted his heart's desire and have not withheld the request of his lips. Selah ³For You welcomed him with rich blessings; You placed on his head a crown of pure gold. ⁴He asked You for life, and You granted it— length of days, forever and ever. ⁵Great is his glory in Your salvation; You

bestow on him splendor and majesty. ⁶For You grant him blessings forever; You cheer him with joy in Your presence. ⁷For the king trusts in the LORD; through the loving devotion of the Most High, he will not be shaken. ⁸Your hand will apprehend all Your enemies; Your right hand will seize those who hate You. ⁹You will place them in a fiery furnace at the time of Your appearing. In His wrath the LORD will engulf them, and the fire will consume them. ¹⁰You will wipe their descendants from the earth, and their offspring from the sons of men. ¹¹Though they intend You harm, the schemes they devise will not prevail. ¹²For You will put them to flight when Your bow is trained upon them. ¹³Be exalted, O LORD, in Your strength; we will sing and praise Your power.

EVENING • PSALMS 22 – 23

Psalm 22

¹For the choirmaster. To the tune of “The Doe of the Dawn.” A Psalm of David. My God, my God, why have You forsaken me? Why are You so far from saving me, so far from my words of groaning? ²I cry out by day, O my God, but You do not answer, and by night, but I have no rest. ³Yet You are holy, enthroned on the praises of Israel. ⁴In You our fathers trusted; they trusted and You delivered them. ⁵They cried out to You and were set free; they trusted in You and were not disappointed. ⁶But I am a worm and not a man, scorned by men and despised by the people. ⁷All who see me mock me; they sneer and shake their heads: ⁸“He trusts in the LORD, let the LORD deliver him; let the LORD rescue him, since He delights in him.” ⁹Yet You brought me forth from the womb; You made me secure at my mother’s breast. ¹⁰From birth I was cast upon You; from my mother’s womb You have been my God. ¹¹Be not far from me, for trouble is near and there is no one to help. ¹²Many bulls surround me; strong bulls of Bashan encircle me. ¹³They open their jaws against me like lions that roar and maul. ¹⁴I am poured out like water, and all my bones are disjointed. My heart is like wax; it melts away within me. ¹⁵My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth. You lay me in the dust of death. ¹⁶For dogs surround me; a band of evil men encircles me; they have pierced my hands and feet. ¹⁷I can count all my bones; they stare and gloat over me. ¹⁸They divide my garments among them and cast lots for my clothing. ¹⁹But You, O LORD, be not far off; O my Strength, come quickly to help me. ²⁰Deliver my soul from the sword, my precious life from the power of wild dogs. ²¹Save me from the mouth of the lion; at the horns of the wild oxen You have answered me! ²²I will proclaim Your name to my brothers; I will praise You in the assembly. ²³You who fear the LORD, praise Him! All descendants of Jacob, honor Him! All offspring of Israel, revere Him! ²⁴For He has not despised or detested the torment of the afflicted. He has not hidden His face from him, but has attended to his cry for help. ²⁵My praise for You resounds in the great assembly; I will fulfill my vows before those who fear You. ²⁶The poor will eat and be satisfied; those who seek the LORD will praise Him. May your hearts live forever! ²⁷All the ends of the earth will remember and turn to the LORD. All the families of the nations will bow down before Him. ²⁸For dominion belongs to the LORD and He rules over the nations. ²⁹All the rich

of the earth will feast and worship; all who go down to the dust will kneel before Him— even those unable to preserve their lives. ³⁰Posterity will serve Him; they will declare the Lord to a new generation. ³¹They will come and proclaim His righteousness to a people yet unborn— all that He has done.

Psalm 23

¹A Psalm of David. The LORD is my shepherd; I shall not want. ²He makes me lie down in green pastures; He leads me beside quiet waters. ³He restores my soul; He guides me in the paths of righteousness for the sake of His name. ⁴Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. ⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the LORD forever.

THE PROVERB · PROVERBS 4

¹Listen, my sons, to a father's instruction; pay attention and gain understanding. ²For I give you sound teaching; do not abandon my directive. ³When I was a son to my father, tender and the only child of my mother, ⁴he taught me and said, "Let your heart lay hold of my words; keep my commands and you will live. ⁵Get wisdom, get understanding; do not forget my words or turn from them. ⁶Do not forsake wisdom, and she will preserve you; love her, and she will guard you. ⁷Wisdom is supreme; so acquire wisdom. And whatever you may acquire, gain understanding. ⁸Prize her, and she will exalt you; if you embrace her, she will honor you. ⁹She will set a garland of grace on your head; she will present you with a crown of beauty." ¹⁰Listen, my son, and receive my words, and the years of your life will be many. ¹¹I will guide you in the way of wisdom; I will lead you on straight paths. ¹²When you walk, your steps will not be impeded; when you run, you will not stumble. ¹³Hold on to instruction; do not let go. Guard it, for it is your life. ¹⁴Do not set foot on the path of the wicked or walk in the way of evildoers. ¹⁵Avoid it; do not travel on it. Turn from it and pass on by. ¹⁶For they cannot sleep unless they do evil; they are deprived of slumber until they make someone fall. ¹⁷For they eat the bread of wickedness and drink the wine of violence. ¹⁸The path of the righteous is like the first gleam of dawn, shining brighter and brighter until midday. ¹⁹But the way of the wicked is like the darkest gloom; they do not know what makes them stumble. ²⁰My son, pay attention to my words; incline your ear to my sayings. ²¹Do not lose sight of them; keep them within your heart. ²²For they are life to those who find them, and health to the whole body. ²³Guard your heart with all diligence, for from it flow springs of life. ²⁴Put away deception from your mouth; keep your lips from perverse speech. ²⁵Let your eyes look forward; fix your gaze straight ahead. ²⁶Make a level path for your feet, and all your ways will be sure. ²⁷Do not swerve to the right or to the left; turn your feet away from evil.

Day 5

MORNING • PSALMS 24–26

Psalm 24

¹A Psalm of David. The earth is the LORD's, and the fullness thereof, the world and all who dwell therein. ²For He has founded it upon the seas and established it upon the waters. ³Who may ascend the hill of the LORD? Who may stand in His holy place? ⁴He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear deceitfully. ⁵He will receive blessing from the LORD and vindication from the God of his salvation. ⁶Such is the generation of those who seek Him, who seek Your face, O God of Jacob. Selah ⁷Lift up your heads, O gates! Be lifted up, O ancient doors, that the King of Glory may enter! ⁸Who is this King of Glory? The LORD strong and mighty, the LORD mighty in battle. ⁹Lift up your heads, O gates! Be lifted up, O ancient doors, that the King of Glory may enter! ¹⁰Who is He, this King of Glory? The LORD of Hosts— He is the King of Glory. Selah

Psalm 25

¹Of David. To You, O LORD, I lift up my soul; ²in You, my God, I trust. Do not let me be put to shame; do not let my enemies exult over me. ³Surely none who wait for You will be put to shame; but those who are faithless without cause will be disgraced. ⁴Show me Your ways, O LORD; teach me Your paths. ⁵Guide me in Your truth and teach me, for You are the God of my salvation; all day long I wait for You. ⁶Remember, O LORD, Your compassion and loving devotion, for they are from age to age. ⁷Remember not the sins of my youth, nor my rebellious acts; remember me according to Your loving devotion, because of Your goodness, O LORD. ⁸Good and upright is the LORD; therefore He shows sinners the way. ⁹He guides the humble in what is right and teaches them His way. ¹⁰All the LORD's ways are loving and faithful to those who keep His covenant and His decrees. ¹¹For the sake of Your name, O LORD, forgive my iniquity, for it is great. ¹²Who is the man who fears the LORD? He will instruct him in the path chosen for him. ¹³His soul will dwell in prosperity, and his descendants will inherit the land. ¹⁴The LORD confides in those who fear Him, and reveals His covenant to them. ¹⁵My eyes are always on the LORD, for He will free my feet from the mesh. ¹⁶Turn to me and be gracious, for I am lonely and afflicted. ¹⁷The troubles of my heart increase; free me from my distress. ¹⁸Consider my affliction and trouble, and take away all my sins. ¹⁹Consider my enemies, for they are many, and they hate me with vicious hatred. ²⁰Guard my soul and deliver me; let me not be put to shame, for I take refuge in You. ²¹May integrity and uprightness preserve me, because I wait for You. ²²Redeem Israel, O God, from all its distress.

Psalm 26

¹Of David. Vindicate me, O LORD! For I have walked with integrity; I have trusted in the LORD without wavering. ²Test me, O LORD, and try me; examine my heart and mind. ³For Your loving devotion is before my eyes, and I have walked in Your truth. ⁴I do not sit with deceitful men, nor keep company with hypocrites. ⁵I hate the mob of evildoers, and refuse to sit with the wicked. ⁶I wash my hands in innocence that I may go about Your altar, O LORD, ⁷to raise my voice in thanksgiving and declare all Your wonderful works. ⁸O LORD, I love the house where You dwell, the place where Your glory resides. ⁹Do not take my soul away with sinners, or my life with men of bloodshed, ¹⁰in whose hands are wicked schemes, whose right hands are full of bribes. ¹¹But I will walk with integrity; redeem me and be merciful to me. ¹²My feet stand on level ground; in the congregations I will bless the LORD.

EVENING • PSALMS 27–29

Psalm 27

¹Of David. The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— whom shall I dread? ²When the wicked came upon me to devour my flesh, my enemies and foes stumbled and fell. ³Though an army encamps around me, my heart will not fear; though a war breaks out against me, I will keep my trust. ⁴One thing I have asked of the LORD; this is what I desire: to dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and seek Him in His temple. ⁵For in the day of trouble He will hide me in His shelter; He will conceal me under the cover of His tent; He will set me high upon a rock. ⁶Then my head will be held high above my enemies around me. At His tabernacle I will offer sacrifices with shouts of joy; I will sing and make music to the LORD. ⁷Hear, O LORD, my voice when I call; be merciful and answer me. ⁸My heart said, “Seek His face.” Your face, O LORD, I will seek. ⁹Hide not Your face from me, nor turn away Your servant in anger. You have been my helper; do not leave me or forsake me, O God of my salvation. ¹⁰Though my father and mother forsake me, the LORD will receive me. ¹¹Teach me Your way, O LORD, and lead me on a level path, because of my oppressors. ¹²Do not hand me over to the will of my foes, for false witnesses rise up against me, breathing out violence. ¹³Still I am certain to see the goodness of the LORD in the land of the living. ¹⁴Wait patiently for the LORD; be strong and courageous. Wait patiently for the LORD!

Psalm 28

¹Of David. To You, O LORD, I call; be not deaf to me, O my Rock. For if You remain silent, I will be like those descending to the Pit. ²Hear my cry for mercy when I call to You for help, when I lift up my hands toward Your holy sanctuary. ³Do not drag me away with the wicked, and with the workers of iniquity, who speak peace to their neighbors while malice is in their hearts. ⁴Repay them according to their deeds and for their works of evil. Repay them for what their hands have done; bring back on them what they deserve. ⁵Since they show no regard for the works of the LORD or what His hands have done, He will tear them

down and never rebuild them. ⁶Blessed be the LORD, for He has heard my cry for mercy. ⁷The LORD is my strength and my shield; my heart trusts in Him, and I am helped. Therefore my heart rejoices, and I give thanks to Him with my song. ⁸The LORD is the strength of His people, a stronghold of salvation for His anointed. ⁹Save Your people and bless Your inheritance; shepherd them and carry them forever.

Psalm 29

¹A Psalm of David. Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength. ²Ascribe to the LORD the glory due His name; worship the LORD in the splendor of His holiness. ³The voice of the LORD is over the waters; the God of glory thunders; the LORD is heard over many waters. ⁴The voice of the LORD is powerful; the voice of the LORD is majestic. ⁵The voice of the LORD breaks the cedars; the LORD shatters the cedars of Lebanon. ⁶He makes Lebanon skip like a calf, and Sirion like a young wild ox. ⁷The voice of the LORD strikes with flames of fire. ⁸The voice of the LORD shakes the wilderness; the LORD shakes the Wilderness of Kadesh. ⁹The voice of the LORD twists the oaks and strips the forests bare. And in His temple all cry, “Glory!” ¹⁰The LORD sits enthroned over the flood; the LORD is enthroned as King forever. ¹¹The LORD gives His people strength; the LORD blesses His people with peace.

THE PROVERB · PROVERBS 5

¹My son, pay attention to my wisdom; incline your ear to my insight, ²that you may maintain discretion and your lips may preserve knowledge. ³Though the lips of the forbidden woman drip honey and her speech is smoother than oil, ⁴in the end she is bitter as wormwood, sharp as a double-edged sword. ⁵Her feet go down to death; her steps lead straight to Sheol. ⁶She does not consider the path of life; she does not know that her ways are unstable. ⁷So now, my sons, listen to me, and do not turn aside from the words of my mouth. ⁸Keep your path far from her; do not go near the door of her house, ⁹lest you concede your vigor to others, and your years to one who is cruel; ¹⁰lest strangers feast on your wealth, and your labors enrich the house of a foreigner. ¹¹At the end of your life you will groan when your flesh and your body are spent, ¹²and you will say, “How I hated discipline, and my heart despised reproof! ¹³I did not listen to the voice of my teachers or incline my ear to my mentors. ¹⁴I am on the brink of utter ruin in the midst of the whole assembly.” ¹⁵Drink water from your own cistern, and running water from your own well. ¹⁶Why should your springs flow in the streets, your streams of water in the public squares? ¹⁷Let them be yours alone, never to be shared with strangers. ¹⁸May your fountain be blessed, and may you rejoice in the wife of your youth: ¹⁹A loving doe, a graceful fawn— may her breasts satisfy you always; may you be captivated by her love forever. ²⁰Why be captivated, my son, by an adulteress, or embrace the bosom of a stranger? ²¹For a man’s ways are before the eyes of the LORD, and the LORD examines all his paths. ²²The iniquities of a wicked man entrap him; the cords of his sin entangle him. ²³He dies for lack of discipline, led astray by his own great folly.

Day 6

MORNING • PSALMS 30–31

Psalm 30

¹A Psalm. A song for the dedication of the temple. Of David. I will exalt You, O LORD, for You have lifted me up and have not allowed my foes to rejoice over me. ²O LORD my God, I cried to You for help, and You healed me. ³O LORD, You pulled me up from Sheol; You spared me from descending into the Pit. ⁴Sing to the LORD, O you His saints, and praise His holy name. ⁵For His anger is fleeting, but His favor lasts a lifetime. Weeping may stay the night, but joy comes in the morning. ⁶In prosperity I said, “I will never be shaken.” ⁷O LORD, You favored me; You made my mountain stand strong. When You hid Your face, I was dismayed. ⁸To You, O LORD, I called, and I begged my Lord for mercy: ⁹“What gain is there in my bloodshed, in my descent to the Pit? Will the dust praise You? Will it proclaim Your faithfulness?” ¹⁰Hear me, O LORD, and have mercy; O LORD, be my helper.” ¹¹You turned my mourning into dancing; You peeled off my sackcloth and clothed me with joy, ¹²that my heart may sing Your praises and not be silent. O LORD my God, I will give thanks forever.

Psalm 31

¹For the choirmaster. A Psalm of David. In You, O LORD, I have taken refuge; let me never be put to shame; save me by Your righteousness. ²Incline Your ear to me; come quickly to my rescue. Be my rock of refuge, the stronghold of my deliverance. ³For You are my rock and my fortress; lead me and guide me for the sake of Your name. ⁴You free me from the net laid out for me, for You are my refuge. ⁵Into Your hands I commit my spirit; You have redeemed me, O LORD, God of truth. ⁶I hate those who cling to worthless idols, but in the LORD I trust. ⁷I will be glad and rejoice in Your loving devotion, for You have seen my affliction; You have known the anguish of my soul. ⁸You have not delivered me to the enemy; You have set my feet in the open. ⁹Be merciful to me, O LORD, for I am in distress; my eyes fail from sorrow, my soul and body as well. ¹⁰For my life is consumed with grief and my years with groaning; my iniquity has drained my strength, and my bones are wasting away. ¹¹Among all my enemies I am a disgrace, and among my neighbors even more. I am dreaded by my friends— they flee when they see me on the street. ¹²I am forgotten like a dead man, out of mind. I am like a broken vessel. ¹³For I hear the slander of many; there is terror on every side. They conspire against me and plot to take my life. ¹⁴But I trust in You, O LORD; I say, “You are my God.” ¹⁵My times are in Your hands; deliver me from my enemies and from those who pursue me. ¹⁶Make Your face shine on Your servant; save me by Your loving devotion. ¹⁷O LORD, let me not be ashamed, for I have called on You. Let the wicked be put to shame; let them lie silent in Sheol. ¹⁸May lying lips be silenced— lips that speak with arrogance against the righteous, full of pride and contempt. ¹⁹How great is Your goodness which

You have laid up for those who fear You, which You have bestowed before the sons of men on those who take refuge in You! ²⁰You hide them in the secret place of Your presence from the schemes of men. You conceal them in Your shelter from accusing tongues. ²¹Blessed be the LORD, for He has shown me His loving devotion in a city under siege. ²²In my alarm I said, “I am cut off from Your sight!” But You heard my plea for mercy when I called to You for help. ²³Love the LORD, all His saints. The LORD preserves the faithful, but fully repays the arrogant. ²⁴Be strong and courageous, all you who hope in the LORD.

EVENING • PSALMS 32 – 34

Psalm 32

¹Of David. A Maskil. Blessed is he whose transgressions are forgiven, whose sins are covered. ²Blessed is the man whose iniquity the LORD does not count against him, in whose spirit there is no deceit. ³When I kept silent, my bones became brittle from my groaning all day long. ⁴For day and night Your hand was heavy upon me; my strength was drained as in the summer heat. Selah ⁵Then I acknowledged my sin to You and did not hide my iniquity. I said, “I will confess my transgressions to the LORD,” and You forgave the guilt of my sin. Selah ⁶Therefore let all the godly pray to You while You may be found. Surely when great waters rise, they will not come near. ⁷You are my hiding place. You protect me from trouble; You surround me with songs of deliverance. Selah ⁸I will instruct you and teach you the way you should go; I will give you counsel and watch over you. ⁹Do not be like the horse or mule, which have no understanding; they must be controlled with bit and bridle to make them come to you. ¹⁰Many are the sorrows of the wicked, but loving devotion surrounds him who trusts in the LORD. ¹¹Be glad in the LORD and rejoice, O righteous ones; shout for joy, all you upright in heart.

Psalm 33

¹Rejoice in the LORD, O righteous ones; it is fitting for the upright to praise Him. ²Praise the LORD with the harp; make music to Him with ten strings. ³Sing to Him a new song; play skillfully with a shout of joy. ⁴For the word of the LORD is upright, and all His work is trustworthy. ⁵The LORD loves righteousness and justice; the earth is full of His loving devotion. ⁶By the word of the LORD the heavens were made, and all the stars by the breath of His mouth. ⁷He piles up the waters of the sea; He puts the depths into storehouses. ⁸Let all the earth fear the LORD; let all the people of the world revere Him. ⁹For He spoke, and it came to be; He commanded, and it stood firm. ¹⁰The LORD frustrates the plans of the nations; He thwarts the devices of the peoples. ¹¹The counsel of the LORD stands forever, the purposes of His heart to all generations. ¹²Blessed is the nation whose God is the LORD, the people He has chosen as His inheritance! ¹³The LORD looks down from heaven; He sees all the sons of men. ¹⁴From His dwelling place He gazes on all who inhabit the earth. ¹⁵He shapes the hearts of each; He considers all their works. ¹⁶No king is saved by his vast army; no warrior is delivered by his great strength. ¹⁷A horse is a vain hope for salvation; even its great

strength cannot save. ¹⁸Surely the eyes of the LORD are on those who fear Him, on those whose hope is in His loving devotion ¹⁹to deliver them from death and keep them alive in famine. ²⁰Our soul waits for the LORD; He is our help and our shield. ²¹For our hearts rejoice in Him, since we trust in His holy name. ²²May Your loving devotion rest on us, O LORD, as we put our hope in You.

Psalm 34

¹Of David, when he pretended to be insane before Abimelech, so that the king drove him away. I will bless the LORD at all times; His praise will always be on my lips. ²My soul boasts in the LORD; let the oppressed hear and rejoice. ³Magnify the LORD with me; let us exalt His name together. ⁴I sought the LORD, and He answered me; He delivered me from all my fears. ⁵Those who look to Him are radiant with joy; their faces shall never be ashamed. ⁶This poor man called out, and the LORD heard him; He saved him from all his troubles. ⁷The angel of the LORD encamps around those who fear Him, and he delivers them. ⁸Taste and see that the LORD is good; blessed is the man who takes refuge in Him! ⁹Fear the LORD, you His saints, for those who fear Him lack nothing. ¹⁰Young lions go lacking and hungry, but those who seek the LORD lack no good thing. ¹¹Come, children, listen to me; I will teach you the fear of the LORD. ¹²Who is the man who delights in life, who desires to see good days? ¹³Keep your tongue from evil and your lips from deceitful speech. ¹⁴Turn away from evil and do good; seek peace and pursue it. ¹⁵The eyes of the LORD are on the righteous, and His ears are inclined to their cry. ¹⁶But the face of the LORD is against those who do evil, to wipe out all memory of them from the earth. ¹⁷The righteous cry out, and the LORD hears; He delivers them from all their troubles. ¹⁸The LORD is near to the brokenhearted; He saves the contrite in spirit. ¹⁹Many are the afflictions of the righteous, but the LORD delivers him from them all. ²⁰He protects all his bones; not one of them will be broken. ²¹Evil will slay the wicked, and the haters of the righteous will be condemned. ²²The LORD redeems His servants, and none who take refuge in Him will be condemned.

THE PROVERB · PROVERBS 6

¹My son, if you have put up security for your neighbor, if you have struck hands in pledge with a stranger, ²if you have been trapped by the words of your lips, ensnared by the words of your mouth, ³then do this, my son, to free yourself, for you have fallen into your neighbor's hands: Go, humble yourself, and press your plea with your neighbor. ⁴Allow no sleep to your eyes or slumber to your eyelids. ⁵Free yourself, like a gazelle from the hand of the hunter, like a bird from the snare of the fowler. ⁶Walk in the manner of the ant, O slacker; observe its ways and become wise. ⁷Without a commander, without an overseer or ruler, ⁸it prepares its provisions in summer; it gathers its food at harvest. ⁹How long will you lie there, O slacker? When will you get up from your sleep? ¹⁰A little sleep, a little slumber, a little folding of the hands to rest, ¹¹and poverty will come upon you like a robber, and need like a bandit. ¹²A worthless person, a wicked man, walks with a perverse mouth, ¹³winking his eyes, speaking with his feet, and pointing with his fingers.

¹⁴With deceit in his heart he devises evil; he continually sows discord. ¹⁵Therefore calamity will come upon him suddenly; in an instant he will be shattered beyond recovery. ¹⁶There are six things that the LORD hates, seven that are detestable to Him: ¹⁷haughty eyes, a lying tongue, hands that shed innocent blood, ¹⁸a heart that devises wicked schemes, feet that run swiftly to evil, ¹⁹a false witness who gives false testimony, and one who stirs up discord among brothers. ²⁰My son, keep your father's commandment, and do not forsake your mother's teaching. ²¹Bind them always upon your heart; tie them around your neck. ²²When you walk, they will guide you; when you lie down, they will watch over you; when you awake, they will speak to you. ²³For this commandment is a lamp, this teaching is a light, and the reproofs of discipline are the way to life, ²⁴to keep you from the evil woman, from the smooth tongue of the adulteress. ²⁵Do not lust in your heart for her beauty or let her captivate you with her eyes. ²⁶For the levy of the prostitute is poverty, and the adulteress preys upon your very life. ²⁷Can a man embrace fire and his clothes not be burned? ²⁸Can a man walk on hot coals without scorching his feet? ²⁹So is he who sleeps with another man's wife; no one who touches her will go unpunished. ³⁰Men do not despise the thief if he steals to satisfy his hunger. ³¹Yet if caught, he must pay sevenfold; he must give up all the wealth of his house. ³²He who commits adultery lacks judgment; whoever does so destroys himself. ³³Wounds and dishonor will befall him, and his reproach will never be wiped away. ³⁴For jealousy enrages a husband, and he will show no mercy in the day of vengeance. ³⁵He will not be appeased by any ransom, or persuaded by lavish gifts.

Day 7

MORNING • PSALMS 35–36

Psalm 35

¹Of David. Contend with my opponents, O LORD; fight against those who fight against me. ²Take up Your shield and buckler; arise and come to my aid. ³Draw the spear and javelin against my pursuers; say to my soul: “I am your salvation.” ⁴May those who seek my life be disgraced and put to shame; may those who plan to harm me be driven back and confounded. ⁵May they be like chaff in the wind, as the angel of the LORD drives them away. ⁶May their path be dark and slick, as the angel of the LORD pursues. ⁷For without cause they laid their net for me; without reason they dug a pit for my soul. ⁸May ruin befall them by surprise; may the net they hid ensnare them; may they fall into the hazard they created. ⁹Then my soul will rejoice in the LORD and exult in His salvation. ¹⁰All my bones will exclaim, “Who is like You, O LORD, who delivers the afflicted from the aggressor, the poor and needy from the robber?” ¹¹Hostile witnesses come forward; they make charges I know nothing about. ¹²They repay me evil for good, to the bereavement of my soul. ¹³Yet when they were ill, I put on sackcloth; I humbled myself with fasting, but my prayers returned unanswered. ¹⁴I paced about as for my friend or brother; I was bowed down with grief, like one mourning for his mother. ¹⁵But when I stumbled, they assembled in glee; they gathered together against me. Assailants I did not know slandered me without ceasing. ¹⁶Like godless jesters at a feast, they gnashed their teeth at me. ¹⁷How long, O Lord, will You look on? Rescue my soul from their ravages, my precious life from these lions. ¹⁸Then I will give You thanks in the great assembly; I will praise You among many people. ¹⁹Let not my enemies gloat over me without cause, nor those who hate me without reason wink in malice. ²⁰For they do not speak peace, but they devise deceitful schemes against those who live quietly in the land. ²¹They gape at me and say, “Aha, aha! Our eyes have seen!” ²²O LORD, You have seen it; be not silent. O Lord, be not far from me. ²³Awake and rise to my defense, to my cause, my God and my Lord! ²⁴Vindicate me by Your righteousness, O LORD my God, and do not let them gloat over me. ²⁵Let them not say in their hearts, “Aha, just what we wanted!” Let them not say, “We have swallowed him up!” ²⁶May those who gloat in my distress be ashamed and confounded; may those who exalt themselves over me be clothed in shame and reproach. ²⁷May those who favor my vindication shout for joy and gladness; may they always say, “Exalted be the LORD who delights in His servant’s well-being.” ²⁸Then my tongue will proclaim Your righteousness and Your praises all day long.

Psalm 36

¹For the choirmaster. A Psalm of David, the servant of the LORD. An oracle is in my heart regarding the transgression of the wicked man: There is no fear of God before his eyes. ²For his eyes are too full of conceit

to detect or hate his own sin. ³The words of his mouth are wicked and deceitful; he has ceased to be wise and well-doing. ⁴Even on his bed he plots wickedness; he sets himself on a path that is not good; he fails to reject evil. ⁵Your loving devotion, O LORD, reaches to the heavens, Your faithfulness to the clouds. ⁶Your righteousness is like the highest mountains; Your judgments are like the deepest sea. O LORD, You preserve man and beast. ⁷How precious is Your loving devotion, O God, that the children of men take refuge in the shadow of Your wings! ⁸They feast on the abundance of Your house, and You give them drink from Your river of delights. ⁹For with You is the fountain of life; in Your light we see light. ¹⁰Extend Your loving devotion to those who know You, and Your righteousness to the upright in heart. ¹¹Let not the foot of the proud come against me, nor the hand of the wicked drive me away. ¹²There the evildoers lie fallen, thrown down and unable to rise.

EVENING • PSALM 37

Psalm 37

¹Of David. Do not fret over those who do evil; do not envy those who do wrong. ²For they wither quickly like grass and wilt like tender plants. ³Trust in the LORD and do good; dwell in the land and cultivate faithfulness. ⁴Delight yourself in the LORD, and He will give you the desires of your heart. ⁵Commit your way to the LORD; trust in Him, and He will do it. ⁶He will bring forth your righteousness like the dawn, your justice like the noonday sun. ⁷Be still before the LORD and wait patiently for Him; do not fret when men prosper in their ways, when they carry out wicked schemes. ⁸Refrain from anger and abandon wrath; do not fret—it can only bring harm. ⁹For the evildoers will be cut off, but those who hope in the LORD will inherit the land. ¹⁰Yet a little while, and the wicked will be no more; though you look for them, they will not be found. ¹¹But the meek will inherit the land and delight in abundant prosperity. ¹²The wicked scheme against the righteous and gnash their teeth at them, ¹³but the Lord laughs, seeing that their day is coming. ¹⁴The wicked have drawn the sword and bent the bow to bring down the poor and needy, to slay those whose ways are upright. ¹⁵But their swords will pierce their own hearts, and their bows will be broken. ¹⁶Better is the little of the righteous than the abundance of many who are wicked. ¹⁷For the arms of the wicked will be broken, but the LORD upholds the righteous. ¹⁸The LORD knows the days of the blameless, and their inheritance will last forever. ¹⁹In the time of evil they will not be ashamed, and in the days of famine they will be satisfied. ²⁰But the wicked and enemies of the LORD will perish like the glory of the fields. They will vanish; like smoke they will fade away. ²¹The wicked borrow and do not repay, but the righteous are gracious and giving. ²²Surely those He blesses will inherit the land, but the cursed will be destroyed. ²³The steps of a man are ordered by the LORD who takes delight in his journey. ²⁴Though he falls, he will not be overwhelmed, for the LORD is holding his hand. ²⁵I once was young and now am old, yet never have I seen the righteous abandoned or their children begging for bread. ²⁶They are ever generous and quick to lend, and their children are a blessing. ²⁷Turn away from evil and do good, so that you will abide

forever. ²⁸For the LORD loves justice and will not forsake His saints. They are preserved forever, but the offspring of the wicked will be cut off. ²⁹The righteous will inherit the land and dwell in it forever. ³⁰The mouth of the righteous man utters wisdom, and his tongue speaks justice. ³¹The law of his God is in his heart; his steps do not falter. ³²Though the wicked lie in wait for the righteous, and seek to slay them, ³³the LORD will not leave them in their power or let them be condemned under judgment. ³⁴Wait for the LORD and keep His way, and He will raise you up to inherit the land. When the wicked are cut off, you will see it. ³⁵I have seen a wicked, ruthless man flourishing like a well-rooted native tree, ³⁶yet he passed away and was no more; though I searched, he could not be found. ³⁷Consider the blameless and observe the upright, for posterity awaits the man of peace. ³⁸But the transgressors will all be destroyed; the future of the wicked will be cut off. ³⁹The salvation of the righteous is from the LORD; He is their stronghold in time of trouble. ⁴⁰The LORD helps and delivers them; He rescues and saves them from the wicked, because they take refuge in Him.

