

# THE ULTIMATE GUIDE TO COMMUNION

...THE MOMENTS  
YOU'VE NEVER HAD  
WITH GOD,  
*STARTS*  
*NOW.*

This guide is a light to your path to draw near to God,  
and have a dynamic experience!

A reference to help you take communion,  
as you enter the “secret place of the Most High” -Psalm 91

Communion engages the spirit of God.  
...and activates His promises.

Communion with God is an experience that  
“Daily loads us with benefits!” (Psalm 68:19).

Whether you make it an “at-home” or “anywhere” experience,  
God sees the sign of it and blesses us!

This guide will take you into the deepest places with the spirit of God, and fast!  
Inside you’ll find:

- An encounter!
- Easy answers to hard scriptures!
- 11 Promises and benefits of walking with God;
- Communion simplified, step-by-step
- “Next-level” prayers for breakthrough & transformation
- The mystery and power of praise, and
- Ways to praise! From the complete Book of Psalms.

Every tool needed to unlock the communion experience has been featured inside.

This guide will help you make God #1  
...Because everything God intended for  
you, starts with you and Him: “as one”.

# COMMUNION

... because how we move “with” God, *MOVES* God.

*"You will want to read and re-read this guide! It's both educational and transformative." - Rick VanDewark, founding Pastor of Christian City Church (C3),  
Edmonton, Alberta (Canada)*

# THE ULTIMATE GUIDE TO COMMUNION©

The covenant of God and man “as one”.

Jesus’ physical death produced *life*:  
life-force that we draw from now and eternally.  
Communion ignites this life in our lives!

By Jackie Reitzel

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# INTRODUCTION

Almost 2,000 years ago, Jesus said on the cross “It is finished!”  
... Fulfilling the most powerful prophecy. (*Cf Isaiah 53*)

He became the “light of the world” and saved it. (*Cf. Luke 19:10*)

The perfect relationship of God and man was restored,  
and the curse of death from sin was broken. (*Cf. Genesis 2:15–17*)

Jesus now asks us to do something very special.  
To remember His sacrifice for the blessings, benefits and LIFE it produced.

“DO THIS IN REMEMBRANCE OF ME.” LUKE 22:19

Communion is a memorial before God, who sees the sign of it and blesses us.

In communion, *God remembers*, and we receive!

COMMUNION IS  
AN OUTWARD  
COMMITMENT  
TO AN INTERNAL  
COVENANT.

CF. HEBREWS 8:6

## ONE OF THE MOST PERPLEXING SCRIPTURES RELATING TO COMMUNION CAN BE FOUND IN JOHN 6:53-56.

It defies our natural logic.

Jesus uses bold metaphors to convey spiritual symbolism in this passage. Physical things having spiritual meaning. Let's take a look.

*Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food "life", and my blood is true drink (a covenant of grace through faith in Christ). Whoever feeds on my flesh (the "Word of God" who is life) and drinks my blood (a covenant of our faith with actions of Christlikeness) abides in me, and I in him.*  
*John 6:53-56*

Context will help.

JESUS' FLESH IS THE WORD OF GOD JOHN 1:1  
"THE WORD BECAME FLESH" JOHN 1:14 (NIV)  
HE IS "THE BREAD OF LIFE" JOHN 6:35 ,  
AND "TRUE FOOD" JOHN 6:55

Jesus is portraying that we'd have to keep eating bread to satisfy our physical "human" hunger. He is conveying rather, a deep spiritual truth about our need for eternal life. He is the "bread of life": feeding our spiritual hunger with eternal life.  
"Whoever has the Son has life" (1 John 5:11).

### **To eat his flesh is to be "filled" by His Word.**

We will never go hungry or thirsty when we are filled with the spirit of Christ. John 6:35  
Without His spirit, we would always be hungry.

"Work for the food ("the bread of life" through faith) that endures to eternal life, which the Son of Man will give to you." John 6:27 ESV

The emphasis on eternal life is the place of paradise the body can't receive. To have eternal life, we need to have Jesus. Jesus said to the thief on the cross "I assure you, today you will be with me in paradise." Luke 23:43 True life, is in the *spirit*, not of the body.

*"To eat my flesh" and "drink my blood" is the sign of true eternal life (in Christ) as the Word of God" in us: our new and final covenant.*



JESUS SAID TO THEM, "I AM THE BREAD OF LIFE";  
WHOEVER COMES TO ME SHALL NOT HUNGER, AND  
WHOEVER BELIEVES IN ME SHALL NEVER THIRST. JOHN 6:35 ESV

According to John 6:35, one can "eat" from the spirit of life by "coming" to Him and believe or "drink" in the knowledge of Him. Communion is a sign of remembrance. Jesus also emphasizes faith (which the eating symbolizes) in John 6:36, 40, and 47.

Those who "drink" His blood and "eat" His flesh appropriate, by faith, the benefits of His death and find shelter from the wrath of God.

(John 6:53-56).

THE WINE OF THE "NEW COVENANT"  
REPRESENTS THE BENEFITS OF THE  
GOVERNMENT OF JESUS CHRIST:  
OUR MEDIATOR OF THIS NEW  
COVENANT (OF GRACE).

"A NEW HEAVEN AND A NEW EARTH"  
(REV. 21) WILL COME TOGETHER  
UNDER THE FUTURE RULE OF JESUS  
HIMSELF AS THE KING OVER ALL  
NATIONS.  
CF. PSALM 2:9



“DRAW NEAR TO GOD, AND HE WILL DRAW NEAR TO YOU.” *JAMES 4:8*

Communion is a mystery in a sense of what it produces in our lives: the benefits of God becoming clearer and more evident to those who draw near.

*Communion engages the spirit of God and  
re-discovers His “light” John 8:12.*

This is a quick reference guide to help anyone taking communion for the first few times. To bring comfort and ease to the flow of entering into “the secret place of the Most High” *Psalms 91:1*.

# COMMUNION TEACHES US TO REMEMBER THE MOST IMPORTANT DAY IN WORLD HISTORY.

...The day that Jesus gave His life for us. Jesus' sacrifice redeems us from the fallen world which He came to deliver us from (*John 3:17*). In the story of Adam and Eve, the significance is found in what we lost when sin and the *knowledge of evil* entered the world. We lost God's sovereignty to provide for us. (*Cf. Genesis 2:17*).

In Genesis 3:19, God carries out this punishment, cursing Adam (who represents humanity) with labor and death. Jesus' death paid for that judgement on our behalf and provides the final atonement for our own sins also.

Jesus' death restored our position with God once again. In Christ, we now have access to God's supernatural provision and authority over evil. We have been “seated with Christ in heavenly places” (*Ephesians 2:6*). Faith is the gift which accesses Christ. *Communion is a sign and a commitment of such faith.*

“Now, however, Jesus has received a much more excellent ministry, just as the *covenant* He mediates is better, and is founded on better promises.” Hebrews 8:6 BSB

COMMUNION IS A SIGN OF OUR COVENANT IN CHRIST, WHO IS “*LIFE*”.

As we partake of bread and “wine”, we are being filled with what they represent symbolically: JESUS’ SPIRIT AS “LIFE”.

Let’s review the symbolism. The whole context of the Last Supper is *symbolic*.

Jesus figuratively refers to Himself as the “bread of life”. (John 6:51)

The “bread of life” which satisfies our *spiritual* hunger with eternal life.

His physical death produced spiritual life... (John 3:16), expressed to us through a new covenant (“the wine”) Matthew 26:28-30 *which we enter into by faith* (Romans 10:9).

