

The Cry of Our Heart

The Psalms Parts 1&2 (1-72)



The Psalms are inexhaustible, and deserve to be read, said, sung, chanted, whispered, learned by heart, and even shouted from the rooftops. They express all the emotions we are ever likely to feel (including some we hope we may not), and they lay them, raw and open, in the presence of God.

N. T. Wright, Simply Christian



The Psalms cover a massive period in Israel's History, from the fifteenth to the third centuries B.C. They touch on the full range of human emotions: joy, faith, sadness, sorrow, doubt, loneliness, abandonment, frustration – the list could go on! This means that they can be a great encouragement to us wherever we may find ourselves in life. Although they are very diverse in their content and context they consistently focus on the one and only living God, the Creator and King of all the earth and a refuge to all who trust in him.

There are a number of different types of Psalms to look out for:

- n **Psalms of Thanksgiving** These are psalms that focus on and celebrate the goodness and blessings of God.
- n **Psalms for Royalty** These psalms give us a window into Israel's history before the Babylonian exile, this was when there was still a king on the throne.
- n **Psalms of Wisdom** These psalms encourage the reader to cultivate our hearts and minds to focus on what truly matters, our relationship with God and the eternity we will spend with Him.
- n **Psalms of Lament** These are poems and songs that express the struggles of life: anguish, depression, heartbrokenness, and sadness, injustice, or complaints against God's enemies.
- n **Psalms of Praise** These are beautiful expressions of praise and worship to God.

A few tips as you read:

- n Pay attention to the whole of a psalm, not just the parts of a psalm.
- n Notice the patterns in the Psalms.
- n Read the Psalms out loud, not just silently.
- n Immerse yourself in the metaphors and images of the Psalms.

Monday	Psalm 1	<i>The way of the Righteous and the Wicked</i>
Tuesday	Psalm 2	<i>The Reign of the Lord's Anointed</i>
Wednesday	Psalm 3	<i>Save me, O my God</i>
Thursday	Psalm 4	<i>Answer me when I call</i>
Friday	Psalm 5	<i>Lead me in your Righteousness</i>
Monday	Psalm 6	<i>O Lord deliver my life</i>
Tuesday	Psalm 7	<i>In you do I take refuge</i>
Wednesday	Psalm 8	<i>How Majestic is Your Name!</i>
Thursday	Psalm 9	<i>I will recount your wonderful deeds</i>
Friday	Psalm 10	<i>Why do you hide yourself</i>
Monday	Psalm 11	<i>The Lord is in His holy temple</i>
Tuesday	Psalm 12	<i>The faithful have vanished</i>
Wednesday	Psalm 13	<i>How long O Lord</i>
Thursday	Psalm 14	<i>The fool says, there is no God</i>
Friday	Psalm 15	<i>Who shall dwell on Your holy hill?</i>
Monday	Psalm 16	<i>You will not abandon my soul</i>
Tuesday	Psalm 17	<i>In the shadow of Your wings</i>
Wednesday	Psalm 18	<i>The Lord is my rock and my fortress</i>
Thursday	Psalm 19	<i>The law of the Lord is perfect</i>
Friday	Psalm 20	<i>Trust in the Name of the Lord our God</i>
Monday	Psalm 21	<i>The king rejoices in the Lord's strength</i>
Tuesday	Psalm 22	<i>Why have you forsaken me?</i>
Wednesday	Psalm 23	<i>The Lord is my shepherd</i>
Thursday	Psalm 24	<i>The King of Glory</i>
Friday	Psalm 25	<i>Teach me Your paths</i>
Monday	Psalm 26	<i>I will bless the Lord</i>
Tuesday	Psalm 27	<i>The Lord is my light and my salvation</i>
Wednesday	Psalm 28	<i>The Lord is my strength and my shield</i>
Thursday	Psalm 29	<i>Ascribe to the Lord Glory</i>
Friday	Psalm 30	<i>Joy comes with the morning</i>
Monday	Psalm 31	<i>Into Your hand I commit my spirit</i>
Tuesday	Psalm 32	<i>Blessed are the forgiven</i>
Wednesday	Psalm 33	<i>The steadfast love of the Lord</i>
Thursday	Psalm 34	<i>Taste and see that the Lord is good</i>
Friday	Psalm 35	<i>Great is the Lord</i>
Monday	Psalm 36	<i>How precious is your steadfast love</i>
Tuesday	Psalm 37	<i>He will not forsake His saints</i>

Wednesday	Psalm 38	Do not forsake me O Lord
Thursday	Psalm 39	What is the measure of my days
Friday	Psalm 40	My help and my deliverer
Monday	Psalm 41	O Lord be gracious to me
Tuesday	Psalm 42	Why Are You Cast Down, O My Soul?
Wednesday	Psalm 43	Send Out Your Light and Your Truth
Thursday	Psalm 44	Come to Our Help
Friday	Psalm 45	Your Throne, O God, Is Forever
Monday	Psalm 46	God Is Our Fortress
Tuesday	Psalm 47	God Is King over All the Earth
Wednesday	Psalm 48	Zion, the City of Our God
Thursday	Psalm 49	Why Should I Fear in Times of Trouble?
Friday	Psalm 50	God Himself Is Judge
Monday	Psalm 51	Create in Me a Clean Heart, O God
Tuesday	Psalm 52	The Steadfast Love of God Endures
Wednesday	Psalm 53	There Is None Who Does Good
Thursday	Psalm 54	The Lord Upholds My Life
Friday	Psalm 55	Cast Your Burden on the LORD
Monday	Psalm 56	In God I Trust
Tuesday	Psalm 57	Let Your Glory Be over All the Earth
Wednesday	Psalm 58	God Who Judges the Earth
Thursday	Psalm 59	Deliver Me from My Enemies
Friday	Psalm 60	He Will Tread Down Our Foes
Monday	Psalm 61	Lead Me to the Rock
Tuesday	Psalm 62	My Soul Waits for God Alone
Wednesday	Psalm 63	My Soul Thirsts for You
Thursday	Psalm 64	Hide Me from the Wicked
Friday	Psalm 65	O God of Our Salvation
Monday	Psalm 66	How Awesome Are Your Deeds
Tuesday	Psalm 67	Make Your Face Shine upon Us
Wednesday	Psalm 68	God Shall Scatter His Enemies
Thursday	Psalm 69	Save Me, O God
Friday	Psalm 70	O LORD, Do Not Delay
Monday	Psalm 71	Forsake Me Not When My Strength Is Spent
Tuesday	Psalm 72	Give the King Your Justice



A

Ambitious for the Kingdom

Seeing like Jesus

For us all to have a vision for all things everywhere to be shaped and influenced by the crucified, resurrected and ascended Lord Jesus Christ and to be seeking to see that fulfilled

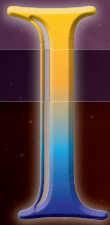


R

Restored Identity

Being like Jesus

For us all to have a relationship with God (through Christ) and fully grasp our true identity, and authority in the world, as children of the living God

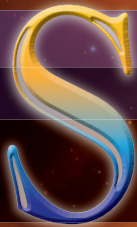


I

Inside out Living

Free like Jesus

For us all to be seeking to live free from the negative influence of the world, the flesh and the devil, and for the primary influence in our lives to be our relationship with our Heavenly Father (our restored identity)



S

Servants of All

Loving like Jesus

For us all to humbly and sacrificially serve people, not seeing ourselves as better than others and always seeking to love the person that is before us



E

Empowered by the Spirit

Living like Jesus

For us all to be knowing and growing in our awareness, experience, power and influence of the Holy Spirit, and what He wants to do in us and through us