THE PROVERB · PROVERBS 7

¹My son, keep my words and treasure my commandments within you. ²Keep my commandments and live; guard my teachings as the apple of your eye. ³Tie them to your fingers; write them on the tablet of your heart. ⁴Say to wisdom, “You are my sister,” and call understanding your kinsman, ⁵that they may keep you from the adulteress, from the stranger with seductive words. ⁶For at the window of my house I looked through the lattice. ⁷I saw among the simple, I noticed among the youths, a young man lacking judgment, ⁸crossing the street near her corner, strolling down the road to her house, ⁹at twilight, as the day was fading into the dark of the night. ¹⁰Then a woman came out to meet him, with the attire of a harlot and cunning of heart. ¹¹She is loud and defiant; her feet do not remain at home. ¹²Now in the street, now in the squares, she lurks at every corner. ¹³She seizes him and kisses him; she brazenly says to him: ¹⁴“I have made my peace offerings; today I have paid my vows. ¹⁵So I came out to meet you; I sought you, and I have found you. ¹⁶I have decked my bed with coverings, with colored linen from Egypt. ¹⁷I have perfumed my bed with myrrh, with aloes, and with cinnamon. ¹⁸Come, let us take our fill of love till morning. Let us delight in loving caresses! ¹⁹For my husband is not at home; he has gone on a long journey. ²⁰He took with him a bag of money and will not return till the moon is full.” ²¹With her great persuasion she entices him; with her flattering lips she lures him. ²²He follows her on impulse, like an ox going to the slaughter, like a deer bounding into a trap, ²³until an arrow pierces his liver, like a bird darting into a snare— not knowing it will cost him his life. ²⁴Now, my sons, listen to me, and attend to the words of my mouth. ²⁵Do not let your heart turn aside to her ways; do not stray into her paths. ²⁶For she has brought many down to death; her slain are many in number. ²⁷Her house is the road to Sheol, descending to the chambers of death.

Day 8

MORNING • PSALMS 38–40

Psalm 38

¹A Psalm of David, for remembrance. O LORD, do not rebuke me in Your anger or discipline me in Your wrath. ²For Your arrows have pierced me deeply, and Your hand has pressed down on me. ³There is no soundness in my body because of Your anger; there is no rest in my bones because of my sin. ⁴For my iniquities have overwhelmed me; they are a burden too heavy to bear. ⁵My wounds are foul and festering because of my sinful folly. ⁶I am bent and brought low; all day long I go about mourning. ⁷For my loins are full of burning pain, and no soundness remains in my body. ⁸I am numb and badly crushed; I groan in anguish of heart. ⁹O Lord, my every desire is before You; my groaning is not hidden from You. ¹⁰My heart pounds, my strength fails, and even the light of my eyes has faded. ¹¹My beloved and friends shun my disease, and my kinsmen stand at a distance. ¹²Those who seek my life lay snares; those who wish me harm speak destruction, plotting deceit all day long. ¹³But like a deaf man, I do not hear; and like a mute man, I do not open my mouth. ¹⁴I am like a man who cannot hear, whose mouth offers no reply. ¹⁵I wait for You, O LORD; You will answer, O Lord my God. ¹⁶For I said, “Let them not gloat over me— those who taunt me when my foot slips.” ¹⁷For I am ready to fall, and my pain is ever with me. ¹⁸Yes, I confess my iniquity; I am troubled by my sin. ¹⁹Many are my enemies without cause, and many hate me without reason. ²⁰Those who repay my good with evil attack me for pursuing the good. ²¹Do not forsake me, O LORD; be not far from me, O my God. ²²Come quickly to help me, O Lord my Savior.

Psalm 39

¹For the choirmaster. For Jeduthun. A Psalm of David. I said, “I will watch my ways so that I will not sin with my tongue; I will guard my mouth with a muzzle as long as the wicked are present.” ²I was speechless and still; I remained silent, even from speaking good, and my sorrow was stirred. ³My heart grew hot within me; as I mused, the fire burned. Then I spoke with my tongue: ⁴“Show me, O LORD, my end and the measure of my days. Let me know how fleeting my life is. ⁵You, indeed, have made my days as handbreadths, and my lifetime as nothing before You. Truly each man at his best exists as but a breath. Selah ⁶Surely every man goes about like a phantom; surely he bustles in vain; he heaps up riches not knowing who will haul them away. ⁷And now, O Lord, for what do I wait? My hope is in You. ⁸Deliver me from all my transgressions; do not make me the reproach of fools. ⁹I have become mute; I do not open my mouth because of what You have done. ¹⁰Remove Your scourge from me; I am perishing by the force of Your hand. ¹¹You discipline and correct a man for his iniquity, consuming like a moth what he holds dear; surely each man is but a vapor. Selah ¹²Hear my prayer, O LORD, and give ear to my cry for help; do not be deaf to my

weeping. For I am a foreigner dwelling with You, a stranger like all my fathers. ¹³Turn Your gaze away from me, that I may again be cheered before I depart and am no more.”

Psalm 40

¹For the choirmaster. A Psalm of David. I waited patiently for the LORD; He inclined to me and heard my cry. ²He lifted me up from the pit of despair, out of the miry clay; He set my feet upon a rock, and made my footsteps firm. ³He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD. ⁴Blessed is the man who has made the LORD his trust, who has not turned to the proud, nor to those who lapse into falsehood. ⁵Many, O LORD my God, are the wonders You have done, and the plans You have for us— none can compare to You— if I proclaim and declare them, they are more than I can count. ⁶Sacrifice and offering You did not desire, but my ears You have opened. Burnt offerings and sin offerings You did not require. ⁷Then I said, “Here I am, I have come— it is written about me in the scroll: ⁸I delight to do Your will, O my God; Your law is within my heart.” ⁹I proclaim righteousness in the great assembly; behold, I do not seal my lips, as You, O LORD, do know. ¹⁰I have not covered up Your righteousness in my heart; I have declared Your faithfulness and salvation; I have not concealed Your loving devotion and faithfulness from the great assembly. ¹¹O LORD, do not withhold Your mercy from me; Your loving devotion and faithfulness will always guard me. ¹²For evils without number surround me; my sins have overtaken me, so that I cannot see. They are more than the hairs of my head, and my heart has failed within me. ¹³Be pleased, O LORD, to deliver me; hurry, O LORD, to help me. ¹⁴May those who seek my life be ashamed and confounded; may those who wish me harm be repelled and humiliated. ¹⁵May those who say to me, “Aha, aha!” be appalled at their own shame. ¹⁶May all who seek You rejoice and be glad in You; may those who love Your salvation always say, “The LORD be magnified!” ¹⁷But I am poor and needy; may the Lord think of me. You are my helper and deliverer; O my God, do not delay.

EVENING · PSALMS 41 – 43

Psalm 41

¹For the choirmaster. A Psalm of David. Blessed is the one who cares for the poor; the LORD will deliver him in the day of trouble. ²The LORD will protect and preserve him; He will bless him in the land and refuse to surrender him to the will of his foes. ³The LORD will sustain him on his bed of illness and restore him from his bed of sickness. ⁴I said, “O LORD, be gracious to me; heal me, for I have sinned against You.” ⁵My enemies say with malice: “When will he die and be forgotten?” ⁶My visitor speaks falsehood; he gathers slander in his heart; he goes out and spreads it abroad. ⁷All who hate me whisper against me; they imagine the worst for me: ⁸“A vile disease has been poured into him; he will never get up from where he lies!” ⁹Even my close friend whom I trusted, the one who shared my bread, has lifted up his heel against me. ¹⁰But You, O LORD, be gracious to me and raise me up, that I may repay them. ¹¹By this I know that You delight in me,

for my enemy does not triumph over me. ¹²In my integrity You uphold me and set me in Your presence forever. ¹³Blessed be the LORD, the God of Israel, from everlasting to everlasting. Amen and Amen.

Psalm 42

¹For the choirmaster. A Maskil of the sons of Korah. As the deer pants for streams of water, so my soul longs after You, O God. ²My soul thirsts for God, the living God. When shall I come and appear in God's presence? ³My tears have been my food both day and night, while men ask me all day long, "Where is your God?" ⁴These things come to mind as I pour out my soul: how I walked with the multitude, leading the procession to the house of God with shouts of joy and praise. ⁵Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him for the salvation of His presence. ⁶O my God, my soul despairs within me. Therefore I remember You from the land of Jordan and the peaks of Hermon— even from Mount Mizar. ⁷Deep calls to deep in the roar of Your waterfalls; all Your breakers and waves have rolled over me. ⁸The LORD decrees His loving devotion by day, and at night His song is with me as a prayer to the God of my life. ⁹I say to God my Rock, "Why have You forgotten me? Why must I walk in sorrow because of the enemy's oppression?" ¹⁰Like the crushing of my bones, my enemies taunt me, while they say to me all day long, "Where is your God?" ¹¹Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

Psalm 43

¹Vindicate me, O God, and plead my case against an ungodly nation; deliver me from deceitful and unjust men. ²For You are the God of my refuge. Why have You rejected me? Why must I walk in sorrow because of the enemy's oppression? ³Send out Your light and Your truth; let them lead me. Let them bring me to Your holy mountain, and to the place where You dwell. ⁴Then I will go to the altar of God, to God, my greatest joy. I will praise You with the harp, O God, my God. ⁵Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

THE PROVERB • PROVERBS 8

¹Does not wisdom call out, and understanding raise her voice? ²On the heights overlooking the road, at the crossroads she takes her stand. ³Beside the gates to the city, at the entrances she cries out: ⁴"To you, O men, I call out, and my cry is to the sons of men. ⁵O simple ones, learn to be shrewd; O fools, gain understanding. ⁶Listen, for I speak of noble things, and the opening of my lips will reveal right. ⁷For my mouth will speak the truth, and wickedness is detestable to my lips. ⁸All the words of my mouth are righteous; none are crooked or perverse. ⁹They are all plain to the discerning, and upright to those who find knowledge. ¹⁰Receive my instruction instead of silver, and knowledge rather than pure gold. ¹¹For wisdom is more precious than rubies, and nothing you desire compares with her. ¹²I, wisdom, dwell together with prudence, and I find knowledge and discretion. ¹³To fear the LORD is to hate evil; I hate arrogant pride, evil

conduct, and perverse speech. ¹⁴Counsel and sound judgment are mine; I have insight and strength. ¹⁵By me kings reign, and rulers enact just laws; ¹⁶By me princes rule, and all nobles who govern justly. ¹⁷I love those who love me, and those who seek me early shall find me. ¹⁸With me are riches and honor, enduring wealth and righteousness. ¹⁹My fruit is better than gold, pure gold, and my harvest surpasses choice silver. ²⁰I walk in the way of righteousness, along the paths of justice, ²¹bestowing wealth on those who love me and making their treasuries full. ²²The LORD created me as His first course, before His works of old. ²³From everlasting I was established, from the beginning, before the earth began. ²⁴When there were no watery depths, I was brought forth, when no springs were overflowing with water. ²⁵Before the mountains were settled, before the hills, I was brought forth, ²⁶before He made the land or fields, or any of the dust of the earth. ²⁷I was there when He established the heavens, when He inscribed a circle on the face of the deep, ²⁸when He established the clouds above, when the fountains of the deep gushed forth, ²⁹when He set a boundary for the sea, so that the waters would not surpass His command, when He marked out the foundations of the earth. ³⁰Then I was a skilled craftsman at His side, and His delight day by day, rejoicing always in His presence. ³¹I was rejoicing in His whole world, delighting together in the sons of men. ³²Now therefore, my sons, listen to me, for blessed are those who keep my ways. ³³Listen to instruction and be wise; do not ignore it. ³⁴Blessed is the man who listens to me, watching daily at my doors, waiting at the posts of my doorway. ³⁵For whoever finds me finds life and obtains the favor of the LORD. ³⁶But he who fails to find me harms himself; all who hate me love death.”

Day 9

MORNING • PSALMS 44–46

Psalm 44

¹For the choirmaster. A Maskil of the sons of Korah. We have heard with our ears, O God; our fathers have told us the work You did in their days, in the days of old. ²With Your hand You drove out the nations and planted our fathers there; You crushed the peoples and cast them out. ³For it was not by their sword that they took the land; their arm did not bring them victory. It was by Your right hand, Your arm, and the light of Your face, because You favored them. ⁴You are my King, O God, who ordains victories for Jacob. ⁵Through You we repel our foes; through Your name we trample our enemies. ⁶For I do not trust in my bow, nor does my sword save me. ⁷For You save us from our enemies; You put those who hate us to shame. ⁸In God we have boasted all day long, and Your name we will praise forever. Selah ⁹But You have rejected and humbled us; You no longer go forth with our armies. ¹⁰You have made us retreat from the foe, and those who hate us have plundered us. ¹¹You have given us up as sheep to be devoured; You have scattered us among the nations. ¹²You sell Your people for nothing; no profit do You gain from their sale. ¹³You have made us a reproach to our neighbors, a mockery and derision to those around us. ¹⁴You have made us a byword among the nations, a laughingstock among the peoples. ¹⁵All day long my disgrace is before me, and shame has covered my face, ¹⁶at the voice of the scorner and reviler, because of the enemy, bent on revenge. ¹⁷All this has come upon us, though we have not forgotten You or betrayed Your covenant. ¹⁸Our hearts have not turned back; our steps have not strayed from Your path. ¹⁹But You have crushed us in the lair of jackals; You have covered us with deepest darkness. ²⁰If we had forgotten the name of our God or spread out our hands to a foreign god, ²¹would not God have discovered, since He knows the secrets of the heart? ²²Yet for Your sake we face death all day long; we are considered as sheep to be slaughtered. ²³Wake up, O Lord! Why are You sleeping? Arise! Do not reject us forever. ²⁴Why do You hide Your face and forget our affliction and oppression? ²⁵For our soul has sunk to the dust; our bodies cling to the earth. ²⁶Rise up; be our help! Redeem us on account of Your loving devotion.

Psalm 45

¹For the choirmaster. To the tune of “The Lilies.” A Maskil of the sons of Korah. A love song. My heart is stirred by a noble theme as I recite my verses to the king; my tongue is the pen of a skillful writer. ²You are the most handsome of men; grace has anointed your lips, since God has blessed you forever. ³Strap your sword at your side, O mighty warrior; appear in your majesty and splendor. ⁴In your splendor ride forth in victory on behalf of truth and humility and justice; may your right hand show your awesome deeds. ⁵Your arrows pierce the hearts of the king’s foes; the nations fall beneath your feet. ⁶Your throne, O God, endures

forever and ever, and justice is the scepter of Your kingdom. ⁷You have loved righteousness and hated wickedness; therefore God, your God, has anointed you above your companions with the oil of joy. ⁸All your garments are fragrant with myrrh and aloes and cassia; from palaces of ivory the harps make you glad. ⁹The daughters of kings are among your honored women; the queen stands at your right hand, adorned with the gold of Ophir. ¹⁰Listen, O daughter! Consider and incline your ear: Forget your people and your father's house, ¹¹and the king will desire your beauty; bow to him, for he is your lord. ¹²The Daughter of Tyre will come with a gift; men of wealth will seek your favor. ¹³All glorious is the princess in her chamber; her gown is embroidered with gold. ¹⁴In colorful garments she is led to the king; her virgin companions are brought before you. ¹⁵They are led in with joy and gladness; they enter the palace of the king. ¹⁶Your sons will succeed your fathers; you will make them princes throughout the land. ¹⁷I will commemorate your name through all generations; therefore the nations will praise you forever and ever.

Psalm 46

¹For the choirmaster. Of the sons of Korah. According to Alamoth. A song. God is our refuge and strength, an ever-present help in times of trouble. ²Therefore we will not fear, though the earth is transformed and the mountains are toppled into the depths of the seas, ³though their waters roar and foam and the mountains quake in the surge. Selah ⁴There is a river whose streams delight the city of God, the holy place where the Most High dwells. ⁵God is within her; she will not be moved. God will help her when morning dawns. ⁶Nations rage, kingdoms crumble; the earth melts when He lifts His voice. ⁷The LORD of Hosts is with us; the God of Jacob is our fortress. Selah ⁸Come, see the works of the LORD, who brings devastation upon the earth. ⁹He makes wars to cease throughout the earth; He breaks the bow and shatters the spear; He burns the shields in the fire. ¹⁰"Be still and know that I am God; I will be exalted among the nations, I will be exalted over the earth." ¹¹The LORD of Hosts is with us; the God of Jacob is our fortress. Selah

EVENING • PSALMS 47 – 49

Psalm 47

¹For the choirmaster. A Psalm of the sons of Korah. Clap your hands, all you peoples; shout unto God with a voice of triumph. ²How awesome is the LORD Most High, the great King over all the earth! ³He subdues nations beneath us, and peoples under our feet. ⁴He chooses our inheritance for us, the pride of Jacob, whom He loves. Selah ⁵God has ascended amid shouts of joy, the LORD with the sound of the horn. ⁶Sing praises to God, sing praises; sing praises to our King, sing praises! ⁷For God is King of all the earth; sing profound praises to Him. ⁸God reigns over the nations; God is seated on His holy throne. ⁹The nobles of the nations have assembled as the people of the God of Abraham; for the shields of the earth belong to God; He is highly exalted.

Psalm 48

¹A song. A Psalm of the sons of Korah. Great is the LORD, and greatly to be praised in the city of our God, His holy mountain. ²Beautiful in loftiness, the joy of all the earth, like the peaks of Zaphon is Mount Zion, the city of the great King. ³God is in her citadels; He has shown Himself to be a fortress. ⁴For behold, the kings assembled; they all advanced together. ⁵They saw and were astounded; they fled in terror. ⁶Trembling seized them there, anguish like a woman in labor. ⁷With a wind from the east You wrecked the ships of Tarshish. ⁸As we have heard, so we have seen in the city of the LORD of Hosts, in the city of our God: God will establish her forever. Selah ⁹Within Your temple, O God, we contemplate Your loving devotion. ¹⁰Your name, O God, like Your praise, reaches to the ends of the earth; Your right hand is full of righteousness. ¹¹Mount Zion is glad, the daughters of Judah rejoice, on account of Your judgments. ¹²March around Zion, encircle her, count her towers, ¹³consider her ramparts, tour her citadels, that you may tell the next generation. ¹⁴For this God is our God forever and ever; He will be our guide even till death.

Psalm 49

¹For the choirmaster. A Psalm of the sons of Korah. Hear this, all you peoples; listen, all inhabitants of the world, ²both low and high, rich and poor alike. ³My mouth will impart wisdom, and the meditation of my heart will bring understanding. ⁴I will incline my ear to a proverb; I will express my riddle with the harp: ⁵Why should I fear in times of trouble, when wicked usurpers surround me? ⁶They trust in their wealth and boast in their great riches. ⁷No man can possibly redeem his brother or pay his ransom to God. ⁸For the redemption of his soul is costly, and never can payment suffice, ⁹that he should live on forever and not see decay. ¹⁰For it is clear that wise men die, and the foolish and the senseless both perish and leave their wealth to others. ¹¹Their graves are their eternal homes— their dwellings for endless generations— even though their lands were their namesakes. ¹²But a man, despite his wealth, cannot endure; he is like the beasts that perish. ¹³This is the fate of the self-confident and their followers who endorse their sayings. Selah ¹⁴Like sheep they are destined for Sheol. Death will be their shepherd. The upright will rule them in the morning, and their form will decay in Sheol, far from their lofty abode. ¹⁵But God will redeem my life from Sheol, for He will surely take me to Himself. Selah ¹⁶Do not be amazed when a man grows rich, when the splendor of his house increases. ¹⁷For when he dies, he will carry nothing away; his abundance will not follow him down. ¹⁸Though in his lifetime he blesses his soul— and men praise you when you prosper— ¹⁹he will join the generation of his fathers, who will never see the light of day. ²⁰A man who has riches without understanding is like the beasts that perish.

THE PROVERB • PROVERBS 9

¹Wisdom has built her house; she has carved out her seven pillars. ²She has prepared her meat and mixed her wine; she has also set her table. ³She has sent out her maidservants; she calls out from the heights of the city.

⁴“Whoever is simple, let him turn in here!” she says to him who lacks judgment. ⁵“Come, eat my bread and drink the wine I have mixed. ⁶Leave your folly behind, and you will live; walk in the way of understanding.” ⁷He who corrects a mocker brings shame on himself; he who rebukes a wicked man taints himself. ⁸Do not rebuke a mocker, or he will hate you; rebuke a wise man, and he will love you. ⁹Instruct a wise man, and he will be wiser still; teach a righteous man, and he will increase his learning. ¹⁰The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. ¹¹For through wisdom your days will be multiplied, and years will be added to your life. ¹²If you are wise, you are wise to your own advantage; but if you scoff, you alone will bear the consequences. ¹³The woman named Folly is loud; she is naive and knows nothing. ¹⁴She sits at the door of her house, on a seat in the heights of the city, ¹⁵calling out to those who pass by, who make their paths straight. ¹⁶“Whoever is simple, let him turn in here!” she says to him who lacks judgment. ¹⁷“Stolen water is sweet, and bread eaten in secret is tasty!” ¹⁸But they do not know that the dead are there, that her guests are in the depths of Sheol.

Day 10

MORNING • PSALMS 50–52

Psalm 50

¹A Psalm of Asaph. The Mighty One, God the LORD, speaks and summons the earth from where the sun rises to where it sets. ²From Zion, perfect in beauty, God shines forth. ³Our God approaches and will not be silent! Consuming fire precedes Him, and a tempest rages around Him. ⁴He summons the heavens above, and the earth, that He may judge His people: ⁵“Gather to Me My saints, who made a covenant with Me by sacrifice.” ⁶And the heavens proclaim His righteousness, for God Himself is Judge. Selah ⁷“Hear, O My people, and I will speak, O Israel, and I will testify against you: I am God, your God. ⁸I do not rebuke you for your sacrifices, and your burnt offerings are ever before Me. ⁹I have no need for a bull from your stall or goats from your pens, ¹⁰for every beast of the forest is Mine— the cattle on a thousand hills. ¹¹I know every bird in the mountains, and the creatures of the field are Mine. ¹²If I were hungry, I would not tell you, for the world is Mine, and the fullness thereof. ¹³Do I eat the flesh of bulls, or drink the blood of goats? ¹⁴Sacrifice a thank offering to God, and fulfill your vows to the Most High. ¹⁵Call upon Me in the day of trouble; I will deliver you, and you will honor Me.” ¹⁶To the wicked, however, God says, “What right have you to recite My statutes and to bear My covenant on your lips? ¹⁷For you hate My instruction and cast My words behind you. ¹⁸When you see a thief, you befriend him, and throw in your lot with adulterers. ¹⁹You unleash your mouth for evil and unharness your tongue for deceit. ²⁰You sit and malign your brother; you slander your own mother’s son. ²¹You have done these things, and I kept silent; you thought I was just like you. But now I rebuke you and accuse you to your face. ²²Now consider this, you who forget God, lest I tear you to pieces, with no one to rescue you: ²³He who sacrifices a thank offering honors Me, and to him who rights his way, I will show the salvation of God.”

Psalm 51

¹For the choirmaster. A Psalm of David. When Nathan the prophet came to him after his adultery with Bathsheba. Have mercy on me, O God, according to Your loving devotion; according to Your great compassion, blot out my transgressions. ²Wash me clean of my iniquity and cleanse me from my sin. ³For I know my transgressions, and my sin is always before me. ⁴Against You, You only, have I sinned and done what is evil in Your sight, so that You may be proved right when You speak and blameless when You judge. ⁵Surely I was brought forth in iniquity; I was sinful when my mother conceived me. ⁶Surely You desire truth in the inmost being; You teach me wisdom in the inmost place. ⁷Purify me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ⁸Let me hear joy and gladness; let the bones You have crushed rejoice. ⁹Hide Your face from my sins and blot out all my iniquities. ¹⁰Create in me a clean heart, O

God, and renew a right spirit within me. ¹¹Cast me not away from Your presence; take not Your Holy Spirit from me. ¹²Restore to me the joy of Your salvation, and sustain me with a willing spirit. ¹³Then I will teach transgressors Your ways, and sinners will return to You. ¹⁴Deliver me from bloodguilt, O God, the God of my salvation, and my tongue will sing of Your righteousness. ¹⁵O Lord, open my lips, and my mouth will declare Your praise. ¹⁶For You do not delight in sacrifice, or I would bring it; You take no pleasure in burnt offerings. ¹⁷The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise. ¹⁸In Your good pleasure, cause Zion to prosper; build up the walls of Jerusalem. ¹⁹Then You will delight in righteous sacrifices, in whole burnt offerings; then bulls will be offered on Your altar.

Psalm 52

¹For the choirmaster. A Maskil of David. After Doeg the Edomite went to Saul and told him, “David has gone to the house of Ahimelech.” Why do you boast of evil, O mighty man? The loving devotion of God endures all day long. ²Your tongue devises destruction like a sharpened razor, O worker of deceit. ³You love evil more than good, falsehood more than speaking truth. Selah ⁴You love every word that devours, O deceitful tongue. ⁵Surely God will bring you down to everlasting ruin; He will snatch you up and tear you away from your tent; He will uproot you from the land of the living. Selah ⁶The righteous will see and fear; they will mock the evildoer, saying, ⁷“Look at the man who did not make God his refuge, but trusted in the abundance of his wealth and strengthened himself by destruction.” ⁸But I am like an olive tree flourishing in the house of God; I trust in the loving devotion of God forever and ever. ⁹I will praise You forever, because You have done it. I will wait on Your name— for it is good— in the presence of Your saints.

EVENING • PSALMS 53–55

Psalm 53

¹For the choirmaster. According to Mahalath. A Maskil of David. The fool says in his heart, “There is no God.” They are corrupt; their ways are vile. There is no one who does good. ²God looks down from heaven upon the sons of men to see if any understand, if any seek God. ³All have turned away, they have together become corrupt; there is no one who does good, not even one. ⁴Will the workers of iniquity never learn? They devour my people like bread; they refuse to call upon God. ⁵There they are, overwhelmed with dread, where there was nothing to fear. For God has scattered the bones of those who besieged you. You put them to shame, for God has despised them. ⁶Oh, that the salvation of Israel would come from Zion! When God restores His captive people, let Jacob rejoice, let Israel be glad!

Psalm 54

¹For the choirmaster. With stringed instruments. A Maskil of David. When the Ziphites went to Saul and said, “Is David not hiding among us?” Save me, O God, by Your name, and vindicate me by Your might!

²Hear my prayer, O God; listen to the words of my mouth. ³For strangers rise up against me, and ruthless men seek my life— men with no regard for God. Selah ⁴Surely God is my helper; the Lord is the sustainer of my soul. ⁵He will reward my enemies with evil. In Your faithfulness, destroy them. ⁶Freely I will sacrifice to You; I will praise Your name, O LORD, for it is good. ⁷For He has delivered me from every trouble, and my eyes have stared down my foes.

Psalm 55

¹For the choirmaster. With stringed instruments. A Maskil of David. Listen to my prayer, O God, and do not ignore my plea. ²Attend to me and answer me. I am restless in my complaint, and distraught ³at the voice of the enemy, at the pressure of the wicked. For they release disaster upon me and revile me in their anger. ⁴My heart murmurs within me, and the terrors of death assail me. ⁵Fear and trembling grip me, and horror has overwhelmed me. ⁶I said, “Oh, that I had wings like a dove! I would fly away and find rest. ⁷How far away I would flee! In the wilderness I would remain. Selah ⁸I would hurry to my shelter, far from this raging tempest.” ⁹O Lord, confuse and confound their speech, for I see violence and strife in the city. ¹⁰Day and night they encircle the walls, while malice and trouble lie within. ¹¹Destruction is within; oppression and deceit never leave the streets. ¹²For it is not an enemy who insults me; that I could endure. It is not a foe who rises against me; from him I could hide. ¹³But it is you, a man like myself, my companion and close friend. ¹⁴We shared sweet fellowship together; we walked with the crowd into the house of God. ¹⁵Let death seize them by surprise; let them go down to Sheol alive, for evil is with them in their homes. ¹⁶But I call to God, and the LORD saves me. ¹⁷Morning, noon, and night, I cry out in distress, and He hears my voice. ¹⁸He redeems my soul in peace from the battle waged against me, even though many oppose me. ¹⁹God will hear and humiliate them— the One enthroned for the ages— Selah because they do not change and they have no fear of God. ²⁰My companion attacks his friends; he violates his covenant. ²¹His speech is smooth as butter, but war is in his heart. His words are softer than oil, yet they are swords unsheathed. ²²Cast your burden upon the LORD and He will sustain you; He will never let the righteous be shaken. ²³But You, O God, will bring them down to the Pit of destruction; men of bloodshed and deceit will not live out half their days. But I will trust in You.

THE PROVERB • PROVERBS 10

¹The proverbs of Solomon: A wise son brings joy to his father, but a foolish son grief to his mother. ²Ill-gotten treasures profit nothing, but righteousness brings deliverance from death. ³The LORD does not let the righteous go hungry, but He denies the craving of the wicked. ⁴Idle hands make one poor, but diligent hands bring wealth. ⁵He who gathers in summer is a wise son, but he who sleeps during harvest is a disgraceful son. ⁶Blessings are on the head of the righteous, but the mouth of the wicked conceals violence. ⁷The memory of the righteous is a blessing, but the name of the wicked will rot. ⁸A wise heart will receive

commandments, but foolish lips will come to ruin. ⁹He who walks in integrity walks securely, but he who perverts his ways will be found out. ¹⁰He who winks the eye causes grief, and foolish lips will come to ruin. ¹¹The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence. ¹²Hatred stirs up dissension, but love covers all transgressions. ¹³Wisdom is found on the lips of the discerning, but a rod is for the back of him who lacks judgment. ¹⁴The wise store up knowledge, but the mouth of the fool invites destruction. ¹⁵The wealth of the rich man is his fortified city, but poverty is the ruin of the poor. ¹⁶The labor of the righteous leads to life, but the gain of the wicked brings punishment. ¹⁷Whoever heeds instruction is on the path to life, but he who ignores reproof goes astray. ¹⁸The one who conceals hatred has lying lips, and whoever spreads slander is a fool. ¹⁹When words are many, sin is unavoidable, but he who restrains his lips is wise. ²⁰The tongue of the righteous is choice silver, but the heart of the wicked has little worth. ²¹The lips of the righteous feed many, but fools die for lack of judgment. ²²The blessing of the LORD enriches, and He adds no sorrow to it. ²³The fool delights in shameful conduct, but a man of understanding has wisdom. ²⁴What the wicked man dreads will overtake him, but the desire of the righteous will be granted. ²⁵When the whirlwind passes, the wicked are no more, but the righteous are secure forever. ²⁶Like vinegar to the teeth and smoke to the eyes, so is the slacker to those who send him. ²⁷The fear of the LORD prolongs life, but the years of the wicked will be cut short. ²⁸The hope of the righteous is joy, but the expectations of the wicked will perish. ²⁹The way of the LORD is a refuge to the upright, but destruction awaits those who do evil. ³⁰The righteous will never be shaken, but the wicked will not inhabit the land. ³¹The mouth of the righteous brings forth wisdom, but a perverse tongue will be cut out. ³²The lips of the righteous know what is fitting, but the mouth of the wicked is perverse.