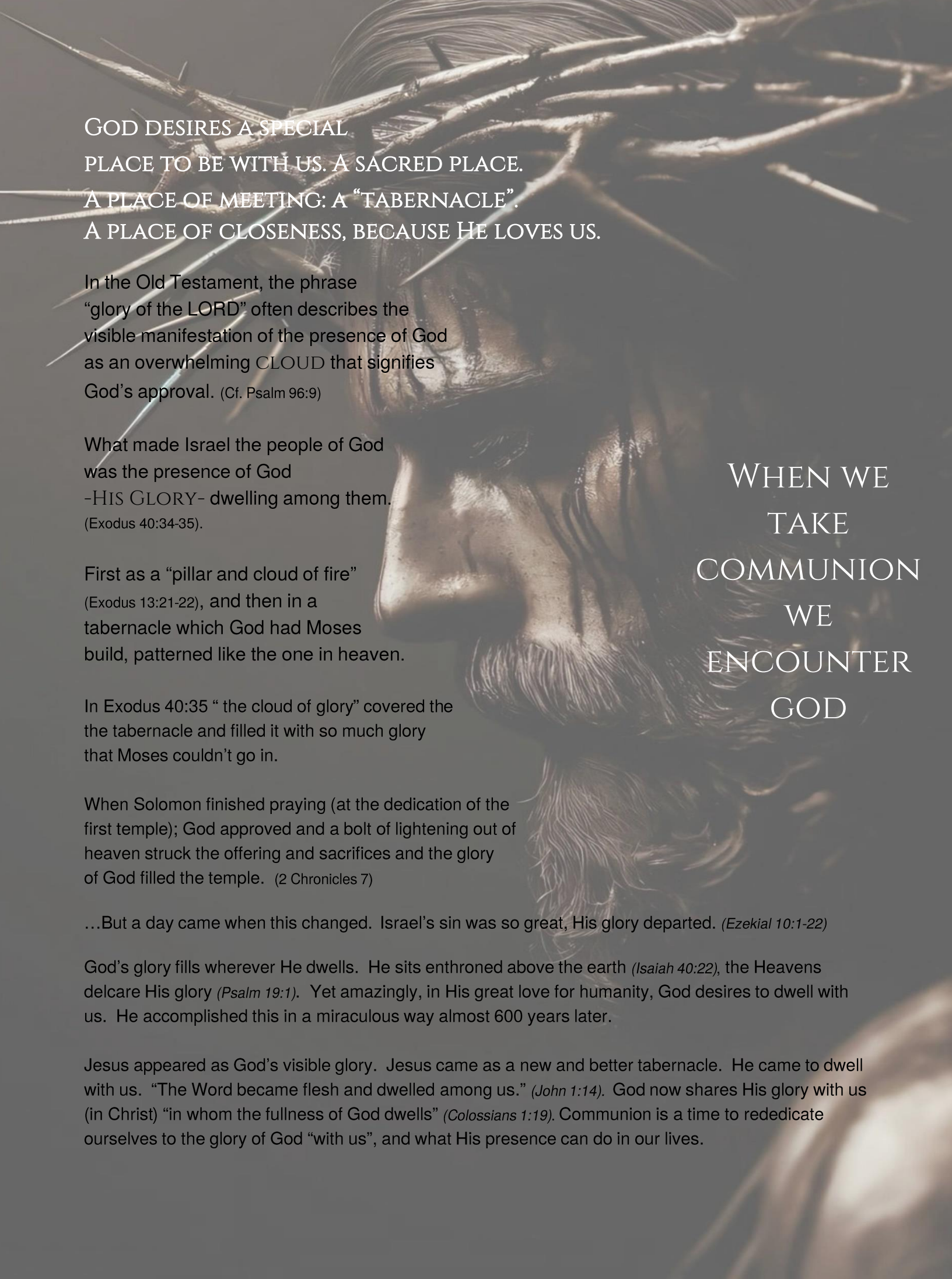
The wine represents the blood that Jesus shed for the weight of humanity’s sin and our own: Both Adam’s and ours. The Bible says, “Sin entered the world through one man (Adam), and death through sin, and in this way, death came to all men, because all sinned” (Romans 5:12)

Jesus was the atoning sacrifice who paid the full price of God’s judgement for Adam’s sin and disobedience (Cf. Genesis 2:15–17): the day evil entered the world. Jesus freed us from the *curse of death* that God placed on humanity, as judgement for this. Christ freed us from the old covenant law of sin and death and delivered us into a “new covenant” law of grace, through faith. (Cf. Romans 10:9). “Blessed is the man whom You instruct, O Lord, and teach out of Your law, that You may give him rest from the days of adversity.” (Psalm 94:12-13)

COMMUNION IS THE “ALTAR” OF SALVATION.

IT IS THE MEETING PLACE OF BOTH THE  
REMEMBRANCE AND THE CALL TO WHY  
SALVATION WAS POSSIBLE. CHRIST’S FINISHED  
WORK WHICH NOW HELPS US COMPLETE OURS.





GOD DESIRES A SPECIAL  
PLACE TO BE WITH US. A SACRED PLACE.  
A PLACE OF MEETING: A “TABERNACLE”.  
A PLACE OF CLOSENESS, BECAUSE HE LOVES US.

In the Old Testament, the phrase  
“glory of the LORD” often describes the  
visible manifestation of the presence of God  
as an overwhelming CLOUD that signifies  
God’s approval. (Cf. Psalm 96:9)

What made Israel the people of God  
was the presence of God  
-HIS GLORY- dwelling among them.  
(Exodus 40:34-35).

First as a “pillar and cloud of fire”  
(Exodus 13:21-22), and then in a  
tabernacle which God had Moses  
build, patterned like the one in heaven.

In Exodus 40:35 “the cloud of glory” covered the  
the tabernacle and filled it with so much glory  
that Moses couldn’t go in.

When Solomon finished praying (at the dedication of the  
first temple); God approved and a bolt of lightening out of  
heaven struck the offering and sacrifices and the glory  
of God filled the temple. (2 Chronicles 7)

...But a day came when this changed. Israel’s sin was so great, His glory departed. (*Ezekial 10:1-22*)

God’s glory fills wherever He dwells. He sits enthroned above the earth (*Isaiah 40:22*), the Heavens  
delcare His glory (*Psalms 19:1*). Yet amazingly, in His great love for humanity, God desires to dwell with  
us. He accomplished this in a miraculous way almost 600 years later.

Jesus appeared as God’s visible glory. Jesus came as a new and better tabernacle. He came to dwell  
with us. “The Word became flesh and dwelled among us.” (*John 1:14*). God now shares His glory with us  
(in Christ) “in whom the fullness of God dwells” (*Colossians 1:19*). Communion is a time to rededicate  
ourselves to the glory of God “with us”, and what His presence can do in our lives.

WHEN WE  
TAKE  
COMMUNION  
WE  
ENCOUNTER  
GOD

## STEPS TO FLOW IN HOLY COMMUNION

These steps are only a reference to deepen your communion experience.

Step 1 and 6 has it all covered if you want to shorten the process.

**Step 1. *Prepare the elements:*** The symbolic offering of Jesus' body and blood that He offered as bread and wine at the last supper (Matthew 26: 26-29). You can choose anything such as crackers and juice, or real wine and bread. Set these "elements" in a place that's special. A place of meeting where God will join you through the presence of His invisible grace. The goal is to feel the manifest presence of God during this time. Even if it's a feeling of peace, a cleansing power, or a whisper of wisdom you might be needing.

As you begin, ask Jesus to bless the offering you set before Him. You might even begin to feel the "awe of God" we feel in His presence.

*"LORD JESUS, PLEASE BLESS ME AND THIS OFFERING  
AS A RENEWAL OF MY COVENANT WITH YOU."*

Hebrews 12:23 is an opening prayer that's a total game changer! One that invites heaven's elect around you like friends who help bring in God's glory.  
...say it out loud.