Day 11

MORNING • PSALMS 56–58

Psalm 56

¹For the choirmaster. To the tune of “A Dove on Distant Oaks.” A Miktam of David, when the Philistines seized him in Gath. Be merciful to me, O God, for men are hounding me; all day they press their attack. ²My enemies pursue me all day long, for many proudly assail me. ³When I am afraid, I put my trust in You. ⁴In God, whose word I praise— in God I trust. I will not be afraid. What can man do to me? ⁵All day long they twist my words; all their thoughts are on my demise. ⁶They conspire, they lurk, they watch my steps while they wait to take my life. ⁷In spite of such sin, will they escape? In Your anger, O God, cast down the nations. ⁸You have taken account of my wanderings. Put my tears in Your bottle— are they not in Your book? ⁹Then my enemies will retreat on the day I cry for help. By this I will know that God is on my side. ¹⁰In God, whose word I praise, in the LORD, whose word I praise, ¹¹in God I trust; I will not be afraid. What can man do to me? ¹²Your vows are upon me, O God; I will render thank offerings to You. ¹³For You have delivered my soul from death, and my feet from stumbling, that I may walk before God in the light of life.

Psalm 57

¹For the choirmaster. To the tune of “Do Not Destroy.” A Miktam of David, when he fled from Saul into the cave. Have mercy on me, O God, have mercy, for in You my soul takes refuge. In the shadow of Your wings I will take shelter until the danger has passed. ²I cry out to God Most High, to God who fulfills His purpose for me. ³He reaches down from heaven and saves me; He rebukes those who trample me. Selah God sends forth His loving devotion and His truth. ⁴My soul is among the lions; I lie down with ravenous beasts— with men whose teeth are spears and arrows, whose tongues are sharp swords. ⁵Be exalted, O God, above the heavens; may Your glory cover all the earth. ⁶They spread a net for my feet; my soul was despondent. They dug a pit before me, but they themselves have fallen into it! Selah ⁷My heart is steadfast, O God, my heart is steadfast. I will sing and make music. ⁸Awake, my glory! Awake, O harp and lyre! I will awaken the dawn. ⁹I will praise You, O Lord, among the nations; I will sing Your praises among the peoples. ¹⁰For Your loving devotion reaches to the heavens, and Your faithfulness to the clouds. ¹¹Be exalted, O God, above the heavens; may Your glory cover all the earth.

Psalm 58

¹For the choirmaster. To the tune of “Do Not Destroy.” A Miktam of David. Do you indeed speak justly, O rulers? Do you judge uprightly, O sons of men? ²No, in your hearts you devise injustice; with your hands

you mete out violence on the earth. ³The wicked are estranged from the womb; the liars go astray from birth. ⁴Their venom is like the venom of a snake, like a cobra that shuts its ears, ⁵refusing to hear the tune of the charmer who skillfully weaves his spell. ⁶O God, shatter their teeth in their mouths; O LORD, tear out the fangs of the lions. ⁷May they vanish like water that runs off; when they draw the bow, may their arrows be blunted. ⁸Like a slug that dissolves in its slime, like a woman's stillborn child, may they never see the sun. ⁹Before your pots can feel the burning thorns— whether green or dry— He will sweep them away. ¹⁰The righteous will rejoice when they see they are avenged; they will wash their feet in the blood of the wicked. ¹¹Then men will say, "There is surely a reward for the righteous! There is surely a God who judges the earth!"

EVENING • PSALMS 59–61

Psalm 59

¹For the choirmaster. To the tune of "Do Not Destroy." A Miktam of David, when Saul sent men to watch David's house in order to kill him. Deliver me from my enemies, O my God; protect me from those who rise against me. ²Deliver me from workers of iniquity, and save me from men of bloodshed. ³See how they lie in wait for me. Fierce men conspire against me for no transgression or sin of my own, O LORD. ⁴For no fault of my own, they move swiftly to attack me. Arise to help me, and take notice. ⁵O LORD God of Hosts, the God of Israel, rouse Yourself to punish all the nations; show no mercy to the wicked traitors. Selah ⁶They return in the evening, snarling like dogs and prowling around the city. ⁷See what they spew from their mouths— sharp words from their lips: "For who can hear us?" ⁸But You, O LORD, laugh at them; You scoff at all the nations. ⁹I will keep watch for You, O my strength, because You, O God, are my fortress. ¹⁰My God of loving devotion will come to meet me; God will let me stare down my foes. ¹¹Do not kill them, or my people will forget. Scatter them by Your power, and bring them down, O Lord, our shield. ¹²By the sins of their mouths and the words of their lips, let them be trapped in their pride, in the curses and lies they utter. ¹³Consume them in wrath; consume them till they are no more, so it may be known to the ends of the earth that God rules over Jacob. Selah ¹⁴They return in the evening, snarling like dogs and prowling around the city. ¹⁵They scavenge for food, and growl if they are not satisfied. ¹⁶But I will sing of Your strength and proclaim Your loving devotion in the morning. For You are my fortress, my refuge in times of trouble. ¹⁷To You, O my strength, I sing praises, for You, O God, are my fortress, my God of loving devotion.

Psalm 60

¹For the choirmaster. To the tune of "The Lily of the Covenant." A Miktam of David for instruction. When he fought Aram-naharaim and Aram-zobah, and Joab returned and struck down 12,000 Edomites in the Valley of Salt. You have rejected us, O God; You have broken us; You have been angry; restore us! ²You

have shaken the land and torn it open. Heal its fractures, for it is quaking. ³You have shown Your people hardship; we are staggered from the wine You made us drink. ⁴You have raised a banner for those who fear You, that they may flee the bow. Selah ⁵Respond and save us with Your right hand, that Your beloved may be delivered. ⁶God has spoken from His sanctuary: “I will triumph! I will parcel out Shechem and apportion the Valley of Succoth. ⁷Gilead is Mine, and Manasseh is Mine; Ephraim is My helmet, Judah is My scepter. ⁸Moab is My washbasin; upon Edom I toss My sandal; over Philistia I shout in triumph.” ⁹Who will bring me to the fortified city? Who will lead me to Edom? ¹⁰Have You not rejected us, O God? Will You no longer march out, O God, with our armies? ¹¹Give us aid against the enemy, for the help of man is worthless. ¹²With God we will perform with valor, and He will trample our enemies.

Psalm 61

¹For the choirmaster. With stringed instruments. Of David. Hear my cry, O God; attend to my prayer. ²From the ends of the earth I call out to You whenever my heart is faint. Lead me to the rock that is higher than I. ³For You have been my refuge, a tower of strength against the enemy. ⁴Let me dwell in Your tent forever and take refuge in the shelter of Your wings. Selah ⁵For You have heard my vows, O God; You have given me the inheritance reserved for those who fear Your name. ⁶Increase the days of the king’s life; may his years span many generations. ⁷May he sit enthroned in God’s presence forever; appoint Your loving devotion and Your faithfulness to guard him. ⁸Then I will ever sing praise to Your name and fulfill my vows day by day.

THE PROVERB • PROVERBS 11

¹Dishonest scales are an abomination to the LORD, but an accurate weight is His delight. ²When pride comes, disgrace follows, but with humility comes wisdom. ³The integrity of the upright guides them, but the perversity of the faithless destroys them. ⁴Riches are worthless in the day of wrath, but righteousness brings deliverance from death. ⁵The righteousness of the blameless directs their path, but the wicked fall by their own wickedness. ⁶The righteousness of the upright delivers them, but the faithless are trapped by their own desires. ⁷When the wicked man dies, his hope perishes, and the hope of his strength vanishes. ⁸The righteous man is delivered from trouble; in his place the wicked man goes in. ⁹With his mouth the ungodly man destroys his neighbor, but through knowledge the righteous are rescued. ¹⁰When the righteous thrive, the city rejoices, and when the wicked perish, there are shouts of joy. ¹¹By the blessing of the upright a city is built up, but by the mouth of the wicked it is torn down. ¹²Whoever shows contempt for his neighbor lacks judgment, but a man of understanding remains silent. ¹³A gossip reveals a secret, but a trustworthy person keeps a confidence. ¹⁴For lack of guidance, a nation falls, but with many counselors comes deliverance. ¹⁵He who puts up security for a stranger will surely suffer, but the one who hates indebtedness is secure. ¹⁶A gracious woman attains honor, but ruthless men gain only wealth. ¹⁷A kind man benefits himself, but a

cruel man brings trouble on himself. ¹⁸The wicked man earns an empty wage, but he who sows righteousness reaps a true reward. ¹⁹Genuine righteousness leads to life, but the pursuit of evil brings death. ²⁰The perverse in heart are an abomination to the LORD, but the blameless in their walk are His delight. ²¹Be assured that the wicked will not go unpunished, but the offspring of the righteous will escape. ²²Like a gold ring in a pig's snout is a beautiful woman who lacks discretion. ²³The desire of the righteous leads only to good, but the hope of the wicked brings wrath. ²⁴One gives freely, yet gains even more; another withholds what is right, only to become poor. ²⁵A generous soul will prosper, and he who refreshes others will himself be refreshed. ²⁶The people will curse the hoarder of grain, but blessing will crown the one who sells it. ²⁷He who searches out good finds favor, but evil will come to him who seeks it. ²⁸He who trusts in his riches will fall, but the righteous will thrive like foliage. ²⁹He who brings trouble on his house will inherit the wind, and the fool will be servant to the wise of heart. ³⁰The fruit of the righteous is a tree of life, and he who wins souls is wise. ³¹If the righteous receive their due on earth, how much more the ungodly and the sinner!

Day 12

MORNING • PSALMS 62–64

Psalm 62

¹For the choirmaster. According to Jeduthun. A Psalm of David. In God alone my soul finds rest; my salvation comes from Him. ²He alone is my rock and my salvation. He is my fortress; I will never be shaken. ³How long will you threaten a man? Will all of you throw him down like a leaning wall or a tottering fence? ⁴They fully intend to cast him down from his lofty perch; they delight in lies; with their mouths they bless, but inwardly they curse. Selah ⁵Rest in God alone, O my soul, for my hope comes from Him. ⁶He alone is my rock and my salvation; He is my fortress; I will not be shaken. ⁷My salvation and my honor rest on God, my strong rock; my refuge is in God. ⁸Trust in Him at all times, O people; pour out your hearts before Him. God is our refuge. Selah ⁹Lowborn men are but a vapor, the exalted but a lie. Weighed on the scale, they go up; together they are but a vapor. ¹⁰Place no trust in extortion, or false hope in stolen goods. If your riches increase, do not set your heart upon them. ¹¹God has spoken once; I have heard this twice: that power belongs to God, ¹²and loving devotion to You, O Lord. For You will repay each man according to his deeds.

Psalm 63

¹A Psalm of David, when he was in the Wilderness of Judah. O God, You are my God. Earnestly I seek You; my soul thirsts for You. My body yearns for You in a dry and weary land without water. ²So I have seen You in the sanctuary and beheld Your power and glory. ³Because Your loving devotion is better than life, my lips will glorify You. ⁴So I will bless You as long as I live; in Your name I will lift my hands. ⁵My soul is satisfied as with the richest of foods; with joyful lips my mouth will praise You. ⁶When I remember You on my bed, I think of You through the watches of the night. ⁷For You are my help; I will sing for joy in the shadow of Your wings. ⁸My soul clings to You; Your right hand upholds me. ⁹But those who seek my life to destroy it will go into the depths of the earth. ¹⁰They will fall to the power of the sword; they will become a portion for foxes. ¹¹But the king will rejoice in God; all who swear by Him will exult, for the mouths of liars will be shut.

Psalm 64

¹For the choirmaster. A Psalm of David. Hear, O God, my voice of complaint; preserve my life from dread of the enemy. ²Hide me from the scheming of the wicked, from the mob of workers of iniquity, ³who sharpen their tongues like swords and aim their bitter words like arrows, ⁴ambushing the innocent in seclusion, shooting suddenly, without fear. ⁵They hold fast to their evil purpose; they speak of hiding their

snare. “Who will see them?” they say. ⁶They devise injustice and say, “We have perfected a secret plan.” For the inner man and the heart are mysterious. ⁷But God will shoot them with arrows; suddenly they will be wounded. ⁸They will be made to stumble, their own tongues turned against them. All who see will shake their heads. ⁹Then all mankind will fear and proclaim the work of God; so they will ponder what He has done. ¹⁰Let the righteous rejoice in the LORD and take refuge in Him; let all the upright in heart exult.

EVENING • PSALMS 65 – 67

Psalm 65

¹For the choirmaster. A Psalm of David. A song. Praise awaits You, O God, in Zion; to You our vows will be fulfilled. ²O You who listen to prayer, all people will come to You. ³When iniquities prevail against me, You atone for our transgressions. ⁴Blessed is the one You choose and bring near to dwell in Your courts! We are filled with the goodness of Your house, the holiness of Your temple. ⁵With awesome deeds of righteousness You answer us, O God of our salvation, the hope of all the ends of the earth and of the farthest seas. ⁶You formed the mountains by Your power, having girded Yourself with might. ⁷You stilled the roaring of the seas, the pounding of their waves, and the tumult of the nations. ⁸Those who live far away fear Your wonders; You make the dawn and sunset shout for joy. ⁹You attend to the earth and water it; with abundance You enrich it. The streams of God are full of water, for You prepare our grain by providing for the earth. ¹⁰You soak its furrows and level its ridges; You soften it with showers and bless its growth. ¹¹You crown the year with Your bounty, and Your paths overflow with plenty. ¹²The pastures of the wilderness overflow; the hills are robed with joy. ¹³The pastures are clothed with flocks, and the valleys are decked with grain. They shout in triumph; indeed, they sing.

Psalm 66

¹For the choirmaster. A song. A Psalm. Make a joyful noise to God, all the earth! ²Sing the glory of His name; make His praise glorious. ³Say to God, “How awesome are Your deeds! So great is Your power that Your enemies cower before You. ⁴All the earth bows down to You; they sing praise to You; they sing praise to Your name.” Selah ⁵Come and see the works of God; how awesome are His deeds toward mankind. ⁶He turned the sea into dry land; they passed through the waters on foot; there we rejoiced in Him. ⁷He rules forever by His power; His eyes watch the nations. Do not let the rebellious exalt themselves. Selah ⁸Bless our God, O peoples; let the sound of His praise be heard. ⁹He preserves our lives and keeps our feet from slipping. ¹⁰For You, O God, have tested us; You have refined us like silver. ¹¹You led us into the net; You laid burdens on our backs. ¹²You let men ride over our heads; we went through fire and water, but You brought us into abundance. ¹³I will enter Your house with burnt offerings; I will fulfill my vows to You— ¹⁴the vows that my lips promised and my mouth spoke in my distress. ¹⁵I will offer You fatlings as burnt offerings, with the fragrant smoke of rams; I will offer bulls and goats. Selah ¹⁶Come and listen, all you who fear God, and I

will declare what He has done for me. ¹⁷I cried out to Him with my mouth and praised Him with my tongue. ¹⁸If I had cherished iniquity in my heart, the Lord would not have listened. ¹⁹But God has surely heard; He has attended to the sound of my prayer. ²⁰Blessed be God, who has not rejected my prayer or withheld from me His loving devotion!

Psalm 67

¹For the choirmaster. With stringed instruments. A Psalm. A song. May God be gracious to us and bless us, and cause His face to shine upon us, Selah ²that Your ways may be known on earth, Your salvation among all nations. ³Let the peoples praise You, O God; let all the peoples praise You. ⁴Let the nations be glad and sing for joy, for You judge the peoples justly and lead the nations of the earth. Selah ⁵Let the peoples praise You, O God; let all the peoples praise You. ⁶The earth has yielded its harvest; God, our God, blesses us. ⁷God blesses us, that all the ends of the earth shall fear Him.

THE PROVERB · PROVERBS 12

¹Whoever loves discipline loves knowledge, but he who hates correction is stupid. ²The good man obtains favor from the LORD, but the LORD condemns a man who devises evil. ³A man cannot be established through wickedness, but the righteous cannot be uprooted. ⁴A wife of noble character is her husband's crown, but she who causes shame is like decay in his bones. ⁵The plans of the righteous are just, but the counsel of the wicked leads to deceit. ⁶The words of the wicked lie in wait for blood, but the speech of the upright rescues them. ⁷The wicked are overthrown and perish, but the house of the righteous will stand. ⁸A man is praised according to his wisdom, but a twisted mind is despised. ⁹Better to be lightly esteemed yet have a servant, than to be self-important but lack food. ¹⁰A righteous man regards the life of his animal, but the tender mercies of the wicked are only cruelty. ¹¹The one who works his land will have plenty of food, but whoever chases fantasies lacks judgment. ¹²The wicked desire the plunder of evil men, but the root of the righteous flourishes. ¹³An evil man is trapped by his rebellious speech, but a righteous man escapes from trouble. ¹⁴By fruitful speech a man is filled with good things, and the work of his hands returns to him. ¹⁵The way of a fool is right in his own eyes, but a wise man listens to counsel. ¹⁶A fool's anger is known at once, but a prudent man overlooks an insult. ¹⁷He who speaks the truth declares what is right, but a false witness speaks deceit. ¹⁸Speaking rashly is like a piercing sword, but the tongue of the wise brings healing. ¹⁹Truthful lips endure forever, but a lying tongue lasts only a moment. ²⁰Deceit is in the hearts of those who devise evil, but the counselors of peace have joy. ²¹No harm befalls the righteous, but the wicked are filled with trouble. ²²Lying lips are detestable to the LORD, but those who deal faithfully are His delight. ²³A shrewd man keeps his knowledge to himself, but a foolish heart proclaims its folly. ²⁴The hand of the diligent will rule, but laziness ends in forced labor. ²⁵Anxiety weighs down the heart of a man, but a good word cheers it up. ²⁶A righteous man is cautious in friendship, but the ways of the wicked lead them astray.

²⁷ A lazy man does not roast his game, but a diligent man prizes his possession. ²⁸ There is life in the path of righteousness, but another path leads to death.

Day 13

MORNING • PSALM 68

Psalm 68

¹For the choirmaster. A Psalm of David. A song. God arises. His enemies are scattered, and those who hate Him flee His presence. ²As smoke is blown away, You will drive them out; as wax melts before the fire, the wicked will perish in the presence of God. ³But the righteous will be glad and rejoice before God; they will celebrate with joy. ⁴Sing to God! Sing praises to His name. Exalt Him who rides on the clouds— His name is the LORD— and rejoice before Him. ⁵A father of the fatherless, and a defender of the widows, is God in His holy habitation. ⁶God settles the lonely in families; He leads the prisoners out to prosperity, but the rebellious dwell in a sun-scorched land. ⁷O God, when You went out before Your people, when You marched through the wasteland, Selah ⁸the earth shook and the heavens poured down rain before God, the One on Sinai, before God, the God of Israel. ⁹You sent abundant rain, O God; You refreshed Your weary inheritance. ¹⁰Your flock settled therein; O God, from Your bounty You provided for the poor. ¹¹The Lord gives the command; a great company of women proclaim it: ¹²“Kings and their armies flee in haste; she who waits at home divides the plunder. ¹³Though you lie down among the sheepfolds, the wings of the dove are covered with silver, and her feathers with shimmering gold.” ¹⁴When the Almighty scattered the kings in the land, it was like the snow falling on Zalmon. ¹⁵A mountain of God is Mount Bashan; a mountain of many peaks is Mount Bashan. ¹⁶Why do you gaze in envy, O mountains of many peaks? This is the mountain God chose for His dwelling, where the LORD will surely dwell forever. ¹⁷The chariots of God are tens of thousands— thousands of thousands are they; the Lord is in His sanctuary as He was at Sinai. ¹⁸You have ascended on high; You have led captives away. You have received gifts from men, even from the rebellious, that the LORD God may dwell there. ¹⁹Blessed be the Lord, who daily bears our burden, the God of our salvation. Selah ²⁰Our God is a God of deliverance; the Lord GOD is our rescuer from death. ²¹Surely God will crush the heads of His enemies, the hairy crowns of those who persist in guilty ways. ²²The Lord said, “I will retrieve them from Bashan, I will bring them up from the depths of the sea, ²³that your foot may be dipped in the blood of your foes— the tongues of your dogs in the same.” ²⁴They have seen Your procession, O God— the march of my God and King into the sanctuary. ²⁵The singers lead the way, the musicians follow after, among the maidens playing tambourines. ²⁶Bless God in the great congregation; bless the LORD from the fountain of Israel. ²⁷There is Benjamin, the youngest, ruling them, the princes of Judah in their company, the princes of Zebulun and of Naphtali. ²⁸Summon Your power, O God; show Your strength, O God, which You have exerted on our behalf. ²⁹Because of Your temple at Jerusalem kings will bring You gifts. ³⁰Rebuke the beast in the reeds, the herd of bulls among the calves of the nations, until it submits, bringing bars of silver. Scatter the nations who delight in war. ³¹Envoys will arrive from Egypt;

Cush will stretch out her hands to God. ³²Sing to God, O kingdoms of the earth; sing praises to the Lord—Selah ³³to Him who rides upon the highest heavens of old; behold, His mighty voice resounds. ³⁴Ascribe the power to God, whose majesty is over Israel, whose strength is in the skies. ³⁵O God, You are awesome in Your sanctuary; the God of Israel Himself gives strength and power to His people. Blessed be God!

EVENING • PSALMS 69–70

Psalm 69

¹For the choirmaster. To the tune of “Lilies.” Of David. Save me, O God, for the waters are up to my neck. ²I have sunk into the miry depths, where there is no footing; I have drifted into deep waters, where the flood engulfs me. ³I am weary from my crying; my throat is parched. My eyes fail, looking for my God. ⁴Those who hate me without cause outnumber the hairs of my head; many are those who would destroy me— my enemies for no reason. Though I did not steal, I must repay. ⁵You know my folly, O God, and my guilt is not hidden from You. ⁶May those who hope in You not be ashamed through me, O Lord GOD of Hosts; may those who seek You not be dishonored through me, O God of Israel. ⁷For I have endured scorn for Your sake, and shame has covered my face. ⁸I have become a stranger to my brothers and a foreigner to my mother’s sons, ⁹because zeal for Your house has consumed me, and the insults of those who insult You have fallen on me. ¹⁰I wept and fasted, but it brought me reproach. ¹¹I made sackcloth my clothing, and I was sport to them. ¹²Those who sit at the gate mock me, and I am the song of drunkards. ¹³But my prayer to You, O LORD, is for a time of favor. In Your abundant loving devotion, O God, answer me with Your sure salvation. ¹⁴Rescue me from the mire and do not let me sink; deliver me from my foes and out of the deep waters. ¹⁵Do not let the floods engulf me or the depths swallow me up; let not the Pit close its mouth over me. ¹⁶Answer me, O LORD, for Your loving devotion is good; turn to me in keeping with Your great compassion. ¹⁷Hide not Your face from Your servant, for I am in distress. Answer me quickly! ¹⁸Draw near to my soul and redeem me; ransom me because of my foes. ¹⁹You know my reproach, my shame and disgrace. All my adversaries are before You. ²⁰Insults have broken my heart, and I am in despair. I looked for sympathy, but there was none, for comforters, but I found no one. ²¹They poisoned my food with gall and gave me vinegar to quench my thirst. ²²May their table become a snare; may it be a retribution and a trap. ²³May their eyes be darkened so they cannot see, and their backs be bent forever. ²⁴Pour out Your wrath upon them, and let Your burning anger overtake them. ²⁵May their place be deserted; let there be no one to dwell in their tents. ²⁶For they persecute the one You struck and recount the pain of those You wounded. ²⁷Add iniquity to their iniquity; let them not share in Your righteousness. ²⁸May they be blotted out of the Book of Life and not listed with the righteous. ²⁹But I am in pain and distress; let Your salvation protect me, O God. ³⁰I will praise God’s name in song and exalt Him with thanksgiving. ³¹And this will please the LORD more than an ox, more than a bull with horns and hooves. ³²The humble will see and rejoice. You who seek God, let your hearts be revived! ³³For the LORD listens to the needy and does not despise His

captive people. ³⁴Let heaven and earth praise Him, the seas and everything that moves in them. ³⁵For God will save Zion and rebuild the cities of Judah, that they may dwell there and possess it. ³⁶The descendants of His servants will inherit it, and those who love His name will settle in it.

Psalm 70

¹For the choirmaster. Of David. To bring remembrance. Make haste, O God, to deliver me! Hurry, O LORD, to help me! ²May those who seek my life be ashamed and confounded; may those who wish me harm be repelled and humiliated. ³May those who say, “Aha, aha!” retreat because of their shame. ⁴May all who seek You rejoice and be glad in You; may those who love Your salvation always say, “Let God be magnified!” ⁵But I am poor and needy; hurry to me, O God. You are my help and my deliverer; O LORD, do not delay.

THE PROVERB · PROVERBS 13

¹A wise son heeds his father’s discipline, but a mocker does not listen to rebuke. ²From the fruit of his lips a man enjoys good things, but the desire of the faithless is violence. ³He who guards his mouth protects his life, but the one who opens his lips invites his own ruin. ⁴The slacker craves yet has nothing, but the soul of the diligent is fully satisfied. ⁵The righteous hate falsehood, but the wicked bring shame and disgrace. ⁶Righteousness guards the man of integrity, but wickedness undermines the sinner. ⁷One pretends to be rich, but has nothing; another pretends to be poor, yet has great wealth. ⁸Riches may ransom a man’s life, but a poor man hears no threat. ⁹The light of the righteous shines brightly, but the lamp of the wicked is extinguished. ¹⁰Arrogance leads only to strife, but wisdom is with the well-advised. ¹¹Dishonest wealth will dwindle, but what is earned through hard work will be multiplied. ¹²Hope deferred makes the heart sick, but desire fulfilled is a tree of life. ¹³He who despises instruction will pay the penalty, but the one who respects a command will be rewarded. ¹⁴The teaching of the wise is a fountain of life, turning one from the snares of death. ¹⁵Good understanding wins favor, but the way of the faithless is difficult. ¹⁶Every prudent man acts with knowledge, but a fool displays his folly. ¹⁷A wicked messenger falls into trouble, but a faithful envoy brings healing. ¹⁸Poverty and shame come to him who ignores discipline, but whoever heeds correction is honored. ¹⁹Desire fulfilled is sweet to the soul, but turning from evil is detestable to fools. ²⁰He who walks with the wise will become wise, but the companion of fools will be destroyed. ²¹Disaster pursues sinners, but prosperity is the reward of the righteous. ²²A good man leaves an inheritance to his children’s children, but the sinner’s wealth is passed to the righteous. ²³Abundant food is in the fallow ground of the poor, but without justice it is swept away. ²⁴He who spares the rod hates his son, but he who loves him disciplines him diligently. ²⁵A righteous man eats to his heart’s content, but the stomach of the wicked is empty.

Day 14

MORNING • PSALMS 71–72

Psalm 71

¹In You, O LORD, I have taken refuge; let me never be put to shame. ²In Your justice, rescue and deliver me; incline Your ear and save me. ³Be my rock of refuge, where I can always go. Give the command to save me, for You are my rock and my fortress. ⁴Deliver me, O my God, from the hand of the wicked, from the grasp of the unjust and ruthless. ⁵For You are my hope, O Lord GOD, my confidence from my youth. ⁶I have leaned on You since birth; You pulled me from my mother's womb. My praise is always for You. ⁷I have become a portent to many, but You are my strong refuge. ⁸My mouth is filled with Your praise and with Your splendor all day long. ⁹Do not discard me in my old age; do not forsake me when my strength fails. ¹⁰For my enemies speak against me, and those who lie in wait for my life conspire, ¹¹saying, "God has forsaken him; pursue him and seize him, for there is no one to rescue him." ¹²Be not far from me, O God. Hurry, O my God, to help me. ¹³May the accusers of my soul be ashamed and consumed; may those who seek my harm be covered with scorn and disgrace. ¹⁴But I will always hope and will praise You more and more. ¹⁵My mouth will declare Your righteousness and Your salvation all day long, though I cannot know their full measure. ¹⁶I will enter in the strength of the Lord GOD; I will proclaim Your righteousness—Yours alone. ¹⁷O God, You have taught me from my youth, and to this day I proclaim Your marvelous deeds. ¹⁸Even when I am old and gray, do not forsake me, O God, until I proclaim Your power to the next generation, Your might to all who are to come. ¹⁹Your righteousness reaches to the heavens, O God, You who have done great things. Who, O God, is like You? ²⁰Though You have shown me many troubles and misfortunes, You will revive me once again. Even from the depths of the earth You will bring me back up. ²¹You will increase my honor and comfort me once again. ²²So I will praise You with the harp for Your faithfulness, O my God; I will sing praise to You with the lyre, O Holy One of Israel. ²³When I sing praise to You my lips will shout for joy, along with my soul, which You have redeemed. ²⁴My tongue will indeed proclaim Your righteousness all day long, for those who seek my harm are disgraced and confounded.

Psalm 72

¹Of Solomon. Endow the king with Your justice, O God, and the son of the king with Your righteousness. ²May he judge Your people with righteousness and Your afflicted with justice. ³May the mountains bring peace to the people, and the hills bring righteousness. ⁴May he vindicate the afflicted among the people; may he save the children of the needy and crush the oppressor. ⁵May they fear him as long as the sun shines, as long as the moon remains, through all generations. ⁶May he be like rain that falls on freshly cut grass, like spring showers that water the earth. ⁷May the righteous flourish in his days and prosperity abound, until

the moon is no more. ⁸May he rule from sea to sea, and from the Euphrates to the ends of the earth. ⁹May the nomads bow before him, and his enemies lick the dust. ¹⁰May the kings of Tarshish and distant shores bring tribute; may the kings of Sheba and Seba offer gifts. ¹¹May all kings bow down to him and all nations serve him. ¹²For he will deliver the needy who cry out and the afflicted who have no helper. ¹³He will take pity on the poor and needy and save the lives of the oppressed. ¹⁴He will redeem them from oppression and violence, for their blood is precious in his sight. ¹⁵Long may he live! May gold from Sheba be given him. May people ever pray for him; may they bless him all day long. ¹⁶May there be an abundance of grain in the land; may it sway atop the hills. May its fruit trees flourish like the forests of Lebanon, and its people like the grass of the field. ¹⁷May his name endure forever; may his name continue as long as the sun shines. In him may all nations be blessed; may they call him blessed. ¹⁸Blessed be the LORD God, the God of Israel, who alone does marvelous deeds. ¹⁹And blessed be His glorious name forever; may all the earth be filled with His glory. Amen and amen. ²⁰Thus conclude the prayers of David son of Jesse.

EVENING • PSALMS 73 – 74

Psalm 73

¹A Psalm of Asaph. Surely God is good to Israel, to those who are pure in heart. ²But as for me, my feet had almost stumbled; my steps had nearly slipped. ³For I envied the arrogant when I saw the prosperity of the wicked. ⁴They have no struggle in their death; their bodies are well-fed. ⁵They are free of the burdens others carry; they are not afflicted like other men. ⁶Therefore pride is their necklace; a garment of violence covers them. ⁷From their prosperity proceeds iniquity; the imaginations of their hearts run wild. ⁸They mock and speak with malice; with arrogance they threaten oppression. ⁹They set their mouths against the heavens, and their tongues strut across the earth. ¹⁰So their people return to this place and drink up waters in abundance. ¹¹The wicked say, “How can God know? Does the Most High have knowledge?” ¹²Behold, these are the wicked— always carefree as they increase their wealth. ¹³Surely in vain I have kept my heart pure; in innocence I have washed my hands. ¹⁴For I am afflicted all day long and punished every morning. ¹⁵If I had said, “I will speak this way,” then I would have betrayed Your children. ¹⁶When I tried to understand all this, it was troublesome in my sight ¹⁷until I entered God’s sanctuary; then I discerned their end. ¹⁸Surely You set them on slick ground; You cast them down into ruin. ¹⁹How suddenly they are laid waste, completely swept away by terrors! ²⁰Like one waking from a dream, so You, O Lord, awaken and despise their form. ²¹When my heart was grieved and I was pierced within, ²²I was senseless and ignorant; I was a brute beast before You. ²³Yet I am always with You; You hold my right hand. ²⁴You guide me with Your counsel, and later receive me in glory. ²⁵Whom have I in heaven but You? And on earth I desire no one besides You. ²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁷Those far from You will surely perish; You destroy all who are unfaithful to You. ²⁸But as for me, it is good to draw near to God. I have made the Lord GOD my refuge, that I may proclaim all Your works.

Psalm 74

¹A Maskil of Asaph. Why have You rejected us forever, O God? Why does Your anger smolder against the sheep of Your pasture? ²Remember Your congregation, which You purchased long ago and redeemed as the tribe of Your inheritance— Mount Zion where You dwell. ³Turn Your steps to the everlasting ruins, to everything in the sanctuary the enemy has destroyed. ⁴Your foes have roared within Your meeting place; they have unfurled their banners as signs, ⁵like men wielding axes in a thicket of trees ⁶and smashing all the carvings with hatchets and picks. ⁷They have burned Your sanctuary to the ground; they have defiled the dwelling place of Your Name. ⁸They said in their hearts, “We will crush them completely.” They burned down every place where God met us in the land. ⁹There are no signs for us to see. There is no longer any prophet. And none of us knows how long this will last. ¹⁰How long, O God, will the enemy taunt You? Will the foe revile Your name forever? ¹¹Why do You withdraw Your strong right hand? Stretch it out to destroy them! ¹²Yet God is my King from ancient times, working salvation on the earth. ¹³You divided the sea by Your strength; You smashed the heads of the dragons of the sea; ¹⁴You crushed the heads of Leviathan; You fed him to the creatures of the desert. ¹⁵You broke open the fountain and the flood; You dried up the ever-flowing rivers. ¹⁶The day is Yours, and also the night; You established the moon and the sun. ¹⁷You set all the boundaries of the earth; You made the summer and winter. ¹⁸Remember how the enemy has mocked You, O LORD, how a foolish people has spurned Your name. ¹⁹Do not deliver the soul of Your dove to beasts; do not forget the lives of Your afflicted forever. ²⁰Consider Your covenant, for haunts of violence fill the dark places of the land. ²¹Do not let the oppressed retreat in shame; may the poor and needy praise Your name. ²²Rise up, O God; defend Your cause! Remember how the fool mocks You all day long. ²³Do not disregard the clamor of Your adversaries, the uproar of Your enemies that ascends continually.

THE PROVERB • PROVERBS 14

¹Every wise woman builds her house, but a foolish one tears it down with her own hands. ²He who walks in uprightness fears the LORD, but the one who is devious in his ways despises Him. ³The proud speech of a fool brings a rod to his back, but the lips of the wise protect them. ⁴Where there are no oxen, the manger is empty, but an abundant harvest comes through the strength of the ox. ⁵An honest witness does not deceive, but a dishonest witness pours forth lies. ⁶A mocker seeks wisdom and finds none, but knowledge comes easily to the discerning. ⁷Stay away from a foolish man; you will gain no knowledge from his speech. ⁸The wisdom of the prudent is to discern his way, but the folly of fools deceives them. ⁹Fools mock the making of amends, but goodwill is found among the upright. ¹⁰The heart knows its own bitterness, and no stranger shares in its joy. ¹¹The house of the wicked will be destroyed, but the tent of the upright will flourish. ¹²There is a way that seems right to a man, but its end is the way of death. ¹³Even in laughter the heart may ache, and joy may end in sorrow. ¹⁴The backslider in heart receives the fill of his own ways, but a good man is rewarded for his ways. ¹⁵The simple man believes every word, but the prudent man watches his steps. ¹⁶A

wise man fears and turns from evil, but a fool is careless and reckless. ¹⁷ A quick-tempered man acts foolishly, and a devious man is hated. ¹⁸ The simple inherit folly, but the prudent are crowned with knowledge. ¹⁹ The evil bow before the good, and the wicked at the gates of the righteous. ²⁰ The poor man is hated even by his neighbor, but many are those who love the rich. ²¹ He who despises his neighbor sins, but blessed is he who shows kindness to the poor. ²² Do not those who contrive evil go astray? But those who plan goodness find loving devotion and faithfulness. ²³ There is profit in all labor, but mere talk leads only to poverty. ²⁴ The crown of the wise is their wealth, but the effort of fools is folly. ²⁵ A truthful witness saves lives, but one who utters lies is deceitful. ²⁶ He who fears the LORD is secure in confidence, and his children shall have a place of refuge. ²⁷ The fear of the LORD is a fountain of life, turning a man from the snares of death. ²⁸ A large population is a king's splendor, but a lack of subjects is a prince's ruin. ²⁹ A patient man has great understanding, but a quick-tempered man promotes folly. ³⁰ A tranquil heart is life to the body, but envy rots the bones. ³¹ Whoever oppresses the poor taunts their Maker, but whoever is kind to the needy honors Him. ³² The wicked man is thrown down by his own sin, but the righteous man has a refuge even in death. ³³ Wisdom rests in the heart of the discerning; even among fools she is known. ³⁴ Righteousness exalts a nation, but sin is a disgrace to any people. ³⁵ A king delights in a wise servant, but his anger falls on the shameful.

Day 15

MORNING • PSALMS 75–77

Psalm 75

¹For the choirmaster: To the tune of “Do Not Destroy.” A Psalm of Asaph. A song. We give thanks to You, O God; we give thanks, for Your Name is near. The people declare Your wondrous works. ²“When I choose a time, I will judge fairly. ³When the earth and all its dwellers quake, it is I who bear up its pillars. Selah ⁴I say to the proud, ‘Do not boast,’ and to the wicked, ‘Do not lift up your horn. ⁵Do not lift up your horn against heaven or speak with an outstretched neck.” ⁶For exaltation comes neither from east nor west, nor out of the desert, ⁷but it is God who judges; He brings down one and exalts another. ⁸For a cup is in the hand of the LORD, full of foaming wine mixed with spices. He pours from His cup, and all the wicked of the earth drink it down to the dregs. ⁹But I will proclaim Him forever; I will sing praise to the God of Jacob. ¹⁰“All the horns of the wicked I will cut off, but the horns of the righteous will be exalted.”

Psalm 76

¹For the choirmaster. With stringed instruments. A Psalm of Asaph. A song. God is known in Judah; His name is great in Israel. ²His tent is in Salem, His dwelling place in Zion. ³There He shattered the flaming arrows, the shield and sword and weapons of war. Selah ⁴You are resplendent with light, more majestic than mountains filled with game. ⁵The valiant lie plundered; they sleep their last sleep. No men of might could lift a hand. ⁶At Your rebuke, O God of Jacob, both horse and rider lie stunned. ⁷You alone are to be feared. When You are angry, who can stand before You? ⁸From heaven You pronounced judgment, and the earth feared and was still ⁹when God rose up to judge, to save all the lowly of the earth. Selah ¹⁰Even the wrath of man shall praise You; with the survivors of wrath You will clothe Yourself. ¹¹Make and fulfill your vows to the LORD your God; let all the neighboring lands bring tribute to Him who is to be feared. ¹²He breaks the spirits of princes; He is feared by the kings of the earth.

Psalm 77

¹For the choirmaster. According to Jeduthun. A Psalm of Asaph. I cried out to God; I cried aloud to God to hear me. ²In the day of trouble I sought the Lord; through the night my outstretched hands did not grow weary; my soul refused to be comforted. ³I remembered You, O God, and I groaned; I mused and my spirit grew faint. Selah ⁴You have kept my eyes from closing; I am too troubled to speak. ⁵I considered the days of old, the years long in the past. ⁶At night I remembered my song; in my heart I mused, and my spirit pondered: ⁷“Will the Lord spurn us forever and never show His favor again? ⁸Is His loving devotion gone forever? Has His promise failed for all time? ⁹Has God forgotten to be gracious? Has His anger shut off His

compassion?” Selah ¹⁰So I said, “I am grieved that the right hand of the Most High has changed.” ¹¹I will remember the works of the LORD; yes, I will remember Your wonders of old. ¹²I will reflect on all You have done and ponder Your mighty deeds. ¹³Your way, O God, is holy. What god is so great as our God? ¹⁴You are the God who works wonders; You display Your strength among the peoples. ¹⁵With power You redeemed Your people, the sons of Jacob and Joseph. Selah ¹⁶The waters saw You, O God; the waters saw You and swirled; even the depths were shaken. ¹⁷The clouds poured down water; the skies resounded with thunder; Your arrows flashed back and forth. ¹⁸Your thunder resounded in the whirlwind; the lightning lit up the world; the earth trembled and quaked. ¹⁹Your path led through the sea, Your way through the mighty waters, but Your footprints were not to be found. ²⁰You led Your people like a flock by the hand of Moses and Aaron.

EVENING • PSALM 78

Psalm 78

¹A Maskil of Asaph. Give ear, O my people, to my instruction; listen to the words of my mouth. ²I will open my mouth in parables; I will utter things hidden from the beginning, ³that we have heard and known and our fathers have relayed to us. ⁴We will not hide them from their children, but will declare to the next generation the praises of the LORD and His might, and the wonders He has performed. ⁵For He established a testimony in Jacob and appointed a law in Israel, which He commanded our fathers to teach to their children, ⁶that the coming generation would know them— even children yet to be born— to arise and tell their own children ⁷that they should put their confidence in God, not forgetting His works, but keeping His commandments. ⁸Then they will not be like their fathers, a stubborn and rebellious generation, whose heart was not loyal, whose spirit was not faithful to God. ⁹The archers of Ephraim turned back on the day of battle. ¹⁰They failed to keep God’s covenant and refused to live by His law. ¹¹They forgot what He had done, the wonders He had shown them. ¹²He worked wonders before their fathers in the land of Egypt, in the region of Zoan. ¹³He split the sea and brought them through; He set the waters upright like a wall. ¹⁴He led them with a cloud by day and with a light of fire all night. ¹⁵He split the rocks in the wilderness and gave them drink as abundant as the seas. ¹⁶He brought streams from the stone and made water flow down like rivers. ¹⁷But they continued to sin against Him, rebelling in the desert against the Most High. ¹⁸They willfully tested God by demanding the food they craved. ¹⁹They spoke against God, saying, “Can God really prepare a table in the wilderness? ²⁰When He struck the rock, water gushed out and torrents raged. But can He also give bread or supply His people with meat?” ²¹Therefore the LORD heard and was filled with wrath; so a fire was kindled against Jacob, and His anger flared against Israel, ²²because they did not believe God or rely on His salvation. ²³Yet He commanded the clouds above and opened the doors of the heavens. ²⁴He rained down manna for them to eat; He gave them grain from heaven. ²⁵Man ate the bread of angels; He sent them food in abundance. ²⁶He stirred the east wind from the heavens and drove the south wind by His

might. ²⁷He rained meat on them like dust, and winged birds like the sand of the sea. ²⁸He felled them in the midst of their camp, all around their dwellings. ²⁹So they ate and were well filled, for He gave them what they craved. ³⁰Yet before they had filled their desire, with the food still in their mouths, ³¹God's anger flared against them, and He put to death their strongest and subdued the young men of Israel. ³²In spite of all this, they kept on sinning; despite His wonderful works, they did not believe. ³³So He ended their days in futility, and their years in sudden terror. ³⁴When He slew them, they would seek Him; they repented and searched for God. ³⁵And they remembered that God was their Rock, that God Most High was their Redeemer. ³⁶But they deceived Him with their mouths, and lied to Him with their tongues. ³⁷Their hearts were disloyal to Him, and they were unfaithful to His covenant. ³⁸And yet He was compassionate; He forgave their iniquity and did not destroy them. He often restrained His anger and did not unleash His full wrath. ³⁹He remembered that they were but flesh, a passing breeze that does not return. ⁴⁰How often they disobeyed Him in the wilderness and grieved Him in the desert! ⁴¹Again and again they tested God and provoked the Holy One of Israel. ⁴²They did not remember His power— the day He redeemed them from the adversary, ⁴³when He performed His signs in Egypt and His wonders in the fields of Zoan. ⁴⁴He turned their rivers to blood, and from their streams they could not drink. ⁴⁵He sent swarms of flies that devoured them, and frogs that devastated them. ⁴⁶He gave their crops to the grasshopper, the fruit of their labor to the locust. ⁴⁷He killed their vines with hailstones and their sycamore-figs with sleet. ⁴⁸He abandoned their cattle to the hail and their livestock to bolts of lightning. ⁴⁹He unleashed His fury against them, wrath, indignation, and calamity— a band of destroying angels. ⁵⁰He cleared a path for His anger; He did not spare them from death but delivered their lives to the plague. ⁵¹He struck all the firstborn of Egypt, the virility in the tents of Ham. ⁵²He led out His people like sheep and guided them like a flock in the wilderness. ⁵³He led them safely, so they did not fear, but the sea engulfed their enemies. ⁵⁴He brought them to His holy land, to the mountain His right hand had acquired. ⁵⁵He drove out nations before them and apportioned their inheritance; He settled the tribes of Israel in their tents. ⁵⁶But they tested and disobeyed God Most High, for they did not keep His decrees. ⁵⁷They turned back and were faithless like their fathers, twisted like a faulty bow. ⁵⁸They enraged Him with their high places and provoked His jealousy with their idols. ⁵⁹On hearing it, God was furious and rejected Israel completely. ⁶⁰He abandoned the tabernacle of Shiloh, the tent He had pitched among men. ⁶¹He delivered His strength to captivity, and His splendor to the hand of the adversary. ⁶²He surrendered His people to the sword because He was enraged by His heritage. ⁶³Fire consumed His young men, and their maidens were left without wedding songs. ⁶⁴His priests fell by the sword, but their widows could not lament. ⁶⁵Then the Lord awoke as from sleep, like a mighty warrior overcome by wine. ⁶⁶He beat back His foes; He put them to everlasting shame. ⁶⁷He rejected the tent of Joseph and refused the tribe of Ephraim. ⁶⁸But He chose the tribe of Judah, Mount Zion, which He loved. ⁶⁹He built His sanctuary like the heights, like the earth He has established forever. ⁷⁰He chose David His servant and took him from the sheepfolds; ⁷¹from tending the ewes He

brought him to be shepherd of His people Jacob, of Israel His inheritance. ⁷²So David shepherded them with integrity of heart and guided them with skillful hands.

THE PROVERB · PROVERBS 15

¹A gentle answer turns away wrath, but a harsh word stirs up anger. ²The tongue of the wise commends knowledge, but the mouth of the fool spouts folly. ³The eyes of the LORD are in every place, observing the evil and the good. ⁴A soothing tongue is a tree of life, but a perverse tongue crushes the spirit. ⁵A fool rejects his father's discipline, but whoever heeds correction is prudent. ⁶The house of the righteous has great treasure, but the income of the wicked is trouble. ⁷The lips of the wise spread knowledge, but not so the hearts of fools. ⁸The sacrifice of the wicked is detestable to the LORD, but the prayer of the upright is His delight. ⁹The LORD detests the way of the wicked, but He loves those who pursue righteousness. ¹⁰Discipline is harsh for him who leaves the path; he who hates correction will die. ¹¹Sheol and Abaddon lie open before the LORD— how much more the hearts of men! ¹²A mocker does not love to be reproved, nor will he consult the wise. ¹³A joyful heart makes a cheerful countenance, but sorrow of the heart crushes the spirit. ¹⁴A discerning heart seeks knowledge, but the mouth of a fool feeds on folly. ¹⁵All the days of the oppressed are bad, but a cheerful heart has a continual feast. ¹⁶Better a little with the fear of the LORD than great treasure with turmoil. ¹⁷Better a dish of vegetables where there is love than a fattened ox with hatred. ¹⁸A hot-tempered man stirs up strife, but he who is slow to anger calms dispute. ¹⁹The way of the slacker is like a hedge of thorns, but the path of the upright is a highway. ²⁰A wise son brings joy to his father, but a foolish man despises his mother. ²¹Folly is joy to one who lacks judgment, but a man of understanding walks a straight path. ²²Plans fail for lack of counsel, but with many advisers they succeed. ²³A man takes joy in a fitting reply— and how good is a timely word! ²⁴The path of life leads upward for the wise, that he may avoid going down to Sheol. ²⁵The LORD tears down the house of the proud, but He protects the boundaries of the widow. ²⁶The LORD detests the thoughts of the wicked, but the words of the pure are pleasant to Him. ²⁷He who is greedy for unjust gain brings trouble on his household, but he who hates bribes will live. ²⁸The heart of the righteous ponders how to answer, but the mouth of the wicked blurts out evil. ²⁹The LORD is far from the wicked, but He hears the prayer of the righteous. ³⁰The light of the eyes cheers the heart, and good news nourishes the bones. ³¹He who listens to life-giving reproof will dwell among the wise. ³²He who ignores discipline despises himself, but whoever heeds correction gains understanding. ³³The fear of the LORD is the instruction of wisdom, and humility comes before honor.

Day 16

MORNING • PSALMS 79–81

Psalm 79

¹A Psalm of Asaph. The nations, O God, have invaded Your inheritance; they have defiled Your holy temple and reduced Jerusalem to rubble. ²They have given the corpses of Your servants as food to the birds of the air, the flesh of Your saints to the beasts of the earth. ³They have poured out their blood like water all around Jerusalem, and there is no one to bury the dead. ⁴We have become a reproach to our neighbors, a scorn and derision to those around us. ⁵How long, O LORD? Will You be angry forever? Will Your jealousy burn like fire? ⁶Pour out Your wrath on the nations that do not acknowledge You, on the kingdoms that refuse to call on Your name, ⁷for they have devoured Jacob and devastated his homeland. ⁸Do not hold past sins against us; let Your compassion come quickly, for we are brought low. ⁹Help us, O God of our salvation, for the glory of Your name; deliver us and atone for our sins, for the sake of Your name. ¹⁰Why should the nations ask, “Where is their God?” Before our eyes, make known among the nations Your vengeance for the bloodshed of Your servants. ¹¹May the groans of the captives reach You; by the strength of Your arm preserve those condemned to death. ¹²Pay back into the laps of our neighbors sevenfold the reproach they hurled at You, O Lord. ¹³Then we Your people, the sheep of Your pasture, will thank You forever; from generation to generation we will declare Your praise.

Psalm 80

¹For the choirmaster. To the tune of “The Lilies of the Covenant.” A Psalm of Asaph. Hear us, O Shepherd of Israel, who leads Joseph like a flock; You who sit enthroned between the cherubim, shine forth ²before Ephraim, Benjamin, and Manasseh. Rally Your mighty power and come to save us. ³Restore us, O God, and cause Your face to shine upon us, that we may be saved. ⁴O LORD God of Hosts, how long will Your anger smolder against the prayers of Your people? ⁵You fed them with the bread of tears and made them drink the full measure of their tears. ⁶You make us contend with our neighbors; our enemies mock us. ⁷Restore us, O God of Hosts, and cause Your face to shine upon us, that we may be saved. ⁸You uprooted a vine from Egypt; You drove out the nations and transplanted it. ⁹You cleared the ground for it, and it took root and filled the land. ¹⁰The mountains were covered by its shade, and the mighty cedars with its branches. ¹¹It sent out its branches to the Sea, and its shoots toward the River. ¹²Why have You broken down its walls, so that all who pass by pick its fruit? ¹³The boar from the forest ravages it, and the creatures of the field feed upon it. ¹⁴Return, O God of Hosts, we pray! Look down from heaven and see! Attend to this vine— ¹⁵the root Your right hand has planted, the son You have raised up for Yourself. ¹⁶Your vine has been cut down and burned; they perish at the rebuke of Your countenance. ¹⁷Let Your hand be upon the man at Your right

hand, on the son of man You have raised up for Yourself. ¹⁸Then we will not turn away from You; revive us, and we will call on Your name. ¹⁹Restore us, O LORD God of Hosts; cause Your face to shine upon us, that we may be saved.

Psalm 81

¹For the choirmaster. According to Gittith. Of Asaph. Sing for joy to God our strength; make a joyful noise to the God of Jacob. ²Lift up a song, strike the tambourine, play the sweet-sounding harp and lyre. ³Sound the ram's horn at the New Moon, and at the full moon on the day of our Feast. ⁴For this is a statute for Israel, an ordinance of the God of Jacob. ⁵He ordained it as a testimony for Joseph when he went out over the land of Egypt, where I heard an unfamiliar language: ⁶"I relieved his shoulder of the burden; his hands were freed from the basket. ⁷You called out in distress, and I rescued you; I answered you from the cloud of thunder; I tested you at the waters of Meribah. Selah ⁸Hear, O My people, and I will warn you: O Israel, if only you would listen to Me! ⁹There must be no strange god among you, nor shall you bow to a foreign god. ¹⁰I am the LORD your God, who brought you up out of Egypt. Open wide your mouth, and I will fill it. ¹¹But My people would not listen to Me, and Israel would not obey Me. ¹²So I gave them up to their stubborn hearts to follow their own devices. ¹³If only My people would listen to Me, if Israel would follow My ways, ¹⁴how soon I would subdue their enemies and turn My hand against their foes! ¹⁵Those who hate the LORD would feign obedience, and their doom would last forever. ¹⁶But I would feed you the finest wheat; with honey from the rock I would satisfy you."

EVENING · PSALMS 82 – 85

Psalm 82

¹A Psalm of Asaph. God presides in the divine assembly; He renders judgment among the gods: ²"How long will you judge unjustly and show partiality to the wicked? Selah ³Defend the cause of the weak and fatherless; uphold the rights of the afflicted and oppressed. ⁴Rescue the weak and needy; save them from the hand of the wicked. ⁵They do not know or understand; they wander in the darkness; all the foundations of the earth are shaken. ⁶I have said, 'You are gods; you are all sons of the Most High.' ⁷But like mortals you will die, and like rulers you will fall." ⁸Arise, O God, judge the earth, for all the nations are Your inheritance.

Psalm 83

¹A song. A Psalm of Asaph. O God, be not silent; be not speechless; be not still, O God. ²See how Your enemies rage, how Your foes have reared their heads. ³With cunning they scheme against Your people and conspire against those You cherish, ⁴saying, "Come, let us erase them as a nation; may the name of Israel be remembered no more." ⁵For with one mind they plot together, they form an alliance against You— ⁶the tents of Edom and the Ishmaelites, of Moab and the Hagrites, ⁷of Gebal, Ammon, and Amalek, of Philistia

with the people of Tyre. ⁸Even Assyria has joined them, lending strength to the sons of Lot. Selah ⁹Do to them as You did to Midian, as to Sisera and Jabin at the River Kishon, ¹⁰who perished at Endor and became like dung on the ground. ¹¹Make their nobles like Oreb and Zeeb, and all their princes like Zebah and Zalmunna, ¹²who said, “Let us possess for ourselves the pastures of God.” ¹³Make them like tumbleweed, O my God, like chaff before the wind. ¹⁴As fire consumes a forest, as a flame sets the mountains ablaze, ¹⁵so pursue them with Your tempest, and terrify them with Your storm. ¹⁶Cover their faces with shame, that they may seek Your name, O LORD. ¹⁷May they be ever ashamed and terrified; may they perish in disgrace. ¹⁸May they know that You alone, whose name is the LORD, are Most High over all the earth.

Psalm 84

¹For the choirmaster. According to Gittith. A Psalm of the sons of Korah. How lovely is Your dwelling place, O LORD of Hosts! ²My soul longs, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God. ³Even the sparrow has found a home, and the swallow a nest for herself, where she places her young near Your altars, O LORD of Hosts, my King and my God. ⁴How blessed are those who dwell in Your house! They are ever praising You. Selah ⁵Blessed are those whose strength is in You, whose hearts are set on pilgrimage. ⁶As they pass through the Valley of Baca, they make it a place of springs; even the autumn rain covers it with pools. ⁷They go from strength to strength, until each appears before God in Zion. ⁸O LORD God of Hosts, hear my prayer; give ear, O God of Jacob. Selah ⁹Take notice of our shield, O God, and look with favor on the face of Your anointed. ¹⁰For better is one day in Your courts than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. ¹¹For the LORD God is a sun and a shield; the LORD gives grace and glory; He withholds no good thing from those who walk with integrity. ¹²O LORD of Hosts, how blessed is the man who trusts in You!

Psalm 85

¹For the choirmaster. A Psalm of the sons of Korah. You showed favor to Your land, O LORD; You restored Jacob from captivity. ²You forgave the iniquity of Your people; You covered all their sin. Selah ³You withheld all Your fury; You turned from Your burning anger. ⁴Restore us, O God of our salvation, and put away Your displeasure toward us. ⁵Will You be angry with us forever? Will You draw out Your anger to all generations? ⁶Will You not revive us again, that Your people may rejoice in You? ⁷Show us Your loving devotion, O LORD, and grant us Your salvation. ⁸I will listen to what God the LORD will say; for He will surely speak peace to His people and His saints; He will not let them return to folly. ⁹Surely His salvation is near to those who fear Him, that His glory may dwell in our land. ¹⁰Loving devotion and faithfulness have joined together; righteousness and peace have kissed. ¹¹Faithfulness sprouts from the earth, and righteousness looks down from heaven. ¹²The LORD will indeed provide what is good, and our land will yield its increase. ¹³Righteousness will go before Him to prepare the way for His steps.

THE PROVERB · PROVERBS 16

¹The plans of the heart belong to man, but the reply of the tongue is from the LORD. ²All a man's ways are pure in his own eyes, but his motives are weighed out by the LORD. ³Commit your works to the LORD and your plans will be achieved. ⁴The LORD has made everything for His purpose— even the wicked for the day of disaster. ⁵Everyone who is proud in heart is detestable to the LORD; be assured that he will not go unpunished. ⁶By loving devotion and faithfulness iniquity is atoned for, and by the fear of the LORD one turns aside from evil. ⁷When a man's ways please the LORD, He makes even the man's enemies live at peace with him. ⁸Better a little with righteousness than great gain with injustice. ⁹A man's heart plans his course, but the LORD determines his steps. ¹⁰A divine verdict is on the lips of a king; his mouth must not betray justice. ¹¹Honest scales and balances are from the LORD; all the weights in the bag are His concern. ¹²Wicked behavior is detestable to kings, for a throne is established through righteousness. ¹³Righteous lips are a king's delight, and he who speaks honestly is beloved. ¹⁴The wrath of a king is a messenger of death, but a wise man will pacify it. ¹⁵When a king's face brightens, there is life; his favor is like a rain cloud in spring. ¹⁶How much better to acquire wisdom than gold! To gain understanding is more desirable than silver. ¹⁷The highway of the upright leads away from evil; he who guards his way protects his life. ¹⁸Pride goes before destruction, and a haughty spirit before a fall. ¹⁹It is better to be lowly in spirit among the humble than to divide the spoil with the proud. ²⁰Whoever heeds instruction will find success, and blessed is he who trusts in the LORD. ²¹The wise in heart are called discerning, and pleasant speech promotes instruction. ²²Understanding is a fountain of life to its possessor, but the discipline of fools is folly. ²³The heart of the wise man instructs his mouth and adds persuasiveness to his lips. ²⁴Pleasant words are a honeycomb, sweet to the soul and healing to the bones. ²⁵There is a way that seems right to a man, but its end is the way of death. ²⁶A worker's appetite works for him because his hunger drives him onward. ²⁷A worthless man digs up evil, and his speech is like a scorching fire. ²⁸A perverse man spreads dissension, and a gossip divides close friends. ²⁹A violent man entices his neighbor and leads him down a path that is not good. ³⁰He who winks his eye devises perversity; he who purses his lips is bent on evil. ³¹Gray hair is a crown of glory; it is attained along the path of righteousness. ³²He who is slow to anger is better than a warrior, and he who controls his temper is greater than one who captures a city. ³³The lot is cast into the lap, but its every decision is from the LORD.

Day 17

MORNING • PSALMS 86–88

Psalm 86

¹A prayer of David. Incline Your ear, O LORD, and answer me, for I am poor and needy. ²Preserve my soul, for I am godly. You are my God; save Your servant who trusts in You. ³Be merciful to me, O Lord, for I call to You all day long. ⁴Bring joy to Your servant, for to You, O Lord, I lift up my soul. ⁵For You, O Lord, are kind and forgiving, rich in loving devotion to all who call on You. ⁶Hear my prayer, O LORD, and attend to my plea for mercy. ⁷In the day of my distress I call on You, because You answer me. ⁸O Lord, there is none like You among the gods, nor any works like Yours. ⁹All the nations You have made will come and bow before You, O Lord, and they will glorify Your name. ¹⁰For You are great and perform wonders; You alone are God. ¹¹Teach me Your way, O LORD, that I may walk in Your truth. Give me an undivided heart, that I may fear Your name. ¹²I will praise You, O Lord my God, with all my heart; I will glorify Your name forever. ¹³For great is Your loving devotion to me; You have delivered me from the depths of Sheol. ¹⁴The arrogant rise against me, O God; a band of ruthless men seeks my life, with no regard for You. ¹⁵But You, O Lord, are a compassionate and gracious God, slow to anger, abounding in loving devotion and faithfulness. ¹⁶Turn to me and have mercy; grant Your strength to Your servant; save the son of Your maidservant. ¹⁷Show me a sign of Your goodness, that my enemies may see and be ashamed; for You, O LORD, have helped me and comforted me.

Psalm 87

¹A Psalm of the sons of Korah. A song. He has founded His city on the holy mountains. ²The LORD loves the gates of Zion more than all the dwellings of Jacob. ³Glorious things are ascribed to you, O city of God. Selah ⁴“I will mention Rahab and Babylon among those who know Me— along with Philistia, Tyre, and Cush— when I say, ‘This one was born in Zion.’” ⁵And it will be said of Zion: “This one and that one were born in her, and the Most High Himself will establish her.” ⁶The LORD will record in the register of the peoples: “This one was born in Zion.” Selah ⁷Singers and pipers will proclaim, “All my springs of joy are in You.”