*LORD JESUS, I COME BEFORE YOUR THRONE OF GRACE  
TO THE ALTAR OF MY HEART."*

*... "IN JOYFUL ASSEMBLY, TO THE CONGREGATION OF THE  
FIRSTBORN ENROLLED IN HEAVEN. YOU HAVE COME TO  
GOD THE JUDGE OF ALL, TO THE SPIRITS OF THE RIGHTEOUS  
MADE PERFECT. WE COME INTO THE HEAVENLY CITY, IN THE  
PRESENCE OF INNUMERABLE ANGELS. WE STAND THEREFORE  
IN THE VERY PRESENCE OF GOD TO MAKE OUR REQUESTS  
KNOWN THROUGH COMMUNION WITH HIS SPIRIT."*

*(Hebrews 12:23)*

**Step 2. *Forgiveness is key to renewal.*** Take a moment to ask the Lord to search your heart; and allow His Holy Spirit to convict you of any sins that have come up before Him. Remember that communion is a *rededication* of our efforts to love what God loves, and to hate what God hates. *Human nature was designed to narrate the power of God. Sin impedes the glory of God you're asking to encounter.* Silently reflect and pray for forgiveness over what He may reveal to you. If that happens, write down what was given for you to overcome. Set a goal for yourself to mature in that area by the help of the Holy Spirit.

You can also read Psalm 51 as a forgiveness prayer (see page 29). It's the same one King David prayed when he had sinned against God.

## PRAYERS OF CONNECTION TO HELP YOU SPEAK TO GOD:

1. "Heavenly Father; Matthew 7:23 cautions us about "lawlessness". Please show me where I am a "law" to myself, desiring my will above Yours. *The best that is yet to come, is revealed through surrender.* Teach me where I am not surrendered to the changes You want to make in me. Open the eyes of my understanding. Be my perfect "stronghold" (Psalm 27:1) "Blessed be the LORD my Rock, Who trains my hands for war, and my fingers for battle". (Psalm 144:1)



2. "Heavenly Father; You know the steps that I need to take for me to be where *You* need me to be. So, I ask now, that You would show me what step is the *most important* step to take next to make victory happen. Refine me like gold and silver by Your refiner's fire (Malachi 3:2-3). Become "the strength of my heart and my portion forever". (Psalm 73:26) Begin to do a new thing in me now LORD. Transform me in Your likeness. Quicken me Lord Jesus -in wisdom- where I have any secret faults in my innermost being. Meet me there with the STRENGTH of your riches in glory." (Philippians 4:19).



**Step 3. *Bring your reflection and intimacy into focus.*** God honors our integrity and transparency. Two things He loves is justice and righteousness. So, bring everything to Him that weighs you down. Bring the skeletons out of the closet too! There's no such thing as our *secrets having secrets*, so let's be open and honest in these opportunities to heal and be restored. Psalm 139:2 says "You (God) know my thoughts before I think them." Every time we act transparently, seeking to rid our hearts of what hurts His, His love will draw near to us. "Perfect love casts out fear." 1 John 4:18

Keep your communion offering close by. It will continue to be blessed as you reflect.

***Consume it after your prayer time as a "cleansing rain".***

### **Step 4. *Praise God to build the glory!***

There are 150 psalms in the Book of psalms and almost all of them are filled with praise to our wonder-working God! Nothing builds the glory better than declaring the glory of God.

So, if you need some practice to welcome the presence of the Lord, refer to the:

**Power of Praise and Psalms of Praise sections** of this guide. Out of all 150 psalms, the one's that have a theme of *praise* have been shortened to capture the parts that praise Him! Pages 24-50 features this complete collection of psalms.

You can also mix and match the *psalms* and the *communion prayers* in this guide as creative ideas. (You can even sing and praise along to worship music or just "soak" in the presence of the Lord while music plays).

God loves our effort, and He loves to show it!

*How do I know if His Holy Spirit is here with me?* You might feel emotion, overwhelming love, or peace. Other times He'll be there with you, hiding in plain sight to test your faith in the perseverance of praise from your heart. He's seeing your heart posture: if you'll seek Him even when you can't "feel" Him. If you're not sure, ask Him to reveal His love!

Throughout the Book of Psalms, God's people took every opportunity to praise and worship the Lord. They knew that praising God was of utmost importance both in times of plenty and in lack. So, no matter what season of life you find yourself in today, it is good to offer Him praise no matter what.

WE LOOK TO GOD, RATHER THAN HUMAN EFFORT,  
AS THE ULTIMATE SOURCE FOR THE THINGS, WE NEED FOR LIFE.

## Step 5. Pray over “the battle”, “the scars”, or for breakthrough.

Here you can pray for others, and for your own needs. You can also pray for “upgrades” like wisdom, understanding & revelation (insight). Transformation, and personal revival.

Deliverance from strongholds, over anxiety & worry, delays in breakthrough, over weariness, and lack. Also, for renewed strength, healing, and favor.

Psalm 18:2 guarantees: *Jesus*, is “your rock, your fortress and your deliverer. Your strength. Your shield, your salvation, and your stronghold.” “He knows your need before you ask Him” (Matthew 6:8). Go into the deep with God, because He will also. “The spirit searches all things, even the deep things of God.” (1 Corinthians 2:10 NLT). There are intimate places that God wishes to take us: like the depths of His love, wisdom, and mercy. In Psalm 36:5, we read “Your mercy O Lord, is in the heavens, and yet it comes down to me.” So, bring all of you, into the “deep things of God”.

## Step 6. Take communion. Enjoy the blessing of peace it gives you!

...As you carry-on with the rest of your day,  
carry this experience with you wherever you go.

Our lives are supposed to magnify the *character of God*,  
not the condition of the state of the world.

Be reminded of who are you are as you go back into it...  
An heir to the Kingdom of God.

*“Now if we are children, then we are heirs-heirs of God and co-heirs with Christ, if indeed we share in his sufferings (to overcome the world), in order that we may also share in his glory.” Romans 8:17 NIV*

# COMMUNION PRAYER EXAMPLES

## COMMUNION PRAYER

You can recite the words of Jesus at the Last Supper right before you take your communion elements:

*This is my body, which is for you. Do this in remembrance of me.” (and) This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”*

*1 Corinthians 11:23–25 ESV*

Jesus referred to this as the “cup of the new covenant.” Jesus is describing a new agreement - a formal promise- between God and many people. This time, though, the covenant will not be for Israel alone (Exodus 24:1-8). It will be for all people who come to God through faith in Jesus. (Hebrews 9:14-15). Jesus’ blood has been poured out to pay the price for the sin of all who trust in him as the “Lamb who was slain.” (Revelation 5:12)

*Jesus said: I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world. John 6:51 NIV*

*The bread of life represents Jesus: as the Holy Spirit who gives life now, and eternal life. We renew or rededicate our spirit to His, through communion.*

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**Pray:** Lord God, as I renew my covenant with you, I ask that You build Your character in me Galatians 5:22-23. Do a new thing in my life Lord. Help me to forget the former things, and not to dwell on the past. Isaiah 43:18.

Help me enter a deep friendship with you, and to wear the crown of “sonship” (son/daughter of God) John 12:36. Help me bring truth, justice and righteousness to the table. Clothe me in the riches of Your glory Philippians 4:19. Teach me what it means to be in “covenant” with You: to the eyes of my understanding. By this covenant, (as an heir to Christ) enable me to enjoy and experience my citizenship in heaven. Strengthen and heal the inner man of my soul to the reward of covenant blessings through Christ our Lord and Your throne room acting upon me. Amen.

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## PRAYER OF DEDICATION

Lord God of Hosts; You are my defense and the rock of my refuge (Revelation 5). In the same way King Solomon dedicated the temple he built to You, I dedicate my life to the works of the Lord. Enable me to walk out Your will for my life and count my victories with me. "Equip me with every good thing" (Hebrews 13). Help me grow in the "knowledge of You" by grace and mercies that are new every day. Teach me how to be a spiritually wealthy child of God (Cf. Romans 8:17), for Your will to be done. Raise my name in Your Kingdom, and elect me for assignments on earth. Make my life a testimony that the God of Abraham, Isaac, and Jacob truly lives!

These prayers include DECREES.

A way we are taught to pray in Job. 22:28

*"You will also decree a thing, and it will be established for you; so light will shine on your ways."*

God says HIS WORD won't "return to Him void".

-Isaiah 55:11

So, as we declare God's Word, He works on fulfilling THE PROMISE!