Psalm 88

¹A song. A Psalm of the sons of Korah. For the choirmaster. According to Mahalath Leannoth. A Maskil of Heman the Ezrahite. O LORD, the God of my salvation, day and night I cry out before You. ²May my prayer come before You; incline Your ear to my cry. ³For my soul is full of troubles, and my life draws near to Sheol. ⁴I am counted among those descending to the Pit. I am like a man without strength. ⁵I am forsaken among

the dead, like the slain who lie in the grave, whom You remember no more, who are cut off from Your care. ⁶You have laid me in the lowest Pit, in the darkest of the depths. ⁷Your wrath weighs heavily upon me; all Your waves have submerged me. Selah ⁸You have removed my friends from me; You have made me repulsive to them; I am confined and cannot escape. ⁹My eyes grow dim with grief. I call to You daily, O LORD; I spread out my hands to You. ¹⁰Do You work wonders for the dead? Do departed spirits rise up to praise You? Selah ¹¹Can Your loving devotion be proclaimed in the grave, Your faithfulness in Abaddon? ¹²Will Your wonders be known in the darkness, or Your righteousness in the land of oblivion? ¹³But to You, O LORD, I cry for help; in the morning my prayer comes before You. ¹⁴Why, O LORD, do You reject me? Why do You hide Your face from me? ¹⁵From my youth I was afflicted and near death. I have borne Your terrors; I am in despair. ¹⁶Your wrath has swept over me; Your terrors have destroyed me. ¹⁷All day long they engulf me like water; they enclose me on every side. ¹⁸You have removed my beloved and my friend; darkness is my closest companion.

EVENING • PSALM 89

Psalm 89

¹A Maskil of Ethan the Ezrahite. I will sing of the loving devotion of the LORD forever; with my mouth I will proclaim Your faithfulness to all generations. ²For I have said, “Loving devotion is built up forever; in the heavens You establish Your faithfulness.” ³You said, “I have made a covenant with My chosen one, I have sworn to David My servant: ⁴‘I will establish your offspring forever and build up your throne for all generations.’” Selah ⁵The heavens praise Your wonders, O LORD— Your faithfulness as well— in the assembly of the holy ones. ⁶For who in the skies can compare with the LORD? Who among the heavenly beings is like the LORD? ⁷In the council of the holy ones, God is greatly feared, and awesome above all who surround Him. ⁸O LORD God of Hosts, who is like You? O mighty LORD, Your faithfulness surrounds You. ⁹You rule the raging sea; when its waves mount up, You still them. ¹⁰You crushed Rahab like a carcass; You scattered Your enemies with Your mighty arm. ¹¹The heavens are Yours, and also the earth. The earth and its fullness You founded. ¹²North and south You created; Tabor and Hermon shout for joy at Your name. ¹³Mighty is Your arm; strong is Your hand. Your right hand is exalted. ¹⁴Righteousness and justice are the foundation of Your throne; loving devotion and faithfulness go before You. ¹⁵Blessed are those who know the joyful sound, who walk, O LORD, in the light of Your presence. ¹⁶They rejoice in Your name all day long, and in Your righteousness they exult. ¹⁷For You are the glory of their strength, and by Your favor our horn is exalted. ¹⁸Surely our shield belongs to the LORD, and our king to the Holy One of Israel. ¹⁹You once spoke in a vision; to Your godly ones You said, “I have bestowed help on a warrior; I have exalted one chosen from the people. ²⁰I have found My servant David; with My sacred oil I have anointed him. ²¹My hand will sustain him; surely My arm will strengthen him. ²²No enemy will exact tribute; no wicked man will oppress him. ²³I will crush his foes before him and strike down those who hate him. ²⁴My faithfulness and loving

devotion will be with him, and through My name his horn will be exalted. ²⁵I will set his hand over the sea, and his right hand upon the rivers. ²⁶He will call to Me, ‘You are my Father, my God, the Rock of my salvation.’ ²⁷I will indeed appoint him as My firstborn, the highest of the kings of the earth. ²⁸I will forever preserve My loving devotion for him, and My covenant with him will stand fast. ²⁹I will establish his line forever, his throne as long as the heavens endure. ³⁰If his sons forsake My law and do not walk in My judgments, ³¹if they violate My statutes and fail to keep My commandments, ³²I will attend to their transgression with the rod, and to their iniquity with stripes. ³³But I will not withdraw My loving devotion from him, nor ever betray My faithfulness. ³⁴I will not violate My covenant or alter the utterance of My lips. ³⁵Once and for all I have sworn by My holiness— I will not lie to David— ³⁶his offspring shall endure forever, and his throne before Me like the sun, ³⁷like the moon, established forever, a faithful witness in the sky.” Selah ³⁸Now, however, You have spurned and rejected him; You are enraged by Your anointed one. ³⁹You have renounced the covenant with Your servant and sullied his crown in the dust. ⁴⁰You have broken down all his walls; You have reduced his strongholds to rubble. ⁴¹All who pass by plunder him; he has become a reproach to his neighbors. ⁴²You have exalted the right hand of his foes; You have made all his enemies rejoice. ⁴³You have bent the edge of his sword and have not sustained him in battle. ⁴⁴You have ended his splendor and cast his throne to the ground. ⁴⁵You have cut short the days of his youth; You have covered him with shame. Selah ⁴⁶How long, O LORD? Will You hide Yourself forever? Will Your wrath keep burning like fire? ⁴⁷Remember the briefness of my lifespan! For what futility You have created all men! ⁴⁸What man can live and never see death? Can he deliver his soul from the power of Sheol? Selah ⁴⁹Where, O Lord, is Your loving devotion of old, which You faithfully swore to David? ⁵⁰Remember, O Lord, the reproach of Your servants, which I bear in my heart from so many people— ⁵¹how Your enemies have taunted, O LORD, and have mocked every step of Your anointed one! ⁵²Blessed be the LORD forever! Amen and amen.

THE PROVERB • PROVERBS 17

¹Better a dry morsel in quietness than a house full of feasting with strife. ²A wise servant will rule over a disgraceful son and share his inheritance as one of the brothers. ³A crucible for silver and a furnace for gold, but the LORD is the tester of hearts. ⁴A wicked man listens to evil lips; a liar gives ear to a destructive tongue. ⁵He who mocks the poor insults their Maker; whoever gloats over calamity will not go unpunished. ⁶Grandchildren are the crown of the aged, and the glory of a son is his father. ⁷Eloquent words are unfit for a fool; how much worse are lying lips to a ruler! ⁸A bribe is a charm to its giver; wherever he turns, he succeeds. ⁹Whoever conceals an offense promotes love, but he who brings it up separates friends. ¹⁰A rebuke cuts into a man of discernment deeper than a hundred lashes cut into a fool. ¹¹An evil man seeks only rebellion; a cruel messenger will be sent against him. ¹²It is better to meet a bear robbed of her cubs than a fool in his folly. ¹³If anyone returns evil for good, evil will never leave his house. ¹⁴To start a quarrel is

to release a flood; so abandon the dispute before it breaks out. ¹⁵Acquitting the guilty and condemning the righteous— both are detestable to the LORD. ¹⁶Why should the fool have money in his hand with no intention of buying wisdom? ¹⁷A friend loves at all times, and a brother is born for adversity. ¹⁸A man lacking judgment strikes hands in pledge and puts up security for his neighbor. ¹⁹He who loves transgression loves strife; he who builds his gate high invites destruction. ²⁰The one with a perverse heart finds no good, and he whose tongue is deceitful falls into trouble. ²¹A man fathers a fool to his own grief; the father of a fool has no joy. ²²A joyful heart is good medicine, but a broken spirit dries up the bones. ²³A wicked man takes a covert bribe to subvert the course of justice. ²⁴Wisdom is the focus of the discerning, but the eyes of a fool wander to the ends of the earth. ²⁵A foolish son brings grief to his father and bitterness to her who bore him. ²⁶It is surely not good to punish the innocent or to flog a noble for his honesty. ²⁷A man of knowledge restrains his words, and a man of understanding maintains a calm spirit. ²⁸Even a fool is considered wise if he keeps silent, and discerning when he holds his tongue.

Day 18

MORNING • PSALMS 90–92

Psalm 90

¹A prayer of Moses the man of God. Lord, You have been our dwelling place through all generations. ²Before the mountains were born or You brought forth the earth and the world, from everlasting to everlasting You are God. ³You return man to dust, saying, “Return, O sons of mortals.” ⁴For in Your sight a thousand years are but a day that passes, or a watch of the night. ⁵You whisk them away in their sleep; they are like the new grass of the morning— ⁶in the morning it springs up new, but by evening it fades and withers. ⁷For we are consumed by Your anger and terrified by Your wrath. ⁸You have set our iniquities before You, our secret sins in the light of Your presence. ⁹For all our days decline in Your fury; we finish our years with a sigh. ¹⁰The length of our days is seventy years— or eighty if we are strong— yet their pride is but labor and sorrow, for they quickly pass, and we fly away. ¹¹Who knows the power of Your anger? Your wrath matches the fear You are due. ¹²So teach us to number our days, that we may present a heart of wisdom. ¹³Return, O LORD! How long will it be? Have compassion on Your servants. ¹⁴Satisfy us in the morning with Your loving devotion, that we may sing for joy and be glad all our days. ¹⁵Make us glad for as many days as You have afflicted us, for as many years as we have seen evil. ¹⁶May Your work be shown to Your servants, and Your splendor to their children. ¹⁷May the favor of the Lord our God rest upon us; establish for us the work of our hands— yes, establish the work of our hands!

Psalm 91

¹He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ²I will say to the LORD, “You are my refuge and my fortress, my God, in whom I trust.” ³Surely He will deliver you from the snare of the fowler, and from the deadly plague. ⁴He will cover you with His feathers; under His wings you will find refuge; His faithfulness is a shield and rampart. ⁵You will not fear the terror of the night, nor the arrow that flies by day, ⁶nor the pestilence that stalks in the darkness, nor the calamity that destroys at noon. ⁷Though a thousand may fall at your side, and ten thousand at your right hand, no harm will come near you. ⁸You will only see it with your eyes and witness the punishment of the wicked. ⁹Because you have made the LORD your dwelling— my refuge, the Most High— ¹⁰no evil will befall you, no plague will approach your tent. ¹¹For He will command His angels concerning you to guard you in all your ways. ¹²They will lift you up in their hands, so that you will not strike your foot against a stone. ¹³You will tread on the lion and cobra; you will trample the young lion and serpent. ¹⁴“Because he loves Me, I will deliver him; because he knows My name, I will protect him. ¹⁵When he calls out to Me, I will answer him; I will be

with him in trouble. I will deliver him and honor him. ¹⁶With long life I will satisfy him and show him My salvation.”

Psalm 92

¹A Psalm. A song for the Sabbath day. It is good to praise the LORD, and to sing praises to Your name, O Most High, ²to proclaim Your loving devotion in the morning and Your faithfulness at night ³with the ten-stringed harp and the melody of the lyre. ⁴For You, O LORD, have made me glad by Your deeds; I sing for joy at the works of Your hands. ⁵How great are Your works, O LORD, how deep are Your thoughts! ⁶A senseless man does not know, and a fool does not understand, ⁷that though the wicked sprout like grass, and all evildoers flourish, they will be forever destroyed. ⁸But You, O LORD, are exalted forever! ⁹For surely Your enemies, O LORD, surely Your enemies will perish; all evildoers will be scattered. ¹⁰But You have exalted my horn like that of a wild ox; with fine oil I have been anointed. ¹¹My eyes see the downfall of my enemies; my ears hear the wailing of my wicked foes. ¹²The righteous will flourish like a palm tree, and grow like a cedar in Lebanon. ¹³Planted in the house of the LORD, they will flourish in the courts of our God. ¹⁴In old age they will still bear fruit; healthy and green they will remain, ¹⁵to proclaim, “The LORD is upright; He is my Rock, and in Him there is no unrighteousness.”

EVENING • PSALMS 93 – 94

Psalm 93

¹The LORD reigns! He is robed in majesty; the LORD has clothed and armed Himself with strength. The world indeed is firmly established; it cannot be moved. ²Your throne was established long ago; You are from all eternity. ³The floodwaters have risen, O LORD; the rivers have raised their voice; the seas lift up their pounding waves. ⁴Above the roar of many waters— the mighty breakers of the sea— the LORD on high is majestic. ⁵Your testimonies are fully confirmed; holiness adorns Your house, O LORD, for all the days to come.

Psalm 94

¹O LORD, God of vengeance, O God of vengeance, shine forth. ²Rise up, O Judge of the earth; render a reward to the proud. ³How long will the wicked, O LORD, how long will the wicked exult? ⁴They pour out arrogant words; all workers of iniquity boast. ⁵They crush Your people, O LORD; they oppress Your heritage. ⁶They kill the widow and the foreigner; they murder the fatherless. ⁷They say, “The LORD does not see; the God of Jacob pays no heed.” ⁸Take notice, O senseless among the people! O fools, when will you be wise? ⁹He who affixed the ear, can He not hear? He who formed the eye, can He not see? ¹⁰He who admonishes the nations, does He not discipline? He who teaches man, does He lack knowledge? ¹¹The LORD knows the thoughts of man, that they are futile. ¹²Blessed is the man You discipline, O LORD, and

teach from Your law, ¹³to grant him relief from days of trouble, until a pit is dug for the wicked. ¹⁴For the LORD will not forsake His people; He will never abandon His heritage. ¹⁵Surely judgment will again be righteous, and all the upright in heart will follow it. ¹⁶Who will rise up for me against the wicked? Who will stand for me against the workers of iniquity? ¹⁷Unless the LORD had been my helper, I would soon have dwelt in the abode of silence. ¹⁸If I say, “My foot is slipping,” Your loving devotion, O LORD, supports me. ¹⁹When anxiety overwhelms me, Your consolation delights my soul. ²⁰Can a corrupt throne be Your ally—one devising mischief by decree? ²¹They band together against the righteous and condemn the innocent to death. ²²But the LORD has been my stronghold, and my God is my rock of refuge. ²³He will bring upon them their own iniquity and destroy them for their wickedness. The LORD our God will destroy them.

THE PROVERB · PROVERBS 18

¹He who isolates himself pursues selfish desires; he rebels against all sound judgment. ²A fool does not delight in understanding, but only in airing his opinions. ³With a wicked man comes contempt as well, and shame is accompanied by disgrace. ⁴The words of a man’s mouth are deep waters; the fountain of wisdom is a bubbling brook. ⁵Showing partiality to the wicked is not good, nor is depriving the innocent of justice. ⁶A fool’s lips bring him strife, and his mouth invites a beating. ⁷A fool’s mouth is his ruin, and his lips are a snare to his soul. ⁸The words of a gossip are like choice morsels that go down into the inmost being. ⁹Whoever is slothful in his work is brother to him who destroys. ¹⁰The name of the LORD is a strong tower; the righteous run to it and are safe. ¹¹A rich man’s wealth is his fortified city; it is like a high wall in his imagination. ¹²Before his downfall a man’s heart is proud, but humility comes before honor. ¹³He who answers a matter before he hears it— this is folly and disgrace to him. ¹⁴The spirit of a man can endure his sickness, but who can survive a broken spirit? ¹⁵The heart of the discerning acquires knowledge, and the ear of the wise seeks it out. ¹⁶A man’s gift opens doors for him, and brings him before great men. ¹⁷The first to state his case seems right until another comes and cross-examines him. ¹⁸Casting the lot ends quarrels and separates strong opponents. ¹⁹An offended brother is harder to win than a fortified city, and disputes are like the bars of a castle. ²⁰From the fruit of his mouth a man’s belly is filled; with the harvest from his lips he is satisfied. ²¹Life and death are in the power of the tongue, and those who love it will eat its fruit. ²²He who finds a wife finds a good thing and obtains favor from the LORD. ²³The poor man pleads for mercy, but the rich man answers harshly. ²⁴A man of many companions may come to ruin, but there is a friend who stays closer than a brother.

Day 19

MORNING • PSALMS 95–97

Psalm 95

¹Come, let us sing for joy to the LORD; let us shout to the Rock of our salvation! ²Let us enter His presence with thanksgiving; let us make a joyful noise to Him in song. ³For the LORD is a great God, a great King above all gods. ⁴In His hand are the depths of the earth, and the mountain peaks belong to Him. ⁵The sea is His, for He made it, and His hands formed the dry land. ⁶O come, let us worship and bow down; let us kneel before the LORD our Maker. ⁷For He is our God, and we are the people of His pasture, the sheep under His care. Today, if you hear His voice, ⁸do not harden your hearts as you did at Meribah, in the day at Massah in the wilderness, ⁹where your fathers tested and tried Me, though they had seen My work. ¹⁰For forty years I was angry with that generation, and I said, “They are a people whose hearts go astray, and they have not known My ways.” ¹¹So I swore on oath in My anger, “They shall never enter My rest.”

Psalm 96

¹Sing to the LORD a new song; sing to the LORD, all the earth. ²Sing to the LORD, bless His name; proclaim His salvation day after day. ³Declare His glory among the nations, His wonderful deeds among all peoples. ⁴For great is the LORD, and greatly to be praised; He is to be feared above all gods. ⁵For all the gods of the nations are idols, but it is the LORD who made the heavens. ⁶Splendor and majesty are before Him; strength and beauty fill His sanctuary. ⁷Ascribe to the LORD, O families of the nations, ascribe to the LORD glory and strength. ⁸Ascribe to the LORD the glory due His name; bring an offering and enter His courts. ⁹Worship the LORD in the splendor of His holiness; tremble before Him, all the earth. ¹⁰Declare among the nations: “The LORD reigns!” The world is firmly established; it cannot be moved; He will judge the peoples with equity. ¹¹Let the heavens be glad and the earth rejoice; let the sea resound, and all that fills it. ¹²Let the fields exult, and all that is in them. Then all the trees of the forest will sing for joy ¹³before the LORD, for He is coming— He is coming to judge the earth. He will judge the world in righteousness and the peoples in His faithfulness.

Psalm 97

¹The LORD reigns, let the earth rejoice; let the distant shores be glad. ²Clouds and darkness surround Him; righteousness and justice are His throne’s foundation. ³Fire goes before Him and consumes His foes on every side. ⁴His lightning illuminates the world; the earth sees and trembles. ⁵The mountains melt like wax at the presence of the LORD, before the Lord of all the earth. ⁶The heavens proclaim His righteousness; all the peoples see His glory. ⁷All worshipers of images are put to shame— those who boast in idols. Worship

Him, all you gods! ⁸Zion hears and rejoices, and the towns of Judah exult because of Your judgments, O LORD. ⁹For You, O LORD, are Most High over all the earth; You are exalted far above all gods. ¹⁰Hate evil, O you who love the LORD! He preserves the souls of His saints; He delivers them from the hand of the wicked. ¹¹Light shines on the righteous, gladness on the upright in heart. ¹²Rejoice in the LORD, you righteous ones, and praise His holy name.

EVENING · PSALMS 98–101

Psalm 98

¹A Psalm. Sing to the LORD a new song, for He has done wonders; His right hand and holy arm have gained Him the victory. ²The LORD has proclaimed His salvation and revealed His righteousness to the nations. ³He has remembered His love and faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God. ⁴Make a joyful noise to the LORD, all the earth; break forth—let your cry ring out, and sing praises! ⁵Sing praises to the LORD with the lyre, in melodious song with the harp. ⁶With trumpets and the blast of the ram's horn shout for joy before the LORD, the King. ⁷Let the sea resound, and all that fills it, the world, and all who dwell in it. ⁸Let the rivers clap their hands, let the mountains sing together for joy ⁹before the LORD, for He comes to judge the earth. He will judge the world with righteousness and the peoples with equity.

Psalm 99

¹The LORD reigns; let the nations tremble! He is enthroned above the cherubim; let the earth quake! ²Great is the LORD in Zion; He is exalted above all the peoples. ³Let them praise Your great and awesome name—He is holy! ⁴The mighty King loves justice. You have established equity; You have exercised justice and righteousness in Jacob. ⁵Exalt the LORD our God, and worship at His footstool; He is holy! ⁶Moses and Aaron were among His priests; Samuel was among those who called on His name. They called to the LORD and He answered. ⁷He spoke to them from the pillar of cloud; they kept His decrees and the statutes He gave them. ⁸O LORD our God, You answered them. You were a forgiving God to them, yet an avenger of their misdeeds. ⁹Exalt the LORD our God and worship at His holy mountain, for the LORD our God is holy.

Psalm 100

¹A Psalm of thanksgiving. Make a joyful noise to the LORD, all the earth. ²Serve the LORD with gladness; come into His presence with joyful songs. ³Know that the LORD is God. It is He who made us, and we are His; we are His people, and the sheep of His pasture. ⁴Enter His gates with thanksgiving and His courts with praise; give thanks to Him and bless His name. ⁵For the LORD is good, and His loving devotion endures forever; His faithfulness continues to all generations.

Psalm 101

¹A Psalm of David. I will sing of Your loving devotion and justice; to You, O LORD, I will sing praises. ²I will ponder the way that is blameless— when will You come to me? I will walk in my house with integrity of heart. ³I will set no worthless thing before my eyes. I hate the work of those who fall away; it shall not cling to me. ⁴A perverse heart shall depart from me; I will know nothing of evil. ⁵Whoever slanders his neighbor in secret, I will put to silence; the one with haughty eyes and a proud heart, I will not endure. ⁶My eyes favor the faithful of the land, that they may dwell with me; he who walks in the way of integrity shall minister to me. ⁷No one who practices deceit shall dwell in my house; no one who tells lies shall stand in my presence. ⁸Every morning I will remove all the wicked of the land, that I may cut off every evildoer from the city of the LORD.

THE PROVERB · PROVERBS 19

¹Better a poor man who walks with integrity than a fool whose lips are perverse. ²Even zeal is no good without knowledge, and he who hurries his footsteps misses the mark. ³A man's own folly subverts his way, yet his heart rages against the LORD. ⁴Wealth attracts many friends, but a poor man is deserted by his friend. ⁵A false witness will not go unpunished, and one who utters lies will not escape. ⁶Many seek the favor of the prince, and everyone is a friend of the gift giver. ⁷All the brothers of a poor man hate him— how much more do his friends avoid him! He may pursue them with pleading, but they are nowhere to be found. ⁸He who acquires wisdom loves himself; one who safeguards understanding will find success. ⁹A false witness will not go unpunished, and one who pours out lies will perish. ¹⁰Luxury is unseemly for a fool— how much worse for a slave to rule over princes! ¹¹A man's insight gives him patience, and his virtue is to overlook an offense. ¹²A king's rage is like the roar of a lion, but his favor is like dew on the grass. ¹³A foolish son is his father's ruin, and a quarrelsome wife is like a constant dripping. ¹⁴Houses and wealth are inherited from fathers, but a prudent wife is from the LORD. ¹⁵Laziness brings on deep sleep, and an idle soul will suffer hunger. ¹⁶He who keeps a commandment preserves his soul, but he who is careless in his ways will die. ¹⁷Kindness to the poor is a loan to the LORD, and He will repay the lender. ¹⁸Discipline your son, for in that there is hope; do not be party to his death. ¹⁹A man of great anger must pay the penalty; if you rescue him, you will have to do so again. ²⁰Listen to counsel and accept discipline, that you may be wise the rest of your days. ²¹Many plans are in a man's heart, but the purpose of the LORD will prevail. ²²The desire of a man is loving devotion; better to be poor than a liar. ²³The fear of the LORD leads to life, that one may rest content, without visitation from harm. ²⁴The slacker buries his hand in the dish; he will not even bring it back to his mouth. ²⁵Strike a mocker, and the simple will beware; rebuke the discerning man, and he will gain knowledge. ²⁶He who assaults his father or evicts his mother is a son who brings shame and disgrace. ²⁷If you cease to hear instruction, my son, you will stray from the words of knowledge. ²⁸A corrupt witness

mocks justice, and a wicked mouth swallows iniquity. ²⁹Judgments are prepared for mockers, and beatings for the backs of fools.

Day 20

MORNING • PSALMS 102–103

Psalm 102

¹A prayer of one who is afflicted, when he grows faint and pours out his lament before the LORD. Hear my prayer, O LORD; let my cry for help come before You. ²Do not hide Your face from me in my day of distress. Incline Your ear to me; answer me quickly when I call. ³For my days vanish like smoke, and my bones burn like glowing embers. ⁴My heart is afflicted, and withered like grass; I even forget to eat my bread. ⁵Through my loud groaning my flesh clings to my bones. ⁶I am like a desert owl, like an owl among the ruins. ⁷I lie awake; I am like a lone bird on a housetop. ⁸All day long my enemies taunt me; they ridicule me and curse me. ⁹For I have eaten ashes like bread and mixed my drink with tears ¹⁰because of Your indignation and wrath, for You have picked me up and cast me aside. ¹¹My days are like lengthening shadows, and I wither away like grass. ¹²But You, O LORD, sit enthroned forever; Your renown endures to all generations. ¹³You will rise up and have compassion on Zion, for it is time to show her favor— the appointed time has come. ¹⁴For Your servants delight in her stones and take pity on her dust. ¹⁵So the nations will fear the name of the LORD, and all the kings of the earth will fear Your glory. ¹⁶For the LORD will rebuild Zion; He has appeared in His glory. ¹⁷He will turn toward the prayer of the destitute; He will not despise their prayer. ¹⁸Let this be written for the generation to come, so that a people not yet created may praise the LORD. ¹⁹For He looked down from the heights of His sanctuary; the LORD gazed out from heaven to earth ²⁰to hear a prisoner's groaning, to release those condemned to death, ²¹that they may proclaim the name of the LORD in Zion and praise Him in Jerusalem, ²²when peoples and kingdoms assemble to serve the LORD. ²³He has broken my strength on the way; He has cut short my days. ²⁴I say: "O my God, do not take me in the midst of my days! Your years go on through all generations. ²⁵In the beginning You laid the foundations of the earth, and the heavens are the work of Your hands. ²⁶They will perish, but You remain; they will all wear out like a garment. Like clothing You will change them, and they will be passed on. ²⁷But You remain the same, and Your years will never end. ²⁸The children of Your servants will dwell securely, and their descendants will be established before You."

Psalm 103

¹Of David. Bless the LORD, O my soul; all that is within me, bless His holy name. ²Bless the LORD, O my soul, and do not forget all His kind deeds— ³He who forgives all your iniquities and heals all your diseases, ⁴who redeems your life from the Pit and crowns you with loving devotion and compassion, ⁵who satisfies you with good things, so that your youth is renewed like the eagle's. ⁶The LORD executes righteousness and justice for all the oppressed. ⁷He made known His ways to Moses, His deeds to the people of Israel. ⁸The

LORD is compassionate and gracious, slow to anger, abounding in loving devotion. ⁹He will not always accuse us, nor harbor His anger forever. ¹⁰He has not dealt with us according to our sins or repaid us according to our iniquities. ¹¹For as high as the heavens are above the earth, so great is His loving devotion for those who fear Him. ¹²As far as the east is from the west, so far has He removed our transgressions from us. ¹³As a father has compassion on his children, so the LORD has compassion on those who fear Him. ¹⁴For He knows our frame; He is mindful that we are dust. ¹⁵As for man, his days are like grass— he blooms like a flower of the field; ¹⁶when the wind passes over, it vanishes, and its place remembers it no more. ¹⁷But from everlasting to everlasting the loving devotion of the LORD extends to those who fear Him, and His righteousness to their children’s children— ¹⁸to those who keep His covenant and remember to obey His precepts. ¹⁹The LORD has established His throne in heaven, and His kingdom rules over all. ²⁰Bless the LORD, all His angels mighty in strength who carry out His word, who hearken to the voice of His command. ²¹Bless the LORD, all His hosts, you servants who do His will. ²²Bless the LORD, all His works in all places of His dominion. Bless the LORD, O my soul!

EVENING · PSALM 104

Psalm 104

¹Bless the LORD, O my soul! O LORD my God, You are very great; You are clothed with splendor and majesty. ²He wraps Himself in light as with a garment; He stretches out the heavens like a tent, ³laying the beams of His chambers in the waters above, making the clouds His chariot, walking on the wings of the wind. ⁴He makes the winds His messengers, flames of fire His servants. ⁵He set the earth on its foundations, never to be moved. ⁶You covered it with the deep like a garment; the waters stood above the mountains. ⁷At Your rebuke the waters fled; at the sound of Your thunder they hurried away— ⁸the mountains rose and the valleys sank to the place You assigned for them— ⁹You set a boundary they cannot cross, that they may never again cover the earth. ¹⁰He sends forth springs in the valleys; they flow between the mountains. ¹¹They give drink to every beast of the field; the wild donkeys quench their thirst. ¹²The birds of the air nest beside the springs; they sing among the branches. ¹³He waters the mountains from His chambers; the earth is satisfied by the fruit of His works. ¹⁴He makes the grass grow for the livestock and provides crops for man to cultivate, bringing forth food from the earth: ¹⁵wine that gladdens the heart of man, oil that makes his face to shine, and bread that sustains his heart. ¹⁶The trees of the LORD have their fill, the cedars of Lebanon that He planted, ¹⁷where the birds build their nests; the stork makes her home in the cypresses. ¹⁸The high mountains are for the wild goats, the cliffs a refuge for the rock badgers. ¹⁹He made the moon to mark the seasons; the sun knows when to set. ²⁰You bring darkness, and it becomes night, when all the beasts of the forest prowl. ²¹The young lions roar for their prey and seek their food from God. ²²The sun rises, and they withdraw; they lie down in their dens. ²³Man goes forth to his work and to his labor until evening. ²⁴How many are Your works, O LORD! In wisdom You have made them all; the earth is full of Your creatures.

²⁵Here is the sea, vast and wide, teeming with creatures beyond number, living things both great and small. ²⁶There the ships pass, and Leviathan, which You formed to frolic there. ²⁷All creatures look to You to give them their food in due season. ²⁸When You give it to them, they gather it up; when You open Your hand, they are satisfied with good things. ²⁹When You hide Your face, they are terrified; when You take away their breath, they die and return to dust. ³⁰When You send Your Spirit, they are created, and You renew the face of the earth. ³¹May the glory of the LORD endure forever; may the LORD rejoice in His works. ³²He looks on the earth, and it trembles; He touches the mountains, and they smolder. ³³I will sing to the LORD all my life; I will sing praise to my God while I have my being. ³⁴May my meditation be pleasing to Him, for I rejoice in the LORD. ³⁵May sinners vanish from the earth and the wicked be no more. Bless the LORD, O my soul. Hallelujah!

THE PROVERB · PROVERBS 20

¹Wine is a mocker, strong drink is a brawler, and whoever is led astray by them is not wise. ²The terror of a king is like the roar of a lion; whoever provokes him forfeits his own life. ³It is honorable for a man to resolve a dispute, but any fool will quarrel. ⁴The slacker does not plow in season; at harvest time he looks, but nothing is there. ⁵The intentions of a man's heart are deep waters, but a man of understanding draws them out. ⁶Many a man proclaims his loving devotion, but who can find a trustworthy man? ⁷The righteous man walks with integrity; blessed are his children after him. ⁸A king who sits on a throne to judge sifts out all evil with his eyes. ⁹Who can say, "I have kept my heart pure; I am cleansed from my sin"? ¹⁰Differing weights and unequal measures— both are detestable to the LORD. ¹¹Even a young man is known by his actions— whether his conduct is pure and upright. ¹²Ears that hear and eyes that see— the LORD has made them both. ¹³Do not love sleep, or you will grow poor; open your eyes, and you will have plenty of food. ¹⁴"Worthless, worthless!" says the buyer, but on the way out, he gloats. ¹⁵There is an abundance of gold and rubies, but lips of knowledge are a rare treasure. ¹⁶Take the garment of the one who posts security for a stranger; get collateral if it is for a foreigner. ¹⁷Food gained by fraud is sweet to a man, but later his mouth is full of gravel. ¹⁸Set plans by consultation, and wage war under sound guidance. ¹⁹He who reveals secrets is a constant gossip; avoid the one who babbles with his lips. ²⁰Whoever curses his father or mother, his lamp will be extinguished in deepest darkness. ²¹An inheritance gained quickly will not be blessed in the end. ²²Do not say, "I will avenge this evil!" Wait on the LORD, and He will save you. ²³Unequal weights are detestable to the LORD, and dishonest scales are no good. ²⁴A man's steps are from the LORD, so how can anyone understand his own way? ²⁵It is a trap for a man to dedicate something rashly, only later to reconsider his vows. ²⁶A wise king separates out the wicked and drives the threshing wheel over them. ²⁷The spirit of a man is the lamp of the LORD, searching out his inmost being. ²⁸Loving devotion and faithfulness preserve a king; by these he maintains his throne. ²⁹The glory of young men is their strength, and gray hair is the splendor of the old. ³⁰Lashes and wounds scour evil, and beatings cleanse the inmost parts.

Day 21

MORNING • PSALM 105

Psalm 105

¹Give thanks to the LORD, call upon His name; make known His deeds among the nations. ²Sing to Him, sing praises to Him; tell of all His wonders. ³Glory in His holy name; let the hearts of those who seek the LORD rejoice. ⁴Seek out the LORD and His strength; seek His face always. ⁵Remember the wonders He has done, His marvels, and the judgments He has pronounced, ⁶O offspring of His servant Abraham, O sons of Jacob, His chosen ones. ⁷He is the LORD our God; His judgments carry throughout the earth. ⁸He remembers His covenant forever, the word He ordained for a thousand generations— ⁹the covenant He made with Abraham, and the oath He swore to Isaac. ¹⁰He confirmed it to Jacob as a decree, to Israel as an everlasting covenant: ¹¹“I will give you the land of Canaan as the portion of your inheritance.” ¹²When they were few in number, few indeed, and strangers in the land, ¹³they wandered from nation to nation, from one kingdom to another. ¹⁴He let no man oppress them; He rebuked kings on their behalf: ¹⁵“Do not touch My anointed ones! Do no harm to My prophets!” ¹⁶He called down famine on the land and cut off all their supplies of food. ¹⁷He sent a man before them— Joseph, sold as a slave. ¹⁸They bruised his feet with shackles and placed his neck in irons, ¹⁹until his prediction came true and the word of the LORD proved him right. ²⁰The king sent and released him; the ruler of peoples set him free. ²¹He made him master of his household, ruler over all his substance, ²²to instruct his princes as he pleased and teach his elders wisdom. ²³Then Israel entered Egypt; Jacob dwelt in the land of Ham. ²⁴And the LORD made His people very fruitful, more numerous than their foes, ²⁵whose hearts He turned to hate His people, to conspire against His servants. ²⁶He sent Moses His servant, and Aaron, whom He had chosen. ²⁷They performed His miraculous signs among them, and wonders in the land of Ham. ²⁸He sent darkness, and it became dark— yet they defied His words. ²⁹He turned their waters to blood and caused their fish to die. ³⁰Their land teemed with frogs, even in their royal chambers. ³¹He spoke, and insects swarmed— gnats throughout their country. ³²He gave them hail for rain, with lightning throughout their land. ³³He struck their vines and fig trees and shattered the trees of their country. ³⁴He spoke, and the locusts came— young locusts without number. ³⁵They devoured every plant in their land and consumed the produce of their soil. ³⁶Then He struck all the firstborn in their land, the firstfruits of all their vigor. ³⁷He brought Israel out with silver and gold, and none among His tribes stumbled. ³⁸Egypt was glad when they departed, for the dread of Israel had fallen on them. ³⁹He spread a cloud as a covering and a fire to light up the night. ⁴⁰They asked, and He brought quail and satisfied them with the bread of heaven. ⁴¹He opened a rock, and water gushed out; it flowed like a river in the desert. ⁴²For He remembered His holy promise to Abraham His servant. ⁴³He brought forth His people with rejoicing, His chosen with shouts of joy. ⁴⁴He gave them the lands of the

nations, that they might inherit the fruit of others' labor, ⁴⁵ that they might keep His statutes and obey His laws. Hallelujah!

EVENING · PSALM 106

Psalm 106

¹Hallelujah! Give thanks to the LORD, for He is good; His loving devotion endures forever. ²Who can describe the mighty acts of the LORD or fully proclaim His praise? ³Blessed are those who uphold justice, who practice righteousness at all times. ⁴Remember me, O LORD, in Your favor to Your people; visit me with Your salvation, ⁵ that I may see the prosperity of Your chosen ones, and rejoice in the gladness of Your nation, and give glory with Your inheritance. ⁶We have sinned like our fathers; we have done wrong and acted wickedly. ⁷Our fathers in Egypt did not grasp Your wonders or remember Your abundant kindness; but they rebelled by the sea, there at the Red Sea. ⁸Yet He saved them for the sake of His name, to make His power known. ⁹He rebuked the Red Sea, and it dried up; He led them through the depths as through a desert. ¹⁰He saved them from the hand that hated them; He redeemed them from the hand of the enemy. ¹¹The waters covered their foes; not one of them remained. ¹²Then they believed His promises and sang His praise. ¹³Yet they soon forgot His works and failed to wait for His counsel. ¹⁴They craved intensely in the wilderness and tested God in the desert. ¹⁵So He granted their request, but sent a wasting disease upon them. ¹⁶In the camp they envied Moses, as well as Aaron, the holy one of the LORD. ¹⁷The earth opened up and swallowed Dathan; it covered the assembly of Abiram. ¹⁸Then fire blazed through their company; flames consumed the wicked. ¹⁹At Horeb they made a calf and worshiped a molten image. ²⁰They exchanged their Glory for the image of a grass-eating ox. ²¹They forgot God their Savior, who did great things in Egypt, ²²wondrous works in the land of Ham, and awesome deeds by the Red Sea. ²³So He said He would destroy them— had not Moses His chosen one stood before Him in the breach to divert His wrath from destroying them. ²⁴They despised the pleasant land; they did not believe His promise. ²⁵They grumbled in their tents and did not listen to the voice of the LORD. ²⁶So He raised His hand and swore to cast them down in the wilderness, ²⁷ to disperse their offspring among the nations and scatter them throughout the lands. ²⁸They yoked themselves to Baal of Peor and ate sacrifices offered to lifeless gods. ²⁹So they provoked the LORD to anger with their deeds, and a plague broke out among them. ³⁰But Phinehas stood and intervened, and the plague was restrained. ³¹It was credited to him as righteousness for endless generations to come. ³²At the waters of Meribah they angered the LORD, and trouble came to Moses because of them. ³³For they rebelled against His Spirit, and Moses spoke rashly with his lips. ³⁴They did not destroy the peoples as the LORD had commanded them, ³⁵ but they mingled with the nations and adopted their customs. ³⁶They worshiped their idols, which became a snare to them. ³⁷They sacrificed their sons and their daughters to demons. ³⁸They shed innocent blood— the blood of their sons and daughters, whom they sacrificed to the idols of Canaan, and the land was polluted with blood. ³⁹They defiled themselves by

their actions and prostituted themselves by their deeds. ⁴⁰So the anger of the LORD burned against His people, and He abhorred His own inheritance. ⁴¹He delivered them into the hand of the nations, and those who hated them ruled over them. ⁴²Their enemies oppressed them, and subdued them under their hand. ⁴³Many times He rescued them, but they were bent on rebellion and sank down in their iniquity. ⁴⁴Nevertheless He heard their cry; He took note of their distress. ⁴⁵And He remembered His covenant with them, and relented by the abundance of His loving devotion. ⁴⁶He made them objects of compassion to all who held them captive. ⁴⁷Save us, O LORD our God, and gather us from the nations, that we may give thanks to Your holy name, that we may glory in Your praise. ⁴⁸Blessed be the LORD, the God of Israel, from everlasting to everlasting. Let all the people say, “Amen!” Hallelujah!

THE PROVERB · PROVERBS 21

¹The king’s heart is a waterway in the hand of the LORD; He directs it where He pleases. ²All a man’s ways seem right to him, but the LORD weighs the heart. ³To do righteousness and justice is more desirable to the LORD than sacrifice. ⁴Haughty eyes and a proud heart— the guides of the wicked—are sin. ⁵The plans of the diligent bring plenty, as surely as haste leads to poverty. ⁶Making a fortune by a lying tongue is a vanishing mist, a deadly pursuit. ⁷The violence of the wicked will sweep them away because they refuse to do what is just. ⁸The way of a guilty man is crooked, but the conduct of the innocent is upright. ⁹Better to live on a corner of the roof than to share a house with a quarrelsome wife. ¹⁰The soul of the wicked man craves evil; his neighbor finds no favor in his eyes. ¹¹When a mocker is punished, the simple gain wisdom; and when a wise man is instructed, he acquires knowledge. ¹²The Righteous One considers the house of the wicked and brings the wicked to ruin. ¹³Whoever shuts his ears to the cry of the poor, he too shall cry out and receive no answer. ¹⁴A gift in secret soothes anger, and a covert bribe pacifies great wrath. ¹⁵Justice executed is a joy to the righteous, but a terror to the workers of iniquity. ¹⁶The man who strays from the path of understanding will rest in the assembly of the dead. ¹⁷He who loves pleasure will become poor; the one who loves wine and oil will never be rich. ¹⁸The wicked become a ransom for the righteous, and the faithless for the upright. ¹⁹Better to live in the desert than with a contentious and ill-tempered wife. ²⁰Precious treasures and oil are in the dwelling of the wise, but a foolish man consumes them. ²¹He who pursues righteousness and loving devotion finds life, righteousness, and honor. ²²A wise man scales the city of the mighty and pulls down the stronghold in which they trust. ²³He who guards his mouth and tongue keeps his soul from distress. ²⁴Mocker is the name of the proud and arrogant man— of him who acts with excessive pride. ²⁵The craving of the slacker kills him because his hands refuse to work. ²⁶All day long he covets more, but the righteous give without restraint. ²⁷The sacrifice of the wicked is detestable— how much more so when brought with ill intent! ²⁸A lying witness will perish, but the man who listens to truth will speak forever. ²⁹A wicked man hardens his face, but the upright man makes his way sure. ³⁰There is no

wisdom, no understanding, no counsel that can prevail against the LORD. ³¹ A horse is prepared for the day of battle, but victory is of the LORD.

Day 22

MORNING • PSALM 107

Psalm 107

¹Give thanks to the LORD, for He is good; His loving devotion endures forever. ²Let the redeemed of the LORD say so, whom He has redeemed from the hand of the enemy ³and gathered from the lands, from east and west, from north and south. ⁴Some wandered in desert wastelands, finding no path to a city in which to dwell. ⁵They were hungry and thirsty; their soul fainted within them. ⁶Then they cried out to the LORD in their trouble, and He delivered them from their distress. ⁷He led them on a straight path to reach a city where they could live. ⁸Let them give thanks to the LORD for His loving devotion and His wonders to the sons of men. ⁹For He satisfies the thirsty and fills the hungry with good things. ¹⁰Some sat in darkness and in the shadow of death, prisoners in affliction and chains, ¹¹because they rebelled against the words of God and despised the counsel of the Most High. ¹²He humbled their hearts with hard labor; they stumbled, and there was no one to help. ¹³Then they cried out to the LORD in their trouble, and He saved them from their distress. ¹⁴He brought them out of darkness and the shadow of death and broke away their chains. ¹⁵Let them give thanks to the LORD for His loving devotion and His wonders to the sons of men. ¹⁶For He has broken down the gates of bronze and cut through the bars of iron. ¹⁷Fools, in their rebellious ways, and through their iniquities, suffered affliction. ¹⁸They loathed all food and drew near to the gates of death. ¹⁹Then they cried out to the LORD in their trouble, and He saved them from their distress. ²⁰He sent forth His word and healed them; He rescued them from the Pit. ²¹Let them give thanks to the LORD for His loving devotion and His wonders to the sons of men. ²²Let them offer sacrifices of thanksgiving and declare His works with rejoicing. ²³Others went out to sea in ships, conducting trade on the mighty waters. ²⁴They saw the works of the LORD, and His wonders in the deep. ²⁵For He spoke and raised a tempest that lifted the waves of the sea. ²⁶They mounted up to the heavens, then sunk to the depths; their courage melted in their anguish. ²⁷They reeled and staggered like drunkards, and all their skill was useless. ²⁸Then they cried out to the LORD in their trouble, and He brought them out of their distress. ²⁹He calmed the storm to a whisper, and the waves of the sea were hushed. ³⁰They rejoiced in the silence, and He guided them to the harbor they desired. ³¹Let them give thanks to the LORD for His loving devotion and His wonders to the sons of men. ³²Let them exalt Him in the assembly of the people and praise Him in the council of the elders. ³³He turns rivers into deserts, springs of water into thirsty ground, ³⁴and fruitful land into fields of salt, because of the wickedness of its dwellers. ³⁵He turns a desert into pools of water and a dry land into flowing springs. ³⁶He causes the hungry to settle there, that they may establish a city in which to dwell. ³⁷They sow fields and plant vineyards that yield a fruitful harvest. ³⁸He blesses them, and they multiply greatly; He does not let their herds diminish. ³⁹When they are decreased and humbled by oppression, evil,

and sorrow, ⁴⁰He pours out contempt on the nobles and makes them wander in a trackless wasteland. ⁴¹But He lifts the needy from affliction and increases their families like flocks. ⁴²The upright see and rejoice, and all iniquity shuts its mouth. ⁴³Let him who is wise pay heed to these things and consider the loving devotion of the LORD.

EVENING · PSALMS 108–109

Psalm 108

¹A song. A Psalm of David. My heart is steadfast, O God; I will sing and make music with all my being. ²Awake, O harp and lyre! I will awaken the dawn. ³I will praise You, O LORD, among the nations; I will sing Your praises among the peoples. ⁴For Your loving devotion extends beyond the heavens, and Your faithfulness reaches to the clouds. ⁵Be exalted, O God, above the heavens; may Your glory cover all the earth. ⁶Respond and save us with Your right hand, that Your beloved may be delivered. ⁷God has spoken from His sanctuary: “I will triumph! I will parcel out Shechem and apportion the Valley of Succoth. ⁸Gilead is Mine, and Manasseh is Mine; Ephraim is My helmet, Judah is My scepter. ⁹Moab is My washbasin; upon Edom I toss My sandal; over Philistia I shout in triumph.” ¹⁰Who will bring me to the fortified city? Who will lead me to Edom? ¹¹Have You not rejected us, O God? Will You no longer march out, O God, with our armies? ¹²Give us aid against the enemy, for the help of man is worthless. ¹³With God we will perform with valor, and He will trample our enemies.

Psalm 109

¹For the choirmaster. A Psalm of David. O God of my praise, be not silent. ²For wicked and deceitful mouths open against me; they speak against me with lying tongues. ³They surround me with hateful words and attack me without cause. ⁴In return for my love they accuse me, but I am a man of prayer. ⁵They repay me evil for good, and hatred for my love. ⁶Set over him a wicked man; let an accuser stand at his right hand. ⁷When he is tried, let him be found guilty, and may his prayer be regarded as sin. ⁸May his days be few; may another take his position. ⁹May his children be fatherless and his wife a widow. ¹⁰May his children wander as beggars, seeking sustenance far from their ruined homes. ¹¹May the creditor seize all he owns, and strangers plunder the fruits of his labor. ¹²May there be no one to extend kindness to him, and no one to favor his fatherless children. ¹³May his descendants be cut off; may their name be blotted out from the next generation. ¹⁴May the iniquity of his fathers be remembered before the LORD, and the sin of his mother never be blotted out. ¹⁵May their sins always remain before the LORD, that He may cut off their memory from the earth. ¹⁶For he never thought to show kindness, but pursued the poor and needy and brokenhearted, even to their death. ¹⁷The cursing that he loved, may it fall on him; the blessing in which he refused to delight, may it be far from him. ¹⁸The cursing that he wore like a coat, may it soak into his body like water, and into his bones like oil. ¹⁹May it be like a robe wrapped about him, like a belt tied forever

around him. ²⁰May this be the LORD's reward to my accusers, to those who speak evil against me. ²¹But You, O GOD, the Lord, deal kindly with me for the sake of Your name; deliver me by the goodness of Your loving devotion. ²²For I am poor and needy; my heart is wounded within me. ²³I am fading away like a lengthening shadow; I am shaken off like a locust. ²⁴My knees are weak from fasting, and my body grows lean and gaunt. ²⁵I am an object of scorn to my accusers; when they see me, they shake their heads. ²⁶Help me, O LORD my God; save me according to Your loving devotion. ²⁷Let them know that this is Your hand, that You, O LORD, have done it. ²⁸Though they curse, You will bless. When they rise up, they will be put to shame, but Your servant will rejoice. ²⁹May my accusers be clothed with disgrace; may they wear their shame like a robe. ³⁰With my mouth I will thank the LORD profusely; I will praise Him in the presence of many. ³¹For He stands at the right hand of the needy one, to save him from the condemners of his soul.

THE PROVERB · PROVERBS 22

¹A good name is more desirable than great riches; favor is better than silver and gold. ²The rich and the poor have this in common: The LORD is Maker of them all. ³The prudent see danger and take cover, but the simple keep going and suffer the consequences. ⁴The rewards of humility and the fear of the LORD are wealth and honor and life. ⁵Thorns and snares lie on the path of the perverse; he who guards his soul stays far from them. ⁶Train up a child in the way he should go, and when he is old he will not depart from it. ⁷The rich rule over the poor, and the borrower is slave to the lender. ⁸He who sows injustice will reap disaster, and the rod of his fury will be destroyed. ⁹A generous man will be blessed, for he shares his bread with the poor. ¹⁰Drive out the mocker, and conflict will depart; even quarreling and insults will cease. ¹¹He who loves a pure heart and gracious lips will have the king for a friend. ¹²The LORD's eyes keep watch over knowledge, but He frustrates the words of the faithless. ¹³The slacker says, "There is a lion outside! I will be slain in the streets!" ¹⁴The mouth of an adulteress is a deep pit; he who is under the wrath of the LORD will fall into it. ¹⁵Foolishness is bound up in the heart of a child, but the rod of discipline drives it far from him. ¹⁶Oppressing the poor to enrich oneself or giving gifts to the rich will surely lead to poverty. ¹⁷Incline your ear and hear the words of the wise— apply your mind to my knowledge— ¹⁸for it is pleasing when you keep them within you and they are constantly on your lips. ¹⁹So that your trust may be in the LORD, I instruct you today—yes, you. ²⁰Have I not written for you thirty sayings about counsel and knowledge, ²¹to show you true and reliable words, that you may soundly answer those who sent you? ²²Do not rob a poor man because he is poor, and do not crush the afflicted at the gate, ²³for the LORD will take up their case and will plunder those who rob them. ²⁴Do not make friends with an angry man, and do not associate with a hot-tempered man, ²⁵or you may learn his ways and entangle yourself in a snare. ²⁶Do not be one who gives pledges, who puts up security for debts. ²⁷If you have nothing with which to pay, why should your bed be taken from under you? ²⁸Do not move an ancient boundary stone which your fathers have placed. ²⁹Do

you see a man skilled in his work? He will be stationed in the presence of kings; he will not stand before obscure men.

Day 23

MORNING • PSALMS 110–113

Psalm 110

¹A Psalm of David. The LORD said to my Lord: “Sit at My right hand until I make Your enemies a footstool for Your feet.” ²The LORD extends Your mighty scepter from Zion: “Rule in the midst of Your enemies.” ³Your people shall be willing on Your day of battle. Arrayed in holy splendor, from the womb of the dawn, to You belongs the dew of Your youth. ⁴The LORD has sworn and will not change His mind: “You are a priest forever in the order of Melchizedek.” ⁵The Lord is at Your right hand; He will crush kings in the day of His wrath. ⁶He will judge the nations, heaping up the dead; He will crush the leaders far and wide. ⁷He will drink from the brook by the road; therefore He will lift up His head.

Psalm 111

¹Hallelujah! I will give thanks to the LORD with all my heart in the council of the upright and in the assembly. ²Great are the works of the LORD; they are pondered by all who delight in them. ³Splendid and majestic is His work; His righteousness endures forever. ⁴He has caused His wonders to be remembered; the LORD is gracious and compassionate. ⁵He provides food for those who fear Him; He remembers His covenant forever. ⁶He has shown His people the power of His works by giving them the inheritance of the nations. ⁷The works of His hands are truth and justice; all His precepts are trustworthy. ⁸They are upheld forever and ever, enacted in truth and uprightness. ⁹He has sent redemption to His people; He has ordained His covenant forever; holy and awesome is His name. ¹⁰The fear of the LORD is the beginning of wisdom; all who follow His precepts gain rich understanding. His praise endures forever!

Psalm 112

¹Hallelujah! Blessed is the man who fears the LORD, who greatly delights in His commandments. ²His descendants will be mighty in the land; the generation of the upright will be blessed. ³Wealth and riches are in his house, and his righteousness endures forever. ⁴Light dawns in the darkness for the upright— for the gracious, compassionate, and righteous. ⁵It is well with the man who is generous and lends freely, whose affairs are guided by justice. ⁶Surely he will never be shaken; the righteous man will be remembered forever. ⁷He does not fear bad news; his heart is steadfast, trusting in the LORD. ⁸His heart is assured; he does not fear, until he looks in triumph on his foes. ⁹He has scattered abroad his gifts to the poor; his righteousness endures forever; his horn will be lifted high in honor. ¹⁰The wicked man will see and be grieved; he will gnash his teeth and waste away; the desires of the wicked will perish.

Psalm 113

¹Hallelujah! Give praise, O servants of the LORD; praise the name of the LORD. ²Blessed be the name of the LORD both now and forevermore. ³From where the sun rises to where it sets, the name of the LORD is praised. ⁴The LORD is exalted over all the nations, His glory above the heavens. ⁵Who is like the LORD our God, the One enthroned on high? ⁶He humbles Himself to behold the heavens and the earth. ⁷He raises the poor from the dust and lifts the needy from the dump ⁸to seat them with nobles, with the princes of His people. ⁹He settles the barren woman in her home as a joyful mother to her children. Hallelujah!

EVENING • PSALMS 114–115

Psalm 114

¹When Israel departed from Egypt, the house of Jacob from a people of foreign tongue, ²Judah became God's sanctuary, and Israel His dominion. ³The sea observed and fled; the Jordan turned back; ⁴the mountains skipped like rams, the hills like lambs. ⁵Why was it, O sea, that you fled, O Jordan, that you turned back, ⁶O mountains, that you skipped like rams, O hills, like lambs? ⁷Tremble, O earth, at the presence of the Lord, at the presence of the God of Jacob, ⁸who turned the rock into a pool, the flint into a fountain of water!

Psalm 115

¹Not to us, O LORD, not to us, but to Your name be the glory, because of Your loving devotion, because of Your faithfulness. ²Why should the nations say, "Where is their God?" ³Our God is in heaven; He does as He pleases. ⁴Their idols are silver and gold, made by the hands of men. ⁵They have mouths, but cannot speak; they have eyes, but cannot see; ⁶they have ears, but cannot hear; they have noses, but cannot smell; ⁷they have hands, but cannot feel; they have feet, but cannot walk; they cannot even clear their throats. ⁸Those who make them become like them, as do all who trust in them. ⁹O Israel, trust in the LORD! He is their help and shield. ¹⁰O house of Aaron, trust in the LORD! He is their help and shield. ¹¹You who fear the LORD, trust in the LORD! He is their help and shield. ¹²The LORD is mindful of us; He will bless us. He will bless the house of Israel; He will bless the house of Aaron; ¹³He will bless those who fear the LORD— small and great alike. ¹⁴May the LORD give you increase, both you and your children. ¹⁵May you be blessed by the LORD, the Maker of heaven and earth. ¹⁶The highest heavens belong to the LORD, but the earth He has given to mankind. ¹⁷It is not the dead who praise the LORD, nor any who descend into silence. ¹⁸But it is we who will bless the LORD, both now and forevermore. Hallelujah!

THE PROVERB • PROVERBS 23

¹When you sit down to dine with a ruler, consider carefully what is set before you, ²and put a knife to your throat if you possess a great appetite. ³Do not crave his delicacies, for that food is deceptive. ⁴Do not wear

yourself out to get rich; be wise enough to restrain yourself. ⁵When you glance at wealth, it disappears, for it makes wings for itself and flies like an eagle to the sky. ⁶Do not eat the bread of a stingy man, and do not crave his delicacies; ⁷for he is keeping track, inwardly counting the cost. “Eat and drink,” he says to you, but his heart is not with you. ⁸You will vomit up what little you have eaten and waste your pleasant words. ⁹Do not speak to a fool, for he will despise the wisdom of your words. ¹⁰Do not move an ancient boundary stone or encroach on the fields of the fatherless, ¹¹for their Redeemer is strong; He will take up their case against you. ¹²Apply your heart to instruction and your ears to words of knowledge. ¹³Do not withhold discipline from a child; although you strike him with a rod, he will not die. ¹⁴Strike him with a rod, and you will deliver his soul from Sheol. ¹⁵My son, if your heart is wise, my own heart will indeed rejoice. ¹⁶My inmost being will rejoice when your lips speak what is right. ¹⁷Do not let your heart envy sinners, but always continue in the fear of the LORD. ¹⁸For surely there is a future, and your hope will not be cut off. ¹⁹Listen, my son, and be wise, and guide your heart on the right course. ²⁰Do not join those who drink too much wine or gorge themselves on meat. ²¹For the drunkard and the glutton will come to poverty, and drowsiness will clothe them in rags. ²²Listen to your father who gave you life, and do not despise your mother when she is old. ²³Invest in truth and never sell it— in wisdom and instruction and understanding. ²⁴The father of a righteous man will greatly rejoice, and he who fathers a wise son will delight in him. ²⁵May your father and mother be glad, and may she who gave you birth rejoice! ²⁶My son, give me your heart, and let your eyes delight in my ways. ²⁷For a prostitute is a deep pit, and an adulteress is a narrow well. ²⁸Like a robber she lies in wait and multiplies the faithless among men. ²⁹Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has needless wounds? Who has bloodshot eyes? ³⁰Those who linger over wine, who go to taste mixed drinks. ³¹Do not gaze at wine while it is red, when it sparkles in the cup and goes down smoothly. ³²In the end it bites like a snake and stings like a viper. ³³Your eyes will see strange things, and your mind will utter perversities. ³⁴You will be like one sleeping on the high seas or lying on the top of a mast: ³⁵“They struck me, but I feel no pain! They beat me, but I did not know it! When can I wake up to search for another drink?”

Day 24

MORNING • PSALMS 116–118

Psalm 116

¹I love the LORD, for He has heard my voice— my appeal for mercy. ²Because He has inclined His ear to me, I will call on Him as long as I live. ³The ropes of death entangled me; the anguish of Sheol overcame me; I was confronted by trouble and sorrow. ⁴Then I called on the name of the LORD: “O LORD, deliver my soul!” ⁵The LORD is gracious and righteous; our God is full of compassion. ⁶The LORD preserves the simplehearted; I was helpless, and He saved me. ⁷Return to your rest, O my soul, for the LORD has been good to you. ⁸For You have delivered my soul from death, my eyes from tears, my feet from stumbling. ⁹I will walk before the LORD in the land of the living. ¹⁰I believed, therefore I said, “I am greatly afflicted.” ¹¹In my alarm I said, “All men are liars!” ¹²How can I repay the LORD for all His goodness to me? ¹³I will lift the cup of salvation and call on the name of the LORD. ¹⁴I will fulfill my vows to the LORD in the presence of all His people. ¹⁵Precious in the sight of the LORD is the death of His saints. ¹⁶Truly, O LORD, I am Your servant; I am Your servant, the son of Your maidservant; You have broken my bonds. ¹⁷I will offer to You a sacrifice of thanksgiving and call on the name of the LORD. ¹⁸I will fulfill my vows to the LORD in the presence of all His people, ¹⁹in the courts of the LORD’s house, in your midst, O Jerusalem. Hallelujah!

Psalm 117

¹Praise the LORD, all you nations! Extol Him, all you peoples! ²For great is His loving devotion toward us, and the faithfulness of the LORD endures forever. Hallelujah!

Psalm 118

¹Give thanks to the LORD, for He is good; His loving devotion endures forever. ²Let Israel say, “His loving devotion endures forever.” ³Let the house of Aaron say, “His loving devotion endures forever.” ⁴Let those who fear the LORD say, “His loving devotion endures forever.” ⁵In my distress I called to the LORD, and He answered and set me free. ⁶The LORD is on my side; I will not be afraid. What can man do to me? ⁷The LORD is on my side; He is my helper. Therefore I will look in triumph on those who hate me. ⁸It is better to take refuge in the LORD than to trust in man. ⁹It is better to take refuge in the LORD than to trust in princes. ¹⁰All the nations surrounded me, but in the name of the LORD I cut them off. ¹¹They surrounded me on every side, but in the name of the LORD I cut them off. ¹²They swarmed around me like bees, but they were extinguished like burning thorns; in the name of the LORD I cut them off. ¹³I was pushed so hard I was falling, but the LORD helped me. ¹⁴The LORD is my strength and my song, and He has become my salvation. ¹⁵Shouts of joy and salvation resound in the tents of the righteous: “The right hand of the LORD

performs with valor! ¹⁶The right hand of the LORD is exalted! The right hand of the LORD performs with valor!” ¹⁷I will not die, but I will live and proclaim what the LORD has done. ¹⁸The LORD disciplined me severely, but He has not given me over to death. ¹⁹Open to me the gates of righteousness, that I may enter and give thanks to the LORD. ²⁰This is the gate of the LORD; the righteous shall enter through it. ²¹I will give You thanks, for You have answered me, and You have become my salvation. ²²The stone the builders rejected has become the cornerstone. ²³This is from the LORD, and it is marvelous in our eyes. ²⁴This is the day that the LORD has made; we will rejoice and be glad in it. ²⁵O LORD, save us, we pray. We beseech You, O LORD, cause us to prosper! ²⁶Blessed is he who comes in the name of the LORD. From the house of the LORD we bless you. ²⁷The LORD is God; He has made His light to shine upon us. Bind the festal sacrifice with cords to the horns of the altar. ²⁸You are my God, and I will give You thanks. You are my God, and I will exalt You. ²⁹Give thanks to the LORD, for He is good; His loving devotion endures forever.