## PRAYER TO SEE GOD'S GOODNESS

(God speaking to Moses when he asked to see God's glory) And He said, "I Myself will make all My goodness pass before you, and I will proclaim the name of the LORD before you; and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy." -Exodus 33:19

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Pray: "LORD, I ask for an Exodus 33:19 anointing on my life; that You would cause Your grace, mercy and goodness to pass before me. Teach me how to operate in a level of grace befitting of royalty to Your Kingdom. Cause me to endure in the growth of my destiny. Direct my paths LORD and encompass about me. Protect and preserve my covenant inheritance and the lines that have fallen to me in pleasant places. Make my hands diligent to both war and peace in Your program. Equip me to attain the mentality of a victor, holding the crown of righteousness. Make me an example of Christ's wisdom in all my actions LORD. By the power of Your Holy Spirit, guard me in all Your ways. Amen! I DECREE: Every blessing that has been assigned to me (by the court of Heaven) come forth as favor and provision upon my name, through the authority of Jesus Christ. As a seed of Abraham, I call forth every covenant blessing that Jesus said is my inheritance through the Kingdom of God. Uphold my honor LORD, should I take up my cross and carry it daily.

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## PRAYER TO ALIGN WITH YOUR DESTINY!

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Align me Oh God!!  
Make my relevance the place of my destiny.  
I'm tired of escorting orders, from the world's standard.  
I'm tired of wondering what to do with my life.  
*"I am your workmanship created in Christ Jesus for good works, which you prepared in advance, so I could walk in them." (Ephesians 2:10)*  
I have been set apart for such a time as this! *(Esther 4:14)*  
Help me to "carry my cross" and begin to walk with You Lord:  
beyond anyone's expectations, into new territories and new things!  
My relevance, my breakthrough, and my victory belong to You Lord!  
Show me the vision You had for my life before my days were fashioned. *(Psalm 139:16)*  
...and build in me LORD, the Character of Christ.  
Establish in me, *a heart in Your likeness.*  
Lead me to the place of open doors and new opportunities  
that only You can open.  
Bring me into new seasons of unusual favor.  
Position me to be a resource to the Body of Christ.  
Equip me Lord, with everything good that I may do Your will. *(Hebrews 13)*  
*Help me make mature decisions to carry out this plan.*  
Carry me in truth.  
*LORD GOD; silence the voice of the enemy in my life,*  
*and silence the voice of my thoughts.*  
Help me to hear Your voice clearly, and to follow Your direction.  
Lead me out of any bondage like You did for Your people from Egypt.  
Deliver me from any captivity You find me in.  
Make a way for me through any "wilderness" I go through.  
Make a way for me when there seems to be no way.  
...And Lord, never let the plans You have for me exceed the character I will need.  
Thank you for my rising!

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## PRAYER TO MOVE YOUR MOUNTAINS

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Lord, I DECREE: Ephesians 3:16

“That (You) would grant (me), according to the riches of (Your) glory, to be strengthened with might by (Your) Spirit in (my) inner man.”

“Adonai, lead me by Your grace (empower me).  
Just like Jesus: increase me in wisdom and stature,  
and in favor with God and man.” (*Luke 2:52*)  
Help move any mountains I do not have to climb unnecessarily.  
I declare: the joy of the Lord is my strength! (*Nehemiah 8:10*)

“You are *the way*, the truth, and the life.” Take me *the way* which my “enemies” can be defeated. Even if that means forgiveness. Order my steps Lord. (*Proverbs 20:24*)  
The world and everything in it, belongs to You. No one is greater than You! I can do all things through Christ who strengthens me!” (*Philippians 4:13*)

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## PRAYER FOR DEEPER FAITH

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Heavenly Father, the Father of our Lord Jesus Christ: teach me to know You in the experiences of my life. Help me overcome “the world” (*1 John 5:4*). Open the eyes of my understanding and put teachers on my path who know Your word like You do. Teach me to be a product of faith and be *rewarded* by it. Develop Your character in me, through Your son Jesus, as the door of my faith.

I ask: “Jesus... go ahead and do your GREATEST work in me. I'm ready”.  
Help my belief that you are the Son of God, and that Your death and resurrection happened for my sake, and for the whole world to find freedom from darkness.

I want to encounter You as the “light of the world”. (*John 8:12*)

Jesus, by Your Holy Spirit: change my heart, and make me a new creation.  
“Father, I ask you in Jesus's name to fill me with your Holy Spirit, to baptize me in his fire, and to clothe me in his power.”

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## PRAYER OF OPEN DOORS!

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“Adonai; there is power in Your name!  
You are the way when there seems to be no way.  
I trust in You to make a way for me.  
I trust in You to build in me, what needs to appear in my life.  
Let it start with Your Kingdom. *(Cf. Luke 17:21)*  
Move the “unmovable”, and break the “unbreakable”  
things in my life that keep my destiny in chains.  
Connect me now to Your resources of “impossible” grace, mercy and favor;  
...in opportunities and open doors.  
Position me to become leadership by Your grace *(Cf. Revelation 1:6-9)*.  
Lord Jesus, when You made my life, what was Your vision?  
Help me see what You see.  
Help me build equity with You, so that my days aren't just numbered *(Psalm 139:16)*,  
but each one valuable to the Kingdom of God.  
Teach me bravery and boldness to carry out the plans that You have for me.  
*(Cf. Jeremiah 29:11)*  
Make me an oak of righteousness in any circumstance!  
Inspire me to build the strength of my life on the Word of God.

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...REMEMBER, YOUR LIFE IS A LOVE LETTER FROM GOD TO OTHERS.  
MODELLING THAT LOVE COMES BY *WALKING* IN HIS.

## THE POWER OF PRAISE!

Worship places our weakness in God's strength, revealing the breakthrough strength of God.

We get realigned, refreshed and refueled.

In fact, God works best in our weaknesses.

In 2 Corinthians 12, Paul quotes Jesus who said, "My grace is sufficient for you, for my power is made perfect in weakness."

Praise and worship are how we allow God to fight our battles for us.

We see this in the story of Jehoshaphat. 2 Chronicles 20:22 says, "As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated" (NIV). What a strange battle plan—but the result was that the Lord won the battle for them!

When we praise God for who He is, we are reminded that we are made in His likeness.

God reflects His nature to the one praising Him. Meaning, our praise and honor to Him ignites that glory in us. What we do to praise God goes full circle!

God made us, to fill us! We see this in Psalm 22:3 which can read: "God lives and dwells in our praises!" The World English Bible Version says (about God): "But you are holy, you who inhabit the praises of Israel" (Your people). Psalm 22:3

So, as we praise Him for His righteousness, it is a mystery through praise that we are confirming He works His righteousness in us. When we praise His holy name, we remember that we aren't just made in His image, but that we also carry both His name and His spirit through our covenant with Christ!

A covenant is a contract or an agreement. In the Bible, covenants are made between God and His people to rescue, choose and bless them for a plan and a purpose. There are at least 6 foundational covenants in the Bible, that God made with Adam, Noah, Abraham, Moses, and David. The last is the "new covenant" in Christ. By it, we receive grace (empowerment) by faith, to do God's will.



The "new covenant" is ours to enjoy right now.

"Bless the LORD, O my soul, And forget not all His benefits" Psalm 103:2.

If you read through Hebrews Chapter 8, God defines our "new covenant" as four promises He makes to His people (that's us).

## THE NEW COVENANT PROVIDES GOD'S SPIRITUAL POWER TO LIVE FOR HIM.

Praise, worship, and communion activates and intensifies this power, which is synonymous with *grace*.

Grace is God's empowerment to go beyond our own natural ability.

So, the new covenant is really an *experience*!

When we worship, God sets out to make His invisible work (doing powerful things), evident in our lives, at just the right time.

Hope this revelation helps deepen that intimacy and the strength by which we praise God for Who and all that He is: life, light (holiness) and His power being worked in us.

"You are all sons of light and sons of the day. We are not of the night nor of darkness."  
(1 Thessalonians 5:5)

YOU'RE A VESSEL OF GOD IN THE MAKING!  
EACH DAY IS DESIGNED TO EXCEL IN HIS GREATER LIGHT.

## THE BENEFITS OF PRAISING GOD

Let's recap some of the benefits of praising God!

1. YOUR STRENGTH WILL BE RENEWED. (*Psalm 103:1-5*). "The God of Israel is He who gives strength and power to His people." (*Psalm 68:35*). While God elects all of humanity to represent Him to all of the created "world", we're also called overcome it. Carrying the experiences of our life by God's strength is required to walk in the image of Christ to obtain our calling as "Kings and Priests" (*1 Peter 2:9*), "Sonship" (*John 12:36*), and "rulers who reign with Christ" (*2 Timothy 2:12*) in the future Kingdom to come.
2. INVITES GOD'S PRESENCE INTO YOUR LIFE! *Psalm 22:3*
3. BRINGS VICTORY! In Acts 16:16-40 we see the story of Paul and Silas who were supernaturally freed from prison! As they were praising God at the midnight hour, prison doors were opened, and everyone's chains were removed!
4. PRAISE ENLISTS GOD'S PROTECTION. When you praise God for an answer to your prayer before it happens, that's faith—and that's when God begins to fight for you. God is never surprised by the things that come into our lives. God never says, "Wow, I didn't see that coming". "For your ways are in full view of the LORD, and He examines all your paths." (*Proverbs 5:21-23 NIV*). That's why we need to enlist Him! Something special happens when we praise God in difficult times! In 2 Corinthians 12, Paul quotes Jesus who said, "My grace is sufficient for you, for my power is made perfect in weakness."
5. CHASES AWAY FEAR. Fear happens anytime we come out of agreement with God's promises. Fear is an expectation of something God didn't intend for you. In FEAR, we describe the problem. In FAITH we describe the promise. Praise lifts our worship "of" FEAR back to God who deserves our FAITH! He will bring You to an expected end! (*Jeremiah 29:11*) There's no better way to surrender fear than to change your focus from self to God. Such a shift produces "the oil of gladness instead of mourning" (*Isaiah 61:3*). Even while we're shifting, He really cares about what we go through! "You've kept track of my wanderings, each tear entered into your book." (*Cf. Psalm 56:8*).

6. BOOSTS YOUR CONFIDENCE. "Though an "army" encamp against me, my heart shall not fear; though "war" arise against me, yet I will be confident." (*Psalms 27:3 Nkjv*). Your "army" or "war" might have a different name, but this psalm highlights how the Lord delivered David from His. Put your confidence in God and ask Him to deliver you also! Take courage, that you "can do all things through Christ who strengthens you." (*Philippians 4:13 Nkjv*).
7. PRAISE ACTIVATES REVELATION! Singing can be like "calling" to God. He once responded to Jeremiah the prophet saying, 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know.' So, praise can reveal new possibilities, bring revelation, and opens doors! "With God all things are possible!" (*Matthew 19:26*).
8. PRAISE PROMOTES PRODUCTIVITY. According to the Word, "the earth yields her increase in the presence of praise" (*Psalms 67:5-6 Nkjv*). Meaning, increase is produced (a harvest). Praise produces an "increase": the inertia for us to produce good "fruit" (productivity). Praise renews a steadfast spirit within us. (*Psalms 51:10 Nkjv*)
9. PRAISE OPENS THE DOOR TO BLESSINGS! Psalm 84:11 says, "For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does He withhold from those whose walk is blameless." God is our provider, and delights in surprising us with His goodness! The goodness of God displayed through our lives also helps us be who we are meant to be in the Lord.
10. PRAISE INCREASES OUR FAITH! Praising God is an *act of faith*, who measures out greater faith when we use it! God gives "measures" of faith to his people, as a gift. (*Cf. Romans 12:3*) ... "looking unto Jesus, the author and finisher of our faith," (*Hebrews 12:2*). God's word is an action plan waiting for us to engage in it! God desires to reveal His love and invisible qualities. In other words, God makes promises to make Himself known. *Faith accesses those promises.*

"So then faith comes by hearing, and hearing by the word of God." (*Romans 10:17 Nkjv*).  
There's a mystery in this. *Faith is produced by God, who is the Word.*" (*John 1:1*)

Biblical faith is a reasonable trust in what cannot be seen, given the strength of the evidence that has been seen. (*Cf. Hebrews 11:1-6*)

Faith is what connects us to God's "faithfulness" (*Cf. Psalm 36:5*)  
...where HIS WORD reveals His promises and benefits.

11. The best for last... PRAISING GOD BLESSES HIM! What does this mean? How can I possibly bless God? "Bless the LORD oh my soul" (*Psalms 103:1*) -means to magnify God in all things. It is shown in our response as His children to seek Him. The glory (His spirit) which He put in us, returns that glory to Him through our praise! The light He put in us, "extols" Him with a natural love for His nature, attributes, sovereignty and His unfailing commitment towards those who seek and do His will.

**To magnify and glorify God takes humility. "Humility isn't thinking less of yourself, it's thinking of yourself less."**  
-C.S. Lewis

Humility is putting the love of God and the laws of God, *above ourselves*.

The Psalms are filled with blessings upon God for His counsel (*Psalms 16:7*), His holiness (*Psalms 103:1*), His dominion over all things (*Psalms 103:22*), and His honor and majesty (*Psalms 104:1*). We offer Him our praise and blessings because He deserves them.

God is glorified when we praise and acknowledge Him ("bless") Him. That acknowledgement is expressed as our desire to draw near to Him. That is what we were originally created for. He promises in return to draw near to us! (*James 4:8*) However, no man can bless God in this way unless He is right with God for we read in Proverbs 28:9: 'If anyone turns a deaf ear to the Law (the new Covenant in our example), even his prayers are detestable.' It is only once we have been truly blessed by God in the heavenly realms (*Ephesians 1:3*) that we can bless God in return, in a manner that pleases Him.

Sometimes, we won't be naturally drawn to praising God because of our fallen nature. That's why it is essential for us to know the benefits of praising God.

God loves and cares for you, so much that He gave you life, so He could reflect himself in You. Our human nature was designed to narrate the power of God.

He made you, to reveal Himself in you!

The possibilities of your life in the hands of God, are extraordinary through the gift of communion and active participation in it. Not just with the matters of your own life, but also for others as we intercede to lift them up also.

# PSALMS OF PRAISE!

Nkjv

PSALM 7:17 I will praise the Lord according to His righteousness, and will sing praise to the name of the Lord Most High.

Takeaway: Praising and honor to God can take on different forms. While it can be musical songs of praise, it can also be what we abstain from that honours God. Saying no to common evils, or “everyday” types of worldly distractions invites the love of God closer to us.

“Worship the LORD in the beauty of holiness.” Psalm 29:2

PSALM 8: Oh Lord, how excellent is your name in all the earth.

Takeaway: The word "excellent," means exalted, noble, and great. His excellence is also established in us through the work of the Holy Spirit who strengthens us in His character. He tests us in this also, for the measure by which He wants to bless us.

We see this in Psalm 65:4 Kjv “Blessed is the man (the person) You choose, and cause to approach You, that He may dwell in Your courts.” A good question to ask God is:

“Can I ascend the hill of the Lord?” Psalm 24:3-4 tells us who can. “One who has clean hands, and a pure heart; who has not lifted up their soul unto vanity, nor sworn deceitfully.” ‘Vanity ’ (here) in context refers to idolatry or placing one's desires above God. Vanity is considered a form of self-idolatry: Exalting yourself above God for Your own purposes and gain, outside of God’s will and His goodness. Self-image above God’s leading in your life.

Pray: “Lord Jesus, lead me in all humility, truth, and wisdom. Help me overcome the world and lead me to thirst in the knowledge of You.” (Cf Proverbs 9:10)

PSALM 9: I will praise you O LORD, with my whole heart. I will tell of all Your marvelous works. I will be glad and rejoice in You. I will sing praise to your name, O Most High.

Takeaway: The same miracle working God is still at work in our lives today, especially when you ask Him to be involved in every detail! Go ahead and begin to ask for His grace and mercy to equip you in everything good in His eyes.

“Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.” Ephesians 3:20 NLT

Pray: “Lord of Hosts, of all the supernatural victories You have worked before; please display Your works again in every detail of my life.

## PSALM 10:16 The LORD is King forever and ever!

Takeaway: Jesus came to “destroy the works of the devil.” (1 John 3:8) Ask yourself today, are you doing all you can stand against the wiles (the schemes) of the devil? (Ephesians 6:11)  
We can summarize 4 strategies or traps Satan uses to distract and discourage us from God’s plans for our lives. The enemy will try to make us IGNORANT, IMPATIENT, and INDEPENDENT of God’s will; trying to excite us to put our plans above God’s will for our lives. Last, the enemy causes INDICTMENT: threats, accusations, and lies fracturing our strength in who God says we are His! We are also heirs to His Kingdom holding all authority (in Christ) over evil. (Luke 10:19)  
Declare! “I am clothed in the authority, dominion, and power displayed by Christ in me.  
I am a covenant keeping heir to the riches of God’s glory which reveals the goodness of God.”

### Excerpts from PSALM 16:

Preserve me, O God, for in You I put my trust.  
“You are my Lord, My goodness is nothing apart from You.”  
Lord, You are the portion of my inheritance and my cup; You maintain my lot.  
The lines have fallen to me in pleasant places;  
Yes, I have a good inheritance. I will bless the Lord who has given me counsel;  
I have set the Lord always before me;  
Because He is at my right hand I shall not be moved.  
You will show me the path of life;  
In Your presence is fullness of joy;  
At Your right hand are pleasures forevermore.

Takeaway: When we have a hard time praising God for the good things He is doing in our lives, lean on Phillipians 4:8. Always search for the best of what is in front of you right now. Gratitude is a gate that opens the deeper blessings of God to us.

*“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” Phillipians 4:8 NKJV*

Excerpts from PSALM 18: I will love you, O Lord, my strength. The LORD is my rock and my fortress, and my deliverer; My God my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies. It is God who arms me with strength and makes my way perfect. The LORD lives! Blessed be my Rock! Let the God of my salvation, be exalted!

## PSALM 21:13

Be exalted, O LORD, in Your own strength. We will sing and praise Your power.

Declare: The joy of the Lord is my strength! (*Nehemiah 8:10 ESV*)

## PSALM 22 A FUTURE TIME, WHEN ALL NATIONS ARE REDEEMED TO GOD!

Psalm 22:27 All the ends of the world shall remember and turn to the LORD, and all the families of the nations shall worship before You. For the kingdom is the LORD's. And He rules over the nations.

Takeaway: David envisions a time when all nations of the world will worship Yahweh, reflecting God's sovereignty. This prophecy will fulfill God's purpose for Israel to be a light to the nations, and reinforces the truth that God's grace is universally accessible. Our worship today, is preparing our lives to be lifted up with the nations who will worship "tomorrow".

PSALM 23: The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the path of righteousness for His name's sake. Yea, 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. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness, and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

PSALM 29:2 Give unto the LORD the glory due His name; worship the LORD in the beauty of holiness.

Declare: To the Father of our Lord Jesus Christ; You are El Elyon: "the only God".  
You are the eternal reigning sovereign God of glory; apart from You there is no God.  
Help me by the provision of Your Holy Spirit to come closer to You in the beauty of holiness.

PSALM 30:1 I will extol You, O LORD, for you have lifted me up, and have not let my foes rejoice over me. Vs 4-5 Sing praise to the LORD, you saints of His, and give thanks at the remembrance of His holy name. His favor is for life!

PSALM 31:14-15 But as for me, I trust in You, O LORD; I say, "You are my God." My times are in Your hand.

Prayer of protection: God my victory, "You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed."

*(Psalm 139:16 NLT)* ...So I ask, "O my God, do not take me away in the midst of my days."

*(Psalm 102:24 Nkjv)*

PSALM 33:20-21 Our soul waits for the LORD; He is our help and our shield. For our hearts shall rejoice in Him, because we have trusted in His holy name.

PSALM 34: 1-4 I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; the humble shall hear it and be glad. Oh, magnify the LORD with me, and let us exalt His name together. I sought the LORD, and He heard me, and delivered me from all my fears.

Verse 8-9 Oh, taste and see that the LORD is good; blessed is the man who trusts in Him! Oh, fear the LORD, you His saints! There is no want to those who fear Him.

PSALM 36:5-9 Your mercy, O LORD, is in the heavens; Your faithfulness reaches to the clouds. Your righteousness is like the great mountains; Your judgements are a great deep; O LORD, You preserve man and beast. How precious is Your lovingkindness, O God! Therefore, the children of men put their trust under the shadow of Your wings. They are abundantly satisfied with the fullness of Your house, and you give them drink from the river of Your pleasures. For with You is the fountain of life; in Your light we see light.

PSALM 37:4-6 Delight yourself also in the LORD, and He shall give you the desires of your heart. Commit your way to the LORD, trust also in Him, and He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noonday.

Vs. 34 Wait on the LORD, and keep His way, and He shall exalt you to inherit the land; when the wicked are cut off, you shall see it.

Vs. 39-40 But the salvation of the righteous is from the LORD; He is their strength in the time of trouble. And the LORD shall help them and deliver them; He Shall deliver them from the wicked, and save them, because they trust in Him.

PSALM 40:4-5

Blessed is that man who makes the LORD his trust, and does not respect the proud, nor such as turn aside to lies. Many, O LORD my God, are Your wonderful works, which You have done; and Your thoughts toward us cannot be recounted to You in order; if I would declare and speak of them, they are more than can be numbered.



Vs. 16-17 Let all those who seek You rejoice and be glad in You; let such as love Your salvation, say continually, The LORD be magnified! "You are my help and my deliver; do not delay O my God."

PSALM 41:13 Blessed be the LORD God of Israel from everlasting to everlasting!

PSALM 43:2 For You are the God of my strength.

PSALM 44:1 We have heard with our ears, O God, our fathers have told us, the deeds You did in their days, in days of old: You drove out the nations with Your hand, but them (our fathers, like Abraham!) You planted.

Takeaway: This is a picture of how God will always be leading us to a new spiritual place in the midst of our experiences. He takes us new into "lands" for us to take spiritual territory through our walk with Him. In this, we can dwell in the land of our destiny. Often, this requires clearing the "old nations". We can't enter a new season, with an old mindset; or dwell with the old where God is doing a new thing.

Pray: "Heavenly Father; lead me to the territory (the places) You want me occupy and train my hands for "war" (Cf. *Ephesians 6:12*). With all things ahead of me, help me go where You need me to go, and "drive out the nations" before me. You are my King, O God; command victories for me like You did for Jacob!" (Cf. *Psalms 44:4*). Amen

PSALM 45 THIS IS WRITTEN OF JESUS, AS OUR KING:

Vs.2-4 "You are fairer than the sons of men; Grace is poured upon Your lips; therefore, God has blessed You forever. Gird Your sword upon Your thigh, O Mighty One, with Your glory and Your majesty. And in Your majesty ride prosperously because of truth, humility and righteousness.

Vs.6-7 Your throne, O God, is forever and ever; a scepter of righteousness is the scepter of Your Kingdom. You love righteousness and hate wickedness; therefore God, Your God, has anointed You (Jesus) with the oil of gladness more than Your companions (those close to him).

Vs.16 "Instead of Your fathers (the patriarchs) shall be Your sons (us!!), whom You shall make princes in all the earth." *'Sons and princes' refers to sonship with God, or children of light.*

*While you have the light, believe in the light, that you may become sons of light." (John 12:36)*

Psalms 45 gives 3 keys to walk in the likeness of Christ: truth, humility, and righteousness as "sons of light" who submit to the training of the Lord through the work of the Holy Spirit in us.

PSALM 46:1 God is our refuge and strength, a very present help in trouble.  
Vs. 7 The LORD of hosts is with us; The God of Jacob ("Israel") is our refuge.