EVENING · PSALM 119:1 – 32

Psalm 119:1–32

¹Blessed are those whose way is blameless, who walk in the Law of the LORD. ²Blessed are those who keep His testimonies and seek Him with all their heart. ³They do no iniquity; they walk in His ways. ⁴You have ordained Your precepts, that we should keep them diligently. ⁵Oh, that my ways were committed to keeping Your statutes! ⁶Then I would not be ashamed when I consider all Your commandments. ⁷I will praise You with an upright heart when I learn Your righteous judgments. ⁸I will keep Your statutes; do not utterly forsake me. ⁹How can a young man keep his way pure? By guarding it according to Your word. ¹⁰With all my heart I have sought You; do not let me stray from Your commandments. ¹¹I have hidden Your word in my heart that I might not sin against You. ¹²Blessed are You, O LORD; teach me Your statutes. ¹³With my lips I proclaim all the judgments of Your mouth. ¹⁴I rejoice in the way of Your testimonies as much as in all riches. ¹⁵I will meditate on Your precepts and regard Your ways. ¹⁶I will delight in Your statutes; I will not forget Your word. ¹⁷Deal bountifully with Your servant, that I may live and keep Your word. ¹⁸Open my eyes that I may see wondrous things from Your law. ¹⁹I am a stranger on the earth; do not hide Your commandments from me. ²⁰My soul is consumed with longing for Your judgments at all times. ²¹You rebuke the arrogant—the cursed who stray from Your commandments. ²²Remove my scorn and contempt, for I have kept Your testimonies. ²³Though rulers sit and slander me, Your servant meditates on Your statutes. ²⁴Your testimonies are indeed my delight; they are my counselors. ²⁵My soul cleaves to the dust; revive me according to Your word. ²⁶I recounted my ways, and You answered me; teach me Your statutes. ²⁷Make clear to me the way of Your precepts; then I will meditate on Your wonders. ²⁸My soul melts with sorrow; strengthen me according to Your word. ²⁹Remove me from the path of deceit and graciously grant me Your law. ³⁰I have chosen the way of truth; I have set Your ordinances before me. ³¹I cling to Your

testimonies, O LORD; let me not be put to shame. ³²I run in the path of Your commandments, for You will enlarge my heart.

THE PROVERB · PROVERBS 24

¹Do not envy wicked men or desire their company; ²for their hearts devise violence, and their lips declare trouble. ³By wisdom a house is built and by understanding it is established; ⁴through knowledge its rooms are filled with every precious and beautiful treasure. ⁵A wise man is strong, and a man of knowledge enhances his strength. ⁶Only with sound guidance should you wage war, and victory lies in a multitude of counselors. ⁷Wisdom is too high for a fool; he does not open his mouth in the meeting place. ⁸He who plots evil will be called a schemer. ⁹A foolish scheme is sin, and a mocker is detestable to men. ¹⁰If you faint in the day of distress, how small is your strength! ¹¹Rescue those being led away to death, and restrain those stumbling toward the slaughter. ¹²If you say, “Behold, we did not know about this,” does not He who weighs hearts consider it? Does not the One who guards your life know? Will He not repay a man according to his deeds? ¹³Eat honey, my son, for it is good, and the honeycomb is sweet to your taste. ¹⁴Know therefore that wisdom is sweet to your soul. If you find it, there is a future for you, and your hope will never be cut off. ¹⁵Do not lie in wait, O wicked man, near the dwelling of the righteous; do not destroy his resting place. ¹⁶For though a righteous man may fall seven times, he still gets up; but the wicked stumble in bad times. ¹⁷Do not gloat when your enemy falls, and do not let your heart rejoice when he stumbles, ¹⁸or the LORD will see and disapprove, and turn His wrath away from him. ¹⁹Do not fret over evildoers, and do not be envious of the wicked. ²⁰For the evil man has no future; the lamp of the wicked will be extinguished. ²¹My son, fear the LORD and the king, and do not associate with the rebellious. ²²For they will bring sudden destruction. Who knows what ruin they can bring? ²³These also are sayings of the wise: To show partiality in judgment is not good. ²⁴Whoever tells the guilty, “You are innocent”— peoples will curse him, and nations will denounce him; ²⁵but it will go well with those who convict the guilty, and rich blessing will come upon them. ²⁶An honest answer given is like a kiss on the lips. ²⁷Complete your outdoor work and prepare your field; after that, you may build your house. ²⁸Do not testify against your neighbor without cause, and do not deceive with your lips. ²⁹Do not say, “I will do to him as he has done to me; I will repay the man according to his work.” ³⁰I went past the field of a slacker and by the vineyard of a man lacking judgment. ³¹Thorns had grown up everywhere, thistles had covered the ground, and the stone wall was broken down. ³²I observed and took it to heart; I looked and received instruction: ³³A little sleep, a little slumber, a little folding of the hands to rest, ³⁴and poverty will come upon you like a robber, and need like a bandit.

Day 25

MORNING • PSALM 119:33–72

Psalm 119:33–72

³³Teach me, O LORD, the way of Your statutes, and I will keep them to the end. ³⁴Give me understanding that I may obey Your law, and follow it with all my heart. ³⁵Direct me in the path of Your commandments, for there I find delight. ³⁶Turn my heart to Your testimonies and not to covetous gain. ³⁷Turn my eyes away from worthless things; revive me with Your word. ³⁸Establish Your word to Your servant, to produce reverence for You. ³⁹Turn away the disgrace I dread, for Your judgments are good. ⁴⁰How I long for Your precepts! Revive me in Your righteousness. ⁴¹May Your loving devotion come to me, O LORD, Your salvation, according to Your promise. ⁴²Then I can answer him who taunts, for I trust in Your word. ⁴³Never take Your word of truth from my mouth, for I hope in Your judgments. ⁴⁴I will always obey Your law, forever and ever. ⁴⁵And I will walk in freedom, for I have sought Your precepts. ⁴⁶I will speak of Your testimonies before kings, and I will not be ashamed. ⁴⁷I delight in Your commandments because I love them. ⁴⁸I lift up my hands to Your commandments, which I love, and I meditate on Your statutes. ⁴⁹Remember Your word to Your servant, upon which You have given me hope. ⁵⁰This is my comfort in affliction, that Your promise has given me life. ⁵¹The arrogant utterly deride me, but I do not turn from Your law. ⁵²I remember Your judgments of old, O LORD, and in them I find comfort. ⁵³Rage has taken hold of me because of the wicked who reject Your law. ⁵⁴Your statutes are songs to me in the house of my pilgrimage. ⁵⁵In the night, O LORD, I remember Your name, that I may keep Your law. ⁵⁶This is my practice, for I obey Your precepts. ⁵⁷The LORD is my portion; I have promised to keep Your words. ⁵⁸I have sought Your face with all my heart; be gracious to me according to Your promise. ⁵⁹I considered my ways and turned my steps to Your testimonies. ⁶⁰I hurried without hesitating to keep Your commandments. ⁶¹Though the ropes of the wicked bind me, I do not forget Your law. ⁶²At midnight I rise to give You thanks for Your righteous judgments. ⁶³I am a friend to all who fear You, and to those who keep Your precepts. ⁶⁴The earth is filled with Your loving devotion, O LORD; teach me Your statutes. ⁶⁵You are good to Your servant, O LORD, according to Your word. ⁶⁶Teach me good judgment and knowledge, for I believe in Your commandments. ⁶⁷Before I was afflicted, I went astray; but now I keep Your word. ⁶⁸You are good, and You do what is good; teach me Your statutes. ⁶⁹Though the arrogant have smeared me with lies, I keep Your precepts with all my heart. ⁷⁰Their hearts are hard and callous, but I delight in Your law. ⁷¹It was good for me to be afflicted, that I might learn Your statutes. ⁷²The law from Your mouth is more precious to me than thousands of pieces of gold and silver.

EVENING • PSALM 119:73–104

Psalm 119:73–104

⁷³Your hands have made me and fashioned me; give me understanding to learn Your commandments. ⁷⁴May those who fear You see me and rejoice, for I have hoped in Your word. ⁷⁵I know, O LORD, that Your judgments are righteous, and that in faithfulness You have afflicted me. ⁷⁶May Your loving devotion comfort me, I pray, according to Your promise to Your servant. ⁷⁷May Your compassion come to me, that I may live, for Your law is my delight. ⁷⁸May the arrogant be put to shame for subverting me with a lie; I will meditate on Your precepts. ⁷⁹May those who fear You turn to me, those who know Your testimonies. ⁸⁰May my heart be blameless in Your statutes, that I may not be put to shame. ⁸¹My soul faints for Your salvation; I wait for Your word. ⁸²My eyes fail, looking for Your promise; I ask, “When will You comfort me?” ⁸³Though I am like a wineskin dried up by smoke, I do not forget Your statutes. ⁸⁴How many days must Your servant wait? When will You execute judgment on my persecutors? ⁸⁵The arrogant have dug pits for me in violation of Your law. ⁸⁶All Your commandments are faithful; I am persecuted without cause—help me! ⁸⁷They almost wiped me from the earth, but I have not forsaken Your precepts. ⁸⁸Revive me according to Your loving devotion, that I may obey the testimony of Your mouth. ⁸⁹Your word, O LORD, is everlasting; it is firmly fixed in the heavens. ⁹⁰Your faithfulness continues through all generations; You established the earth, and it endures. ⁹¹Your ordinances stand to this day, for all things are servants to You. ⁹²If Your law had not been my delight, then I would have perished in my affliction. ⁹³I will never forget Your precepts, for by them You have revived me. ⁹⁴I am Yours; save me, for I have sought Your precepts. ⁹⁵The wicked wait to destroy me, but I will ponder Your testimonies. ⁹⁶I have seen a limit to all perfection, but Your commandment is without limit. ⁹⁷Oh, how I love Your law! All day long it is my meditation. ⁹⁸Your commandments make me wiser than my enemies, for they are always with me. ⁹⁹I have more insight than all my teachers, for Your testimonies are my meditation. ¹⁰⁰I discern more than the elders, for I obey Your precepts. ¹⁰¹I have kept my feet from every evil path, that I may keep Your word. ¹⁰²I have not departed from Your ordinances, for You Yourself have taught me. ¹⁰³How sweet are Your words to my taste—sweeter than honey in my mouth! ¹⁰⁴I gain understanding from Your precepts; therefore I hate every false way.

THE PROVERB • PROVERBS 25

¹These are additional proverbs of Solomon, which were copied by the men of Hezekiah king of Judah: ²It is the glory of God to conceal a matter and the glory of kings to search it out. ³As the heavens are high and the earth is deep, so the hearts of kings cannot be searched. ⁴Remove the dross from the silver, and a vessel for a silversmith will come forth. ⁵Remove the wicked from the king’s presence, and his throne will be established in righteousness. ⁶Do not exalt yourself in the presence of the king, and do not stand in the place of great men; ⁷for it is better that he says to you, “Come up here!” than that you should be demoted in the presence of the prince. Even what you have seen with your own eyes, ⁸do not bring hastily to court. Otherwise, what will you do in the end when your neighbor puts you to shame? ⁹Argue your case with

your neighbor without betraying another's confidence,¹⁰ lest the one who hears may disgrace you, and your infamy never go away.¹¹ A word fitly spoken is like apples of gold in settings of silver.¹² Like an earring of gold or an ornament of fine gold is a wise man's rebuke to a listening ear.¹³ Like the cold of snow in the time of harvest is a trustworthy messenger to those who send him; he refreshes the soul of his masters.¹⁴ Like clouds and wind without rain is the man who boasts of gifts never given.¹⁵ Through patience a ruler can be persuaded, and a gentle tongue can break a bone.¹⁶ If you find honey, eat just what you need, lest you have too much and vomit it up.¹⁷ Seldom set foot in your neighbor's house, lest he grow weary and hate you.¹⁸ Like a club or sword or sharp arrow is a man who bears false witness against his neighbor.¹⁹ Like a broken tooth or a foot out of joint is confidence in a faithless man in time of trouble.²⁰ Like one who removes a garment on a cold day or vinegar poured on a wound is one who sings songs to a heavy heart.²¹ If your enemy is hungry, give him food to eat, and if he is thirsty, give him water to drink.²² For in so doing, you will heap burning coals on his head, and the LORD will reward you.²³ As the north wind brings forth rain, so a backbiting tongue brings angry looks.²⁴ Better to live on a corner of the roof than to share a house with a quarrelsome wife.²⁵ Like cold water to a weary soul is good news from a distant land.²⁶ Like a muddied spring or a polluted well is a righteous man who gives way to the wicked.²⁷ It is not good to eat too much honey or to search out one's own glory.²⁸ Like a city whose walls are broken down is a man who does not control his temper.

Day 26

MORNING • PSALM 119:105–144

Psalm 119:105–144

¹⁰⁵Your word is a lamp to my feet and a light to my path. ¹⁰⁶I have sworn and confirmed that I will keep Your righteous judgments. ¹⁰⁷I am severely afflicted, O LORD; revive me through Your word. ¹⁰⁸Accept the freewill offerings of my mouth, O LORD, and teach me Your judgments. ¹⁰⁹I constantly take my life in my hands, yet I do not forget Your law. ¹¹⁰The wicked have set a snare for me, but I have not strayed from Your precepts. ¹¹¹Your testimonies are my heritage forever, for they are the joy of my heart. ¹¹²I have inclined my heart to perform Your statutes, even to the very end. ¹¹³The double-minded I despise, but Your law I love. ¹¹⁴You are my hiding place and my shield; I put my hope in Your word. ¹¹⁵Depart from me, you evildoers, that I may obey the commandments of my God. ¹¹⁶Sustain me as You promised, that I may live; let me not be ashamed of my hope. ¹¹⁷Uphold me, and I will be saved, that I may always regard Your statutes. ¹¹⁸You reject all who stray from Your statutes, for their deceitfulness is in vain. ¹¹⁹All the wicked on earth You discard like dross; therefore I love Your testimonies. ¹²⁰My flesh trembles in awe of You; I stand in fear of Your judgments. ¹²¹I have done what is just and right; do not leave me to my oppressors. ¹²²Ensure Your servant's well-being; do not let the arrogant oppress me. ¹²³My eyes fail, looking for Your salvation, and for Your righteous promise. ¹²⁴Deal with Your servant according to Your loving devotion, and teach me Your statutes. ¹²⁵I am Your servant; give me understanding, that I may know Your testimonies. ¹²⁶It is time for the LORD to act, for they have broken Your law. ¹²⁷Therefore I love Your commandments more than gold, even the purest gold. ¹²⁸Therefore I admire all Your precepts and hate every false way. ¹²⁹Wonderful are Your testimonies; therefore I obey them. ¹³⁰The unfolding of Your words gives light; it informs the simple. ¹³¹I open my mouth and pant, longing for Your commandments. ¹³²Turn to me and show me mercy, as You do to those who love Your name. ¹³³Order my steps in Your word; let no sin rule over me. ¹³⁴Redeem me from the oppression of man, that I may keep Your precepts. ¹³⁵Make Your face shine upon Your servant, and teach me Your statutes. ¹³⁶My eyes shed streams of tears because Your law is not obeyed. ¹³⁷Righteous are You, O LORD, and upright are Your judgments. ¹³⁸The testimonies You have laid down are righteous and altogether faithful. ¹³⁹My zeal has consumed me because my foes forget Your words. ¹⁴⁰Your promise is completely pure; therefore Your servant loves it. ¹⁴¹I am lowly and despised, but I do not forget Your precepts. ¹⁴²Your righteousness is everlasting and Your law is true. ¹⁴³Trouble and distress have found me, but Your commandments are my delight. ¹⁴⁴Your testimonies are righteous forever. Give me understanding, that I may live.

EVENING • PSALM 119:145–176

Psalm 119:145–176

¹⁴⁵ I call with all my heart; answer me, O LORD! I will obey Your statutes. ¹⁴⁶ I call to You; save me, that I may keep Your testimonies. ¹⁴⁷ I rise before dawn and cry for help; in Your word I have put my hope. ¹⁴⁸ My eyes anticipate the watches of night, that I may meditate on Your word. ¹⁴⁹ Hear my voice, O LORD, according to Your loving devotion; give me life according to Your justice. ¹⁵⁰ Those who follow after wickedness draw near; they are far from Your law. ¹⁵¹ You are near, O LORD, and all Your commandments are true. ¹⁵² Long ago I learned from Your testimonies that You have established them forever. ¹⁵³ Look upon my affliction and rescue me, for I have not forgotten Your law. ¹⁵⁴ Defend my cause and redeem me; revive me according to Your word. ¹⁵⁵ Salvation is far from the wicked because they do not seek Your statutes. ¹⁵⁶ Great are Your mercies, O LORD; revive me according to Your ordinances. ¹⁵⁷ Though my persecutors and foes are many, I have not turned from Your testimonies. ¹⁵⁸ I look on the faithless with loathing because they do not keep Your word. ¹⁵⁹ Consider how I love Your precepts, O LORD; give me life according to Your loving devotion. ¹⁶⁰ The entirety of Your word is truth, and all Your righteous judgments endure forever. ¹⁶¹ Rulers persecute me without cause, but my heart fears only Your word. ¹⁶² I rejoice in Your promise like one who finds great spoil. ¹⁶³ I hate and abhor falsehood, but Your law I love. ¹⁶⁴ Seven times a day I praise You for Your righteous judgments. ¹⁶⁵ Abundant peace belongs to those who love Your law; nothing can make them stumble. ¹⁶⁶ I wait for Your salvation, O LORD, and I carry out Your commandments. ¹⁶⁷ I obey Your testimonies and love them greatly. ¹⁶⁸ I obey Your precepts and Your testimonies, for all my ways are before You. ¹⁶⁹ May my cry come before You, O LORD; give me understanding according to Your word. ¹⁷⁰ May my plea come before You; rescue me according to Your promise. ¹⁷¹ My lips pour forth praise, for You teach me Your statutes. ¹⁷² My tongue sings of Your word, for all Your commandments are righteous. ¹⁷³ May Your hand be ready to help me, for I have chosen Your precepts. ¹⁷⁴ I long for Your salvation, O LORD, and Your law is my delight. ¹⁷⁵ Let me live to praise You; may Your judgments sustain me. ¹⁷⁶ I have strayed like a lost sheep; seek Your servant, for I have not forgotten Your commandments.

THE PROVERB • PROVERBS 26

¹ Like snow in summer and rain at harvest, honor does not befit a fool. ² Like a fluttering sparrow or darting swallow, an undeserved curse does not come to rest. ³ A whip for the horse, a bridle for the donkey, and a rod for the backs of fools! ⁴ Do not answer a fool according to his folly, or you yourself will be like him. ⁵ Answer a fool according to his folly, lest he become wise in his own eyes. ⁶ Like cutting off one's own feet or drinking violence is the sending of a message by the hand of a fool. ⁷ Like lame legs hanging limp is a proverb in the mouth of a fool. ⁸ Like binding a stone into a sling is the giving of honor to a fool. ⁹ Like a thorn that falls into the hand of a drunkard is a proverb in the mouth of a fool. ¹⁰ Like an archer who wounds at random is he who hires a fool or passerby. ¹¹ As a dog returns to its vomit, so a fool repeats his folly. ¹² Do you see a man who is wise in his own eyes? There is more hope for a fool than for him. ¹³ The slacker says, "A

lion is in the road! A fierce lion roams the public square!”¹⁴ As a door turns on its hinges, so the slacker turns on his bed.¹⁵ The slacker buries his hand in the dish; it wearies him to bring it back to his mouth.¹⁶ The slacker is wiser in his own eyes than seven men who answer discreetly.¹⁷ Like one who grabs a dog by the ears is a passerby who meddles in a quarrel not his own.¹⁸ Like a madman shooting firebrands and deadly arrows,¹⁹ so is the man who deceives his neighbor and says, “I was only joking!”²⁰ Without wood, a fire goes out; without gossip, a conflict ceases.²¹ Like charcoal for embers and wood for fire, so is a quarrelsome man for kindling strife.²² The words of a gossip are like choice morsels that go down into the inmost being.²³ Like glaze covering an earthen vessel are burning lips and a wicked heart.²⁴ A hateful man disguises himself with his speech, but he lays up deceit in his heart.²⁵ When he speaks graciously, do not believe him, for seven abominations fill his heart.²⁶ Though his hatred is concealed by deception, his wickedness will be exposed in the assembly.²⁷ He who digs a pit will fall into it, and he who rolls a stone will have it roll back on him.²⁸ A lying tongue hates those it crushes, and a flattering mouth causes ruin.

Day 27

MORNING • PSALMS 120–125

Psalm 120

¹A song of ascents. In my distress I cried to the LORD, and He answered me. ²Deliver my soul, O LORD, from lying lips and a deceitful tongue. ³What will He do to you, and what will be added to you, O deceitful tongue? ⁴Sharp arrows will come from the warrior, with burning coals of the broom tree! ⁵Woe to me that I dwell in Meshech, that I live among the tents of Kedar! ⁶Too long have I dwelt among those who hate peace. ⁷I am in favor of peace; but when I speak, they want war.

Psalm 121

¹A song of ascents. I lift up my eyes to the hills. From where does my help come? ²My help comes from the LORD, the Maker of heaven and earth. ³He will not allow your foot to slip; your Protector will not slumber. ⁴Behold, the Protector of Israel will neither slumber nor sleep. ⁵The LORD is your keeper; the LORD is the shade on your right hand. ⁶The sun will not strike you by day, nor the moon by night. ⁷The LORD will guard you from all evil; He will preserve your soul. ⁸The LORD will watch over your coming and going, both now and forevermore.

Psalm 122

¹A song of ascents. Of David. I was glad when they said to me, “Let us go to the house of the LORD.” ²Our feet are standing in your gates, O Jerusalem. ³Jerusalem is built up as a city united together, ⁴where the tribes go up, the tribes of the LORD, as a testimony for Israel, to give thanks to the name of the LORD. ⁵For there the thrones of judgment stand, the thrones of the house of David. ⁶Pray for the peace of Jerusalem: “May those who love you prosper. ⁷May there be peace within your walls, and prosperity inside your fortresses.” ⁸For the sake of my brothers and friends, I will say, “Peace be within you.” ⁹For the sake of the house of the LORD our God, I will seek your prosperity.

Psalm 123

¹A song of ascents. I lift up my eyes to You, the One enthroned in heaven. ²As the eyes of servants look to the hand of their master, as the eyes of a maidservant look to the hand of her mistress, so our eyes are on the LORD our God until He shows us mercy. ³Have mercy on us, O LORD, have mercy, for we have endured much contempt. ⁴We have endured much scorn from the arrogant, much contempt from the proud.

Psalm 124

¹ A song of ascents. Of David. If the LORD had not been on our side— let Israel now declare— ² if the LORD had not been on our side when men attacked us, ³ when their anger flared against us, then they would have swallowed us alive, ⁴ then the floods would have engulfed us, then the torrent would have overwhelmed us, ⁵ then the raging waters would have swept us away. ⁶ Blessed be the LORD, who has not given us as prey to their teeth. ⁷ We have escaped like a bird from the snare of the fowler; the net is torn, and we have slipped away. ⁸ Our help is in the name of the LORD, the Maker of heaven and earth.

Psalm 125

¹ A song of ascents. Those who trust in the LORD are like Mount Zion. It cannot be moved; it abides forever. ² As the mountains surround Jerusalem, so the LORD surrounds His people, both now and forevermore. ³ For the scepter of the wicked will not rest upon the land allotted to the righteous, so that the righteous will not put forth their hands to injustice. ⁴ Do good, O LORD, to those who are good, and to the upright in heart. ⁵ But those who turn to crooked ways the LORD will banish with the evildoers. Peace be upon Israel.

EVENING • PSALMS 126–131

Psalm 126

¹ A song of ascents. When the LORD restored the captives of Zion, we were like dreamers. ² Then our mouths were filled with laughter, our tongues with shouts of joy. Then it was said among the nations, “The LORD has done great things for them.” ³ The LORD has done great things for us; we are filled with joy. ⁴ Restore our captives, O LORD, like streams in the Negev. ⁵ Those who sow in tears will reap with shouts of joy. ⁶ He who goes out weeping, bearing a trail of seed, will surely return with shouts of joy, carrying sheaves of grain.

Psalm 127

¹ A song of ascents. Of Solomon. Unless the LORD builds the house, its builders labor in vain; unless the LORD protects the city, its watchmen stand guard in vain. ² In vain you rise early and stay up late, toiling for bread to eat— for He gives sleep to His beloved. ³ Children are indeed a heritage from the LORD, and the fruit of the womb is His reward. ⁴ Like arrows in the hand of a warrior, so are children born in one’s youth. ⁵ Blessed is the man whose quiver is full of them. He will not be put to shame when he confronts the enemies at the gate.

Psalm 128

¹ A song of ascents. Blessed are all who fear the LORD, who walk in His ways! ² For when you eat the fruit of your labor, blessings and prosperity will be yours. ³ Your wife will be like a fruitful vine flourishing within

your house, your sons like olive shoots sitting around your table. ⁴In this way indeed shall blessing come to the man who fears the LORD. ⁵May the LORD bless you from Zion, that you may see the prosperity of Jerusalem all the days of your life, ⁶that you may see your children's children. Peace be upon Israel!

Psalm 129

¹A song of ascents. Many a time they have persecuted me from my youth— let Israel now declare— ²many a time they have persecuted me from my youth, but they have not prevailed against me. ³The plowmen plowed over my back; they made their furrows long. ⁴The LORD is righteous; He has cut me from the cords of the wicked. ⁵May all who hate Zion be turned back in shame. ⁶May they be like grass on the rooftops, which withers before it can grow, ⁷unable to fill the hands of the reaper, or the arms of the binder of sheaves. ⁸May none who pass by say to them, “The blessing of the LORD be on you; we bless you in the name of the LORD.”

Psalm 130

¹A song of ascents. Out of the depths I cry to You, O LORD! ²O Lord, hear my voice; let Your ears be attentive to my plea for mercy. ³If You, O LORD, kept track of iniquities, then who, O Lord, could stand? ⁴But with You there is forgiveness, so that You may be feared. ⁵I wait for the LORD; my soul does wait, and in His word I put my hope. ⁶My soul waits for the Lord more than watchmen wait for the morning— more than watchmen wait for the morning. ⁷O Israel, put your hope in the LORD, for with the LORD is loving devotion, and with Him is redemption in abundance. ⁸And He will redeem Israel from all iniquity.

Psalm 131

¹A song of ascents. Of David. My heart is not proud, O LORD, my eyes are not haughty. I do not aspire to great things or matters too lofty for me. ²Surely I have stilled and quieted my soul; like a weaned child with his mother, like a weaned child is my soul within me. ³O Israel, put your hope in the LORD, both now and forevermore.

THE PROVERB · PROVERBS 27

¹Do not boast about tomorrow, for you do not know what a day may bring. ²Let another praise you, and not your own mouth— a stranger, and not your own lips. ³A stone is heavy and sand is a burden, but aggravation from a fool outweighs them both. ⁴Wrath is cruel and anger is like a flood, but who can withstand jealousy? ⁵Better an open rebuke than love that is concealed. ⁶The wounds of a friend are faithful, but the kisses of an enemy are deceitful. ⁷The soul that is full loathes honey, but to a hungry soul, any bitter thing is sweet. ⁸Like a bird that strays from its nest is a man who wanders from his home. ⁹Oil and incense bring joy to the heart, and the sweetness of a friend is counsel to the soul. ¹⁰Do not forsake your friend or your father's friend, and do not go to your brother's house in the day of your calamity; better a

neighbor nearby than a brother far away. ¹¹Be wise, my son, and bring joy to my heart, so that I can answer him who taunts me. ¹²The prudent see danger and take cover; but the simple keep going and pay the penalty. ¹³Take the garment of him who posts security for a stranger; get collateral if it is for a foreigner. ¹⁴If one blesses his neighbor with a loud voice early in the morning, it will be counted to him as a curse. ¹⁵A constant dripping on a rainy day and a contentious woman are alike— ¹⁶restraining her is like holding back the wind or grasping oil with one's right hand. ¹⁷As iron sharpens iron, so one man sharpens another. ¹⁸Whoever tends a fig tree will eat its fruit, and he who looks after his master will be honored. ¹⁹As water reflects the face, so the heart reflects the true man. ²⁰Sheol and Abaddon are never satisfied; so the eyes of man are never satisfied. ²¹A crucible for silver and a furnace for gold, but a man is tested by the praise accorded him. ²²Though you grind a fool like grain with mortar and a pestle, yet his folly will not depart from him. ²³Be sure to know the state of your flocks, and pay close attention to your herds; ²⁴for riches are not forever, nor does a crown endure to every generation. ²⁵When hay is removed and new growth appears and the grain from the hills is gathered, ²⁶the lambs will provide you with clothing, and the goats with the price of a field. ²⁷You will have plenty of goats' milk to feed you— food for your household and nourishment for your maidservants.

Day 28

MORNING • PSALMS 132–135

Psalm 132

¹A song of ascents. O LORD, remember on behalf of David all the hardships he endured, ²how he swore an oath to the LORD, and vowed to the Mighty One of Jacob: ³“I will not enter my house or get into my bed, ⁴I will not give sleep to my eyes or slumber to my eyelids, ⁵until I find a place for the LORD, a dwelling for the Mighty One of Jacob.” ⁶We heard that the ark was in Ephrathah; we found it in the fields of Jaar. ⁷Let us go to His dwelling place; let us worship at His footstool. ⁸Arise, O LORD, to Your resting place, You and the ark of Your strength. ⁹May Your priests be clothed with righteousness, and Your saints shout for joy. ¹⁰For the sake of Your servant David, do not reject Your anointed one. ¹¹The LORD swore an oath to David, a promise He will not revoke: “One of your descendants I will place on your throne. ¹²If your sons keep My covenant and the testimony I will teach them, then their sons will also sit on your throne forever and ever.” ¹³For the LORD has chosen Zion; He has desired it for His home: ¹⁴“This is My resting place forever and ever; here I will dwell, for I have desired this home. ¹⁵I will bless her with abundant provisions; I will satisfy her poor with bread. ¹⁶I will clothe her priests with salvation, and her saints will sing out in joy. ¹⁷There I will make a horn grow for David; I have prepared a lamp for My anointed one. ¹⁸I will clothe his enemies with shame, but the crown upon him will gleam.”

Psalm 133

¹A song of ascents. Of David. Behold, how good and pleasant it is when brothers live together in harmony! ²It is like fine oil on the head, running down on the beard, running down Aaron’s beard over the collar of his robes. ³It is like the dew of Hermon falling on the mountains of Zion. For there the LORD has bestowed the blessing of life forevermore.