PSALM 47:1-2 Oh clap your hands, all you peoples! Shout to God with the voice of triumph!  
For the LORD Most High is awesome; He is a great King over all the earth.  
Vs. 8-9 God reigns over the nations; God sits on His holy throne.  
...For the shields of the earth belong to God; He is greatly exalted.

PRAISE FOR BOTH OLD AND NEW JERUSALEM: JESUS 'FUTURE KINGDOM ON EARTH.

PSALM 48:1-3 GREAT is the LORD; and greatly to be praised in the city of our God, in His holy mountain. Beautiful in elevation, the joy of the whole earth, is Mount Zion on the sides of the north, the city of the great King. God is in her palaces; He is known as her refuge.  
Vs.10 So is Your praise to the ends of the earth.

Takeaway: Two pictures are being painted by the psalmist. One is historical Jerusalem, and at the same time, one is prophetic: illustrating the city of God, the "New Jerusalem" (Cf. Revelation 3:12 and 21:2). These two pictures are the entire work of the gospel culminating in the redemptive work of the whole earth and 1000 years of peace on earth. This is also the time when Jesus says we will rule and reign with Him on earth. (Cf. Revelation 20:6)

PSALM 50:1-2 The Mighty One, God the LORD, has spoken and called the earth, from the rising of the sun to its going down. Out of Zion, the perfection of beauty, God will shine forth.  
Pray: LORD, bless me and keep me; make Your face shine upon me, and be gracious to me; LORD lift up Your countenance upon me and give me peace."  
(Cf. Numbers 6:22-26 Nkjv "Aaronic Blessing")

Let's pray like David did in PSALM 51: A PRAYER OF FORGIVENESS

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*"Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin." Psalm 51:10*

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PSALM 57:9-10 "I will praise You, O LORD"...

"For Your mercy reaches unto the heavens, and Your truth unto the clouds."  
Vs.11 be exalted, O God, above the heavens; let Your glory be above all the earth.

PSALM 60:12 ...through God we will do valiantly, for it is He who shall tread down our enemies.

PSALM 61:8 So I will sing praise to Your name, forever, that I may daily perform my vows.

Takeaway: Our "vows" is our obedience and willingness towards God's will for us. Sometimes God will ask certain things of us individually that are personal vows. For example, Samson, who was one of the judges in the Book of Judges. Samson's vow was given to him by "the angel of the LORD" (who is Jesus in the O.T.) Samson believed that his strength came from God and that cutting his hair would break his vow and cause him to lose his strength... and it did! (*Book of Judges Chapters 13-16*).

PSALM 63:1-8

O God, You are my God;  
Early will I seek You;  
My soul thirsts for You;  
My flesh longs for You  
In a dry and thirsty land  
Where there is no water.  
So, I have looked for You in the sanctuary,  
To see Your power and Your glory.  
Because Your lovingkindness is better than life,  
My lips shall praise You.  
Thus, I will bless You while I live;  
I will lift up my hands in Your name.  
My soul shall be satisfied as with marrow and fatness,  
And my mouth shall praise You with joyful lips.  
When I remember You on my bed,  
I meditate on You in the night watches.  
Because You have been my help,  
Therefore, in the shadow of Your wings I will rejoice.  
My soul follows close behind You;  
Your right hand upholds me.

PSALM 64:10 The righteous shall be glad in the LORD; and trust in Him. And all the upright in heart shall glory.

Takeaway: This psalm challenges is to live in righteousness. When trusting God produces victory, the “upright in heart” (people who emulate the goodness of God) will sincerely glorify God. Pray: “God, help me when I am sinned against, not to sin in response. Help me be able to turn the other cheek. In those moments, reveal Your goodness. Be my portion and my reward.

PSALM 65:5 O God of our salvation, You who are the confidence of all the ends of the earth.

Takeaway: Consciously or unconsciously, the whole world rests in God.

...IMAGINE IN THIS NEXT PSALM, THE GLORY THAT GOD CAN REVEAL!

PSALM 66:1-5

Make a joyful shout to God, sing out the honor of His name; make His praise glorious. Say to God “How awesome are Your works! Through the greatness of Your power Your enemies shall submit themselves to You. All the earth shall worship You and sing praises to You; They shall sing praises to Your name.” Come and see the work of God; He is awesome in His doing toward the sons of men. Vs.8 Oh bless our God, you peoples! And make the voice of His praise to be heard, who keeps our soul among the living, and does not allow our feet to be moved. (*Meaning, God will protect us.*)

PSALM 67

God be merciful to us and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your salvation among all nations. Let the peoples praise You, O God; Let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth. Let the peoples praise You, O God; Let all the peoples praise You. Then the earth shall yield her increase; God, our own God, shall bless us. God shall bless us, and all the ends of the earth shall fear Him.

Takeaway: This psalm reveals something God does that deserves our praise!

He will judge us individually and govern all nations righteously (in perfect justice).

This Psalm also reveals 2 things God will do in response to our praise: He will cause the earth to “yield her increase” (a “bumper crop”) and He will bless us! The kind of overflow blessings that postures us in the “fear of the Lord”: *the “awe of God”*; an adoration of Him that He is God, He is true, and He is ours!

GOD LOVES IT WHEN WE SING TO HIM!

PSALM 68:4 *Sing to God, sing praises to His name*; extol Him who rides on the clouds, by His name “YAH!” (Yahweh) and rejoice before Him. Vs.19 Blessed be the Lord, who daily loads us with benefits, the God of our salvation! Vs.34-35 Ascribe strength to God; His excellence is over Israel, and His strength is in the clouds. O God, You are more awesome than Your holy places. The God of Israel is He who gives strength and power to His people.

PSALM 71:1 In You, O LORD, I put my trust.

Vs.5 For You are my hope, O LORD GOD; You are my trust from my youth.

Vs.19 -21 Also, Your righteousness, O God, is very high, You who have done great things; O God, who is like You? You, who have shown me great and severe troubles, shall revive me again, and bring me up again from the depths of the earth. You shall increase my greatness, and comfort me on every side. Vs.22 ... I will praise You, and Your faithfulness, O my God!

JESUS AS KING OVER THE NEW HEAVEN AND THE NEW EARTH.

PSALM 72 *opens with a picture of the psalmist (King Solomon) saying:*

Vs.1-2 Give the king (me, Solomon) Your judgements, O God, and Your righteousness to the king's Son (Jesus, from the line of David). He will judge Your people with righteousness.

Vs.5 They shall fear You (fear is a holy reverential awe) as long as the sun and moon endure, throughout all generations. Vs.7 In His days the righteous shall flourish, and abundance of peace, until the moon is no more.

This is speaking of Jesus' future reign. In Revelation 21, the holy city, New Jerusalem, descends from heaven. After the final judgment, God unites heaven and earth and makes New Jerusalem the capital. “The New Heaven and New Earth” is a biblical description of the perfected eternal state of redeemed humanity where heaven -now on earth- is restored to what God intended it to be, under His perfect rule and reign.

Vs. 15 ... and daily He shall be praised! Vs. 18 Blessed be the LORD God, the God of Israel, who only does wondrous things! And blessed be His glorious name forever! And let the whole earth be filled with His glory. Amen and Amen

PSALM 73:25-26 Whom have I in heaven, but You? And there is none upon earth that I desire besides You... “But God is the strength of my heart and my portion forever.”

PSALM 75:1 We give thanks to you, O God, we give thanks! For Your wondrous works declare that Your name is near.

## THE MAJESTY OF GOD IN JUDGMENT

PSALM 76:4 You are more glorious and excellent than the mountains of prey.

Interpretation: The greatest kings and empires of the earth are referred to prophetically as mountains or emblems of worldly power. So, mountains of prey are world powers “robbers” such as great victorious nations like Old Testament Assyria who prey on the inferior with tyranny. Here the psalm is exalting God’s strength, power and excellence above these ‘mountains of prey’.

Vs.7-10 You, Yourself, are to be feared; and who may stand in Your Presence when once You are angry? You caused judgement to be heard from heaven; the earth feared, and was still, when God arose to judgment, to deliver all the oppressed of the earth. “Surely the wrath of man shall praise You...” (meaning, there isn’t any breath in the wicked that won’t be made to honor the truth of God, by God).