Psalm 134

¹A song of ascents. Come, bless the LORD, all you servants of the LORD who serve by night in the house of the LORD! ²Lift up your hands to the sanctuary and bless the LORD! ³May the LORD, the Maker of heaven and earth, bless you from Zion.

Psalm 135

¹Hallelujah! Praise the name of the LORD. Give praise, O servants of the LORD, ²who stand in the house of the LORD, in the courts of the house of our God. ³Hallelujah, for the LORD is good; sing praises to His name, for it is lovely. ⁴For the LORD has chosen Jacob as His own, Israel as His treasured possession. ⁵For I

know that the LORD is great; our Lord is above all gods. ⁶The LORD does all that pleases Him in the heavens and on the earth, in the seas and in all their depths. ⁷He causes the clouds to rise from the ends of the earth. He generates the lightning with the rain and brings forth the wind from His storehouses. ⁸He struck down the firstborn of Egypt, of both man and beast. ⁹He sent signs and wonders into your midst, O Egypt, against Pharaoh and all his servants. ¹⁰He struck down many nations and slaughtered mighty kings: ¹¹Sihon king of the Amorites, Og king of Bashan, and all the kings of Canaan. ¹²He gave their land as an inheritance, as a heritage to His people Israel. ¹³Your name, O LORD, endures forever, Your renown, O LORD, through all generations. ¹⁴For the LORD will vindicate His people and will have compassion on His servants. ¹⁵The idols of the nations are silver and gold, made by the hands of men. ¹⁶They have mouths, but cannot speak; they have eyes, but cannot see; ¹⁷they have ears, but cannot hear; nor is there breath in their mouths. ¹⁸Those who make them become like them, as do all who trust in them. ¹⁹O house of Israel, bless the LORD; O house of Aaron, bless the LORD; ²⁰O house of Levi, bless the LORD; you who fear the LORD, bless the LORD! ²¹Blessed be the LORD from Zion— He who dwells in Jerusalem. Hallelujah!

EVENING · PSALMS 136–138

Psalm 136

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

Psalm 137

¹By the rivers of Babylon we sat and wept when we remembered Zion. ²There on the willows we hung our harps, ³for there our captors requested a song; our tormentors demanded songs of joy: “Sing us a song of Zion.” ⁴How can we sing a song of the LORD in a foreign land? ⁵If I forget you, O Jerusalem, may my right hand cease to function. ⁶May my tongue cling to the roof of my mouth if I do not remember you, if I do not exalt Jerusalem as my greatest joy! ⁷Remember, O LORD, the sons of Edom on the day Jerusalem fell: “Destroy it,” they said, “tear it down to its foundations!” ⁸O Daughter of Babylon, doomed to destruction, blessed is he who repays you as you have done to us. ⁹Blessed is he who seizes your infants and dashes them against the rocks.

Psalm 138

¹Of David. I give You thanks with all my heart; before the gods I sing Your praises. ²I bow down toward Your holy temple and give thanks to Your name for Your loving devotion and Your faithfulness; You have exalted Your name and Your word above all else. ³On the day I called, You answered me; You emboldened me and strengthened my soul. ⁴All the kings of the earth will give You thanks, O LORD, when they hear the words of Your mouth. ⁵They will sing of the ways of the LORD, for the glory of the LORD is great. ⁶Though the LORD is on high, He attends to the lowly; but the proud He knows from afar. ⁷If I walk in the midst of trouble, You preserve me from the anger of my foes; You extend Your hand, and Your right hand saves me. ⁸The LORD will fulfill His purpose for me. O LORD, Your loving devotion endures forever— do not abandon the works of Your hands.

THE PROVERB · PROVERBS 28

¹The wicked flee when no one pursues, but the righteous are as bold as a lion. ²A land in rebellion has many rulers, but a man of understanding and knowledge maintains order. ³A destitute leader who oppresses the poor is like a driving rain that leaves no food. ⁴Those who forsake the law praise the wicked, but those who keep the law resist them. ⁵Evil men do not understand justice, but those who seek the LORD comprehend fully. ⁶Better a poor man who walks with integrity than a rich man whose ways are perverse. ⁷A discerning son keeps the law, but a companion of gluttons disgraces his father. ⁸He who increases his wealth by interest and usury lays it up for one who is kind to the poor. ⁹Whoever turns his ear away from hearing the law, even his prayer is detestable. ¹⁰He who leads the upright along the path of evil will fall into his own pit, but the blameless will inherit what is good. ¹¹A rich man is wise in his own eyes, but a poor man with discernment sees through him. ¹²When the righteous triumph, there is great glory, but when the wicked rise, men hide themselves. ¹³He who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy. ¹⁴Blessed is the man who is always reverent, but he who hardens his heart falls into trouble. ¹⁵Like a roaring lion or a charging bear is a wicked ruler over a helpless people. ¹⁶A leader who lacks

judgment is also a great oppressor, but he who hates dishonest profit will prolong his days. ¹⁷ A man burdened by bloodguilt will flee into the Pit; let no one support him. ¹⁸ He who walks with integrity will be kept safe, but whoever is perverse in his ways will suddenly fall. ¹⁹ The one who works his land will have plenty of food, but whoever chases fantasies will have his fill of poverty. ²⁰ A faithful man will abound with blessings, but one eager to be rich will not go unpunished. ²¹ To show partiality is not good, yet a man will do wrong for a piece of bread. ²² A stingy man hastens after wealth and does not know that poverty awaits him. ²³ He who rebukes a man will later find more favor than one who flatters with his tongue. ²⁴ He who robs his father or mother, saying, "It is not wrong," is a companion to the man who destroys. ²⁵ A greedy man stirs up strife, but he who trusts in the LORD will prosper. ²⁶ He who trusts in himself is a fool, but one who walks in wisdom will be safe. ²⁷ Whoever gives to the poor will not be in need, but he who hides his eyes will receive many curses. ²⁸ When the wicked come to power, people hide themselves; but when they perish, the righteous flourish.

Day 29

MORNING • PSALMS 139–141

Psalm 139

¹For the choirmaster. A Psalm of David. O LORD, You have searched me and known me. ²You know when I sit and when I rise; You understand my thoughts from afar. ³You search out my path and my lying down; You are aware of all my ways. ⁴Even before a word is on my tongue, You know all about it, O LORD. ⁵You hem me in behind and before; You have laid Your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain. ⁷Where can I go to escape Your Spirit? Where can I flee from Your presence? ⁸If I ascend to the heavens, You are there; if I make my bed in Sheol, You are there. ⁹If I rise on the wings of the dawn, if I settle by the farthest sea, ¹⁰even there Your hand will guide me; Your right hand will hold me fast. ¹¹If I say, “Surely the darkness will hide me, and the light become night around me”— ¹²even the darkness is not dark to You, but the night shines like the day, for darkness is as light to You. ¹³For You formed my inmost being; You knit me together in my mother’s womb. ¹⁴I praise You, for I am fearfully and wonderfully made. Marvelous are Your works, and I know this very well. ¹⁵My frame was not hidden from You when I was made in secret, when I was woven together in the depths of the earth. ¹⁶Your eyes saw my unformed body; all my days were written in Your book and ordained for me before one of them came to be. ¹⁷How precious to me are Your thoughts, O God, how vast is their sum! ¹⁸If I were to count them, they would outnumber the grains of sand; and when I awake, I am still with You. ¹⁹O God, that You would slay the wicked— away from me, you bloodthirsty men— ²⁰who speak of You deceitfully; Your enemies take Your name in vain. ²¹Do I not hate those who hate You, O LORD, and detest those who rise against You? ²²I hate them with perfect hatred; I count them as my enemies. ²³Search me, O God, and know my heart; test me and know my concerns. ²⁴See if there is any offensive way in me; lead me in the way everlasting.

Psalm 140

¹For the choirmaster. A Psalm of David. Rescue me, O LORD, from evil men. Protect me from men of violence, ²who devise evil in their hearts and stir up war all day long. ³They sharpen their tongues like snakes; the venom of vipers is on their lips. Selah ⁴Guard me, O LORD, from the hands of the wicked. Keep me safe from men of violence who scheme to make me stumble. ⁵The proud hide a snare for me; the cords of their net are spread along the path, and lures are set out for me. Selah ⁶I say to the LORD, “You are my God.” Hear, O LORD, my cry for help. ⁷O GOD the Lord, the strength of my salvation, You shield my head in the day of battle. ⁸Grant not, O LORD, the desires of the wicked; do not promote their evil plans, lest they be exalted. Selah ⁹May the heads of those who surround me be covered in the trouble their lips have caused. ¹⁰May burning coals fall on them; may they be thrown into the fire, into the miry pits, never to rise

again. ¹¹May no slanderer be established in the land; may calamity hunt down the man of violence. ¹²I know that the LORD upholds justice for the poor and defends the cause of the needy. ¹³Surely the righteous will praise Your name; the upright will dwell in Your presence.

Psalm 141

¹A Psalm of David. I call upon You, O LORD; come quickly to me. Hear my voice when I call to You. ²May my prayer be set before You like incense, my uplifted hands like the evening offering. ³Set a guard, O LORD, over my mouth; keep watch at the door of my lips. ⁴Do not let my heart be drawn to any evil thing or take part in works of wickedness with men who do iniquity; let me not feast on their delicacies. ⁵Let the righteous man strike me; let his rebuke be an act of loving devotion. It is oil for my head; let me not refuse it. For my prayer is ever against the deeds of the wicked. ⁶When their rulers are thrown down from the cliffs, the people will listen to my words, for they are pleasant. ⁷As when one plows and breaks up the soil, so our bones have been scattered at the mouth of Sheol. ⁸But my eyes are fixed on You, O GOD the Lord. In You I seek refuge; do not leave my soul defenseless. ⁹Keep me from the snares they have laid for me, and from the lures of evildoers. ¹⁰Let the wicked fall into their own nets, while I pass by in safety.

EVENING • PSALMS 142–143

Psalm 142

¹A Maskil of David, when he was in the cave. A prayer. I cry aloud to the LORD; I lift my voice to the LORD for mercy. ²I pour out my complaint before Him; I reveal my trouble to Him. ³Although my spirit grows faint within me, You know my way. Along the path I travel they have hidden a snare for me. ⁴Look to my right and see; no one attends to me. There is no refuge for me; no one cares for my soul. ⁵I cry to You, O LORD: “You are my refuge, my portion in the land of the living.” ⁶Listen to my cry, for I am brought quite low. Rescue me from my pursuers, for they are too strong for me. ⁷Free my soul from prison, that I may praise Your name. The righteous will gather around me because of Your goodness to me.

Psalm 143

¹A Psalm of David. O LORD, hear my prayer. In Your faithfulness, give ear to my plea; in Your righteousness, answer me. ²Do not bring Your servant into judgment, for no one alive is righteous before You. ³For the enemy has pursued my soul, crushing my life to the ground, making me dwell in darkness like those long since dead. ⁴My spirit grows faint within me; my heart is dismayed inside me. ⁵I remember the days of old; I meditate on all Your works; I consider the work of Your hands. ⁶I stretch out my hands to You; my soul thirsts for You like a parched land. Selah ⁷Answer me quickly, O LORD; my spirit fails. Do not hide Your face from me, or I will be like those who descend to the Pit. ⁸Let me hear Your loving devotion in the morning, for I have put my trust in You. Teach me the way I should walk, for to You I lift up my soul.

⁹Deliver me from my enemies, O LORD; I flee to You for refuge. ¹⁰Teach me to do Your will, for You are my God. May Your good Spirit lead me on level ground. ¹¹For the sake of Your name, O LORD, revive me. In Your righteousness, bring my soul out of trouble. ¹²And in Your loving devotion, cut off my enemies. Destroy all who afflict me, for I am Your servant.

THE PROVERB • PROVERBS 29

¹A man who remains stiff-necked after much reproof will suddenly be shattered beyond recovery. ²When the righteous flourish, the people rejoice, but when the wicked rule, the people groan. ³A man who loves wisdom brings joy to his father, but a companion of prostitutes squanders his wealth. ⁴By justice a king brings stability to the land, but a man who exacts tribute demolishes it. ⁵A man who flatters his neighbor spreads a net for his feet. ⁶An evil man is caught by his own sin, but a righteous one sings and rejoices. ⁷The righteous consider the cause of the poor, but the wicked have no regard for such concerns. ⁸Mockers inflame a city, but the wise turn away anger. ⁹If a wise man goes to court with a fool, there will be raving and laughing with no resolution. ¹⁰Men of bloodshed hate a blameless man, but the upright care for his life. ¹¹A fool vents all his anger, but a wise man holds it back. ¹²If a ruler listens to lies, all his officials will be wicked. ¹³The poor man and the oppressor have this in common: The LORD gives light to the eyes of both. ¹⁴A king who judges the poor with fairness— his throne will be established forever. ¹⁵A rod of correction imparts wisdom, but a child left to himself disgraces his mother. ¹⁶When the wicked thrive, rebellion increases; but the righteous will see their downfall. ¹⁷Discipline your son, and he will give you rest; he will bring delight to your soul. ¹⁸Where there is no vision, the people cast off restraint; but blessed is he who keeps the Law. ¹⁹A servant cannot be corrected by words alone; though he understands, he will not respond. ²⁰Do you see a man who speaks in haste? There is more hope for a fool than for him. ²¹A servant pampered from his youth will bring grief in the end. ²²An angry man stirs up dissension, and a hot-tempered man abounds in transgression. ²³A man's pride will bring him low, but a humble spirit will obtain honor. ²⁴A partner to a thief hates his own soul; he receives the oath, but does not testify. ²⁵The fear of man is a snare, but whoever trusts in the LORD is set securely on high. ²⁶Many seek the ruler's favor, but a man receives justice from the LORD. ²⁷An unjust man is detestable to the righteous, and one whose way is upright is detestable to the wicked.

Day 30

MORNING • PSALMS 144–146

Psalm 144

¹Of David. Blessed be the LORD, my Rock, who trains my hands for war, my fingers for battle. ²He is my steadfast love and my fortress, my stronghold and my deliverer. He is my shield, in whom I take refuge, who subdues peoples under me. ³O LORD, what is man, that You regard him, the son of man that You think of him? ⁴Man is like a breath; his days are like a passing shadow. ⁵Part Your heavens, O LORD, and come down; touch the mountains, that they may smoke. ⁶Flash forth Your lightning and scatter them; shoot Your arrows and rout them. ⁷Reach down from on high; set me free and rescue me from the deep waters, from the grasp of foreigners, ⁸whose mouths speak falsehood, whose right hands are deceitful. ⁹I will sing to You a new song, O God; on a harp of ten strings I will make music to You— ¹⁰to Him who gives victory to kings, who frees His servant David from the deadly sword. ¹¹Set me free and rescue me from the grasp of foreigners, whose mouths speak falsehood, whose right hands are deceitful. ¹²Then our sons will be like plants nurtured in their youth, our daughters like corner pillars carved to adorn a palace. ¹³Our storehouses will be full, supplying all manner of produce; our flocks will bring forth thousands, tens of thousands in our fields. ¹⁴Our oxen will bear great loads. There will be no breach in the walls, no going into captivity, and no cry of lament in our streets. ¹⁵Blessed are the people of whom this is so; blessed are the people whose God is the LORD.

Psalm 145

¹A Psalm of praise. Of David. I will exalt You, my God and King; I will bless Your name forever and ever. ²Every day I will bless You, and I will praise Your name forever and ever. ³Great is the LORD and greatly to be praised; His greatness is unsearchable. ⁴One generation will commend Your works to the next, and will proclaim Your mighty acts— ⁵the glorious splendor of Your majesty. And I will meditate on Your wondrous works. ⁶They will proclaim the power of Your awesome deeds, and I will declare Your greatness. ⁷They will extol the fame of Your abundant goodness and sing joyfully of Your righteousness. ⁸The LORD is gracious and compassionate, slow to anger and abounding in loving devotion. ⁹The LORD is good to all; His compassion rests on all He has made. ¹⁰All You have made will give You thanks, O LORD, and Your saints will bless You. ¹¹They will tell of the glory of Your kingdom and speak of Your might, ¹²to make known to men Your mighty acts and the glorious splendor of Your kingdom. ¹³Your kingdom is an everlasting kingdom, and Your dominion endures through all generations. The LORD is faithful in all His words and kind in all His actions. ¹⁴The LORD upholds all who fall and lifts up all who are bowed down. ¹⁵The eyes of all look to You, and You give them their food in season. ¹⁶You open Your hand and satisfy the desire of every

living thing. ¹⁷The LORD is righteous in all His ways and kind in all His deeds. ¹⁸The LORD is near to all who call on Him, to all who call out to Him in truth. ¹⁹He fulfills the desires of those who fear Him; He hears their cry and saves them. ²⁰The LORD preserves all who love Him, but all the wicked He will destroy. ²¹My mouth will declare the praise of the LORD; let every creature bless His holy name forever and ever.

Psalm 146

¹Hallelujah! Praise the LORD, O my soul. ²I will praise the LORD all my life; I will sing praises to my God while I have my being. ³Put not your trust in princes, in mortal man, who cannot save. ⁴When his spirit departs, he returns to the ground; on that very day his plans perish. ⁵Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, ⁶the Maker of heaven and earth, the sea, and everything in them. He remains faithful forever. ⁷He executes justice for the oppressed and gives food to the hungry. The LORD sets the prisoners free, ⁸the LORD opens the eyes of the blind, the LORD lifts those who are weighed down, the LORD loves the righteous. ⁹The LORD protects foreigners; He sustains the fatherless and the widow, but the ways of the wicked He frustrates. ¹⁰The LORD reigns forever, your God, O Zion, for all generations. Hallelujah!

EVENING • PSALMS 147–150

Psalm 147

¹Hallelujah! How good it is to sing praises to our God, how pleasant and lovely to praise Him! ²The LORD builds up Jerusalem; He gathers the exiles of Israel. ³He heals the brokenhearted and binds up their wounds. ⁴He determines the number of the stars; He calls them each by name. ⁵Great is our Lord, and mighty in power; His understanding has no limit. ⁶The LORD sustains the humble, but casts the wicked to the ground. ⁷Sing to the LORD with thanksgiving; make music on the harp to our God, ⁸who covers the sky with clouds, who prepares rain for the earth, who makes grass to grow on the hills. ⁹He provides food for the animals, and for the young ravens when they call. ¹⁰He does not delight in the strength of the horse; He takes no pleasure in the legpower of the man. ¹¹The LORD is pleased with those who fear Him, who hope in His loving devotion. ¹²Exalt the LORD, O Jerusalem; praise your God, O Zion! ¹³For He strengthens the bars of your gates and blesses the children within you. ¹⁴He makes peace at your borders; He fills you with the finest wheat. ¹⁵He sends forth His command to the earth; His word runs swiftly. ¹⁶He spreads the snow like wool; He scatters the frost like ashes; ¹⁷He casts forth His hail like pebbles. Who can withstand His icy blast? ¹⁸He sends forth His word and melts them; He unleashes His winds, and the waters flow. ¹⁹He declares His word to Jacob, His statutes and judgments to Israel. ²⁰He has done this for no other nation; they do not know His judgments. Hallelujah!

Psalm 148

¹Hallelujah! Praise the LORD from the heavens; praise Him in the highest places. ²Praise Him, all His angels; praise Him, all His heavenly hosts. ³Praise Him, O sun and moon; praise Him, all you shining stars. ⁴Praise Him, O highest heavens, and you waters above the skies. ⁵Let them praise the name of the LORD, for He gave the command and they were created. ⁶He established them forever and ever; He issued a decree that will never pass away. ⁷Praise the LORD from the earth, all great sea creatures and ocean depths, ⁸lightning and hail, snow and clouds, powerful wind fulfilling His word, ⁹mountains and all hills, fruit trees and all cedars, ¹⁰wild animals and all cattle, crawling creatures and flying birds, ¹¹kings of the earth and all peoples, princes and all rulers of the earth, ¹²young men and maidens, old and young together. ¹³Let them praise the name of the LORD, for His name alone is exalted; His splendor is above the earth and the heavens. ¹⁴He has raised up a horn for His people, the praise of all His saints, of Israel, a people near to Him. Hallelujah!

Psalm 149

¹Hallelujah! Sing to the LORD a new song— His praise in the assembly of the godly. ²Let Israel rejoice in their Maker; let the children of Zion rejoice in their King. ³Let them praise His name with dancing, and make music to Him with tambourine and harp. ⁴For the LORD takes pleasure in His people; He adorns the afflicted with salvation. ⁵Let the saints exult in glory; let them shout for joy upon their beds. ⁶May the high praises of God be in their mouths, and a double-edged sword in their hands, ⁷to inflict vengeance on the nations and punishment on the peoples, ⁸to bind their kings with chains and their nobles with shackles of iron, ⁹to execute the judgment written against them. This honor is for all His saints. Hallelujah!

Psalm 150

¹Hallelujah! Praise God in His sanctuary. Praise Him in His mighty heavens. ²Praise Him for His mighty acts; praise Him for His excellent greatness. ³Praise Him with the sound of the horn; praise Him with the harp and lyre. ⁴Praise Him with tambourine and dancing; praise Him with strings and flute. ⁵Praise Him with clashing cymbals; praise Him with resounding cymbals. ⁶Let everything that has breath praise the LORD! Hallelujah!

THE PROVERB • PROVERBS 30

¹These are the words of Agur son of Jakeh—the burden that this man declared to Ithiel: “I am weary, O God, and worn out. ²Surely I am the most ignorant of men, and I lack the understanding of a man. ³I have not learned wisdom, and I have no knowledge of the Holy One. ⁴Who has ascended to heaven and come down? Who has gathered the wind in His hands? Who has bound up the waters in His cloak? Who has established all the ends of the earth? What is His name, and what is the name of His Son— surely you know! ⁵Every word of God is flawless; He is a shield to those who take refuge in Him. ⁶Do not add to His words, lest He rebuke you and prove you a liar. ⁷Two things I ask of You— do not refuse me before I die: ⁸Keep falsehood and deceitful words far from me. Give me neither poverty nor riches; feed me with the

bread that is my portion.⁹ Otherwise, I may have too much and deny You, saying, ‘Who is the LORD?’ Or I may become poor and steal, profaning the name of my God.¹⁰ Do not slander a servant to his master, or he will curse you, and you will bear the guilt.¹¹ There is a generation of those who curse their fathers and do not bless their mothers.¹² There is a generation of those who are pure in their own eyes and yet unwashed of their filth.¹³ There is a generation—how haughty are their eyes and pretentious are their glances—¹⁴ there is a generation whose teeth are swords and whose jaws are knives, devouring the oppressed from the earth and the needy from among men.¹⁵ The leech has two daughters: Give and Give. There are three things that are never satisfied, four that never say, ‘Enough!’¹⁶ Sheol, the barren womb, land never satisfied with water, and fire that never says, ‘Enough!’¹⁷ As for the eye that mocks a father and scorns obedience to a mother, may the ravens of the valley pluck it out and young vultures devour it.¹⁸ There are three things too wonderful for me, four that I cannot understand:¹⁹ the way of an eagle in the sky, the way of a snake on a rock, the way of a ship at sea, and the way of a man with a maiden.²⁰ This is the way of an adulteress: She eats and wipes her mouth and says, ‘I have done nothing wrong.’²¹ Under three things the earth trembles, under four it cannot bear up:²² a servant who becomes king, a fool who is filled with food,²³ an unloved woman who marries, and a maidservant who supplants her mistress.²⁴ Four things on earth are small, yet they are exceedingly wise:²⁵ The ants are creatures of little strength, yet they store up their food in the summer;²⁶ the rock badgers are creatures of little power, yet they make their homes in the rocks;²⁷ the locusts have no king, yet they all advance in formation;²⁸ and the lizard can be caught in one’s hands, yet it is found in the palaces of kings.²⁹ There are three things that are stately in their stride, and four that are impressive in their walk:³⁰ a lion, mighty among beasts, refusing to retreat before anything;³¹ a strutting rooster; a he-goat; and a king with his army around him.³² If you have foolishly exalted yourself or if you have plotted evil, put your hand over your mouth.³³ For as the churning of milk yields butter, and the twisting of the nose draws blood, so the stirring of anger brings forth strife.”

Day 31

the thirtieth day's psalms again, as the Prayer Book directs

MORNING • PSALMS 144–146

Psalm 144

¹Of David. Blessed be the LORD, my Rock, who trains my hands for war, my fingers for battle. ²He is my steadfast love and my fortress, my stronghold and my deliverer. He is my shield, in whom I take refuge, who subdues peoples under me. ³O LORD, what is man, that You regard him, the son of man that You think of him? ⁴Man is like a breath; his days are like a passing shadow. ⁵Part Your heavens, O LORD, and come down; touch the mountains, that they may smoke. ⁶Flash forth Your lightning and scatter them; shoot Your arrows and rout them. ⁷Reach down from on high; set me free and rescue me from the deep waters, from the grasp of foreigners, ⁸whose mouths speak falsehood, whose right hands are deceitful. ⁹I will sing to You a new song, O God; on a harp of ten strings I will make music to You— ¹⁰to Him who gives victory to kings, who frees His servant David from the deadly sword. ¹¹Set me free and rescue me from the grasp of foreigners, whose mouths speak falsehood, whose right hands are deceitful. ¹²Then our sons will be like plants nurtured in their youth, our daughters like corner pillars carved to adorn a palace. ¹³Our storehouses will be full, supplying all manner of produce; our flocks will bring forth thousands, tens of thousands in our fields. ¹⁴Our oxen will bear great loads. There will be no breach in the walls, no going into captivity, and no cry of lament in our streets. ¹⁵Blessed are the people of whom this is so; blessed are the people whose God is the LORD.

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all look to You, and You give them their food in season. ¹⁶You open Your hand and satisfy the desire of every living thing. ¹⁷The LORD is righteous in all His ways and kind in all His deeds. ¹⁸The LORD is near to all who call on Him, to all who call out to Him in truth. ¹⁹He fulfills the desires of those who fear Him; He hears their cry and saves them. ²⁰The LORD preserves all who love Him, but all the wicked He will destroy. ²¹My mouth will declare the praise of the LORD; let every creature bless His holy name forever and ever.

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EVENING • PSALMS 147–150

Psalm 147

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Psalm 148

¹Hallelujah! Praise the LORD from the heavens; praise Him in the highest places. ²Praise Him, all His angels; praise Him, all His heavenly hosts. ³Praise Him, O sun and moon; praise Him, all you shining stars. ⁴Praise Him, O highest heavens, and you waters above the skies. ⁵Let them praise the name of the LORD, for He gave the command and they were created. ⁶He established them forever and ever; He issued a decree that will never pass away. ⁷Praise the LORD from the earth, all great sea creatures and ocean depths, ⁸lightning and hail, snow and clouds, powerful wind fulfilling His word, ⁹mountains and all hills, fruit trees and all cedars, ¹⁰wild animals and all cattle, crawling creatures and flying birds, ¹¹kings of the earth and all peoples, princes and all rulers of the earth, ¹²young men and maidens, old and young together. ¹³Let them praise the name of the LORD, for His name alone is exalted; His splendor is above the earth and the heavens. ¹⁴He has raised up a horn for His people, the praise of all His saints, of Israel, a people near to Him. Hallelujah!

Psalm 149

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Psalm 150

¹Hallelujah! Praise God in His sanctuary. Praise Him in His mighty heavens. ²Praise Him for His mighty acts; praise Him for His excellent greatness. ³Praise Him with the sound of the horn; praise Him with the harp and lyre. ⁴Praise Him with tambourine and dancing; praise Him with strings and flute. ⁵Praise Him with clashing cymbals; praise Him with resounding cymbals. ⁶Let everything that has breath praise the LORD! Hallelujah!

THE PROVERB • PROVERBS 31

¹These are the words of King Lemuel—the burden that his mother taught him: ²What shall I say, O my son? What, O son of my womb? What, O son of my vows? ³Do not spend your strength on women or your vigor on those who ruin kings. ⁴It is not for kings, O Lemuel, it is not for kings to drink wine, or for rulers to crave strong drink, ⁵lest they drink and forget what is decreed, depriving all the oppressed of justice. ⁶Give strong drink to one who is perishing, and wine to the bitter in soul. ⁷Let him drink and forget his poverty, and remember his misery no more. ⁸Open your mouth for those with no voice, for the cause of all

the dispossessed. ⁹Open your mouth, judge righteously, and defend the cause of the poor and needy. ¹⁰A wife of noble character, who can find? She is far more precious than rubies. ¹¹The heart of her husband trusts in her, and he lacks nothing of value. ¹²She brings him good and not harm all the days of her life. ¹³She selects wool and flax and works with eager hands. ¹⁴She is like the merchant ships, bringing her food from afar. ¹⁵She rises while it is still night to provide food for her household and portions for her maidservants. ¹⁶She appraises a field and buys it; from her earnings she plants a vineyard. ¹⁷She girds herself with strength and shows that her arms are strong. ¹⁸She sees that her gain is good, and her lamp is not extinguished at night. ¹⁹She stretches out her hands to the distaff and grasps the spindle with her fingers. ²⁰She opens her arms to the poor and reaches out her hands to the needy. ²¹When it snows, she has no fear for her household, for they are all clothed in scarlet. ²²She makes coverings for her bed; her clothing is fine linen and purple. ²³Her husband is known at the city gate, where he sits among the elders of the land. ²⁴She makes linen garments and sells them; she delivers sashes to the merchants. ²⁵Strength and honor are her clothing, and she can laugh at the days to come. ²⁶She opens her mouth with wisdom, and faithful instruction is on her tongue. ²⁷She watches over the affairs of her household and does not eat the bread of idleness. ²⁸Her children rise up and call her blessed; her husband praises her as well: ²⁹“Many daughters have done noble things, but you surpass them all!” ³⁰Charm is deceptive and beauty is fleeting, but a woman who fears the LORD is to be praised. ³¹Give her the fruit of her hands, and let her works praise her at the gates.

Appendix · For a stricter month: St. Benedict's week

Benedict's Rule (chapters 8–18) sings all 150 psalms every week across the eight daily offices — and grants leave to arrange them otherwise, “provided the whole Psalter be sung every week.” A sketch of his distribution, for the ambitious:

Sunday	Vigils: Ps 3, 94(95), 20–31 · Lauds: 66(67), 50(51), 117(118), 62(63)
Monday	Lauds: 5, 35(36) · Prime: 1, 2, 6 · Vespers begins the 109(110)s
Tuesday	Prime: 7–9 · the day hours continue 119's sections
Wednesday	Prime: 9–11 · Vespers: 134(135)–137(138)
Thursday	Lauds: 87(88), 89(90) · Vespers: 138(139)–140(141)
Friday	Lauds: 75(76), 91(92) · Vespers: 141(142), 143(144)
Saturday	Lauds: 142(143) · Vespers: 144(145)–147 · the week's 150 complete

The full scheme is in The Rule of St. Benedict, chapters 8–18, on the shelves of the Lantern's Cell of the Saints.