GOD ASKS US TO REMEMBER HIS MARVELOUS WORKS!

PSALM 78 *Highlights the LORD's supernatural help for His people (Israel) who finally escaped their 430-year exile from Egypt under Moses' leadership. God did great signs, wonders, and miracles.*

Vs.5 He appointed a law in Israel (God Himself wrote the 10 commandments on tablets of stone and gave them to Moses. So, God gave His people a law).

Vs.12 Marvelous things He did in the sight of their fathers, in the land of Egypt.

Vs.13-15 He divided the sea and caused them to pass through; and He made the water stand up like a heap. In the daytime also He led them with the cloud, and all the night with a light of fire. He split the rocks in the wilderness and gave them drink in abundance like the depths. He also brought streams out of the rock and caused waters to run down like rivers.

Vs.23-24 Yet He had commanded the clouds above, and opened the doors of heaven, had rained down manna on them to eat, and given them of the bread of heaven.

Vs.27 He also rained meat on them like the dust, feathered fowl, like the sand of the seas; and He let them fall in the midst of their camp all around their dwellings. So they ate and were well filled, for He gave them their own desire. They were not deprived of their craving.

A Quick Study: The story and the pattern of Exodus was a type and shadow of what God did for us when He sent Jesus Christ to be our great deliverer from our own “Egypt”: *which was sin, sickness, and all the snares of the devil*. Just like God used Moses to deliver the children of Israel from Egypt, Jesus delivered us from spiritual Egypt. He brought us “out” (of darkness) into our “promised land” (into His marvelous light.” *1 Peter 2:9*)

In Psalm 78, we read how God parted the Red Sea, how He was the supernatural light for His people in the wilderness, He made water come out of a rock and fed them supernatural supplies of bread and meat that fell like rain.

Even their shoes and clothes did not wear out. He protected them as His own treasured people. But, despite God's repeated supernatural miracles for them, the people complained and doubted God's power!

For example, in vs. 19 the people "...spoke against God; they said, 'Can God prepare a table in the wilderness?'" And in vs. 20, "Can He give bread also? Can He provide meat for His people?"

Yes!!! He can and He will!

Psalm 78:22 shows how God was grieved "because they did not believe God's promises nor did they trust His salvation."

It might hurt us to see how God perfected His provision as He took His people out of Egypt, but His people still had Egypt in their hearts.

## UNBELIEF LESSENS THE FLOW OF GOD'S POWER IN OUR LESSONS.

*There is no limit to God's authority and power, unless our unbelief puts it there.*

God invites us to inquire about direction, but not to doubt His promises or *the way* he chooses to take us. God -knowing the unprepared and fearful hearts of His people- took them the long way from Egypt to the promised land. The fastest route led through the land of the philistines which was enemy territory. God knew this and kept them hidden. The Israelites were only 11 days away from entering the promised land when they became doubtful and distracted along the way. That turned into sin and disobedience which ruined their "breakthrough": arriving into a prosperous land that they didn't have to build or plant for themselves. (Cf. Deut. 6:10-11)

As punishment for their sin and discontentment of how God provided for them along the way, God chose to keep them there for a total of 40 years! Only the new generation among them entered the promised land under the leadership of Joshua.

Taking this home, we need to make our time count by doing the Lord's will. Christ is our shepherd leading us to our own "promised land": the Kingdom of God that's within us! He knows the perfect way! "The world" represents spiritual Egypt to us. *Christ delivers us, the way Moses delivered God's people.*

## PSALM 84

Vs.1-2 How lovely is Your dwelling place, O LORD of Hosts! My soul longs, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God. Vs.3-5 ...O LORD of Hosts, my King and my God. How blessed are those who dwell in Your house! They are ever praising You. Blessed is the man (a person) whose strength is in You. Vs. 8-12 O LORD God of Hosts, hear my prayer; give ear, O God of Jacob. Take notice of our shield, O God, and look with favor on the face of Your anointed. For 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. For 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. O LORD of Hosts, how blessed is the man who trusts in You!

Takeaway: “Take notice of our shield, O God, and look with favor on the face of Your anointed.” This shield is a reference for God. It’s asking God to see the reflection of Christ (who is our shield) in us. Then, and only then, can God look upon those who are found in Christ (His anointed One) and accept us for his sake. We must look to Christ with faith, and then God (with favor) will look upon the face of those anointed in Christ (those in Christ who have his shield).

*PSALM 85 Highlights certain attributes of God that will bless us in the absence of willful sin and “unrighteousness” (actions that are morally unjust). Those attributes are His peace, righteousness, mercy and truth, His salvation, and His glory.*

Vs.8-13 I will hear what God the LORD will speak, He will speak peace to His people and to His saints; but let them not turn back to folly (sin and unrighteousness). Surely His salvation is near to those who fear Him, that glory may dwell in our land. Mercy and truth have met together; righteousness and peace have kissed. Truth shall spring out of the earth, and righteousness shall look down from heaven. Yes, the LORD will give what is good; and our land will yield its increase. Righteousness will go before Him and shall make His footsteps our pathway.

PSALM 89:5-8 And the heavens will praise Your wonders, O Lord; Your faithfulness also in the assembly of the saints. For who in the heavens can be compared to the Lord? Who among the sons of the mighty can be likened to the Lord? God is greatly to be feared in the assembly of the saints, and to be held in reverence by all those around Him. O Lord God of hosts, who is mighty like You, O Lord? Your faithfulness also surrounds You.

Vs 11. The heavens are Yours, the earth also is Yours; the world and all its fullness, You have founded them. Vs.13-18 You have a mighty arm; strong is Your hand, and high is Your right hand. Righteousness and justice are the foundation of Your throne; mercy and truth go before Your face. Blessed are the people who know the joyful sound! They walk, O Lord, in the light



of Your countenance. In Your name they rejoice all day long, And in Your righteousness, they are exalted. For You are the glory of their strength, and in Your favor our “horn” (*our strength, influence & salvation*) is exalted. For our shield belongs to the Lord, and our king to the Holy One of Israel.

PSALM 90:1-2 Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God. Vs.16-17 Let Your work appear to Your servants, and Your glory to their children. And let the beauty of the Lord our God be upon us and establish the work of our hands for us; yes, establish the work of our hands. (This verse emphasizes the importance of divine intervention in our efforts.)

PSALM 91:1-2 He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.”

PSALM 92:1-2 It is good to give thanks to the Lord, and to sing praises to Your name, O Most High; to declare Your lovingkindness in the morning, and Your faithfulness every night. Vs.4-5 For You, Lord, have made me glad through Your work; I will triumph in the works of Your hands. O Lord, how great are Your works! Your thoughts are very deep. Vs. 8-10 But You, Lord, are on high forevermore. For behold, Your enemies, O Lord, for behold, Your enemies shall perish; all the workers of iniquity shall be scattered. But my “horn” (*strength, influence & salvation*) You have exalted like a wild ox; I have been anointed with fresh oil. Vs. 12-15 The righteous shall flourish like a palm tree, he shall grow like a cedar in Lebanon. Those who are planted in the house of the Lord shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing, to declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.

PSALM 93 THE ETERNAL REIGN OF THE LORD!

- 1.The Lord reigns, He is clothed with majesty;  
The Lord is clothed,  
He has girded Himself with strength.  
Surely the world is established, so that it cannot be moved.
- 2.Your throne is established from of old;  
You are from everlasting.
- 3.The floods have lifted up, O Lord,  
The floods have lifted up their voice;  
The floods lift up their waves.

4.The Lord on high is mightier  
Than the noise of many waters,  
Than the mighty waves of the sea.  
5.Your testimonies are very sure;  
Holiness adorns Your house,  
O Lord, forever.

PSALM 94:12-15 Blessed is the man whom You instruct, O Lord, and teach out of Your law, that You may give him rest from the days of adversity, until the pit is dug for the wicked. For the Lord will not cast off His people, nor will He forsake His inheritance. But judgment will return to righteousness, and all the upright in heart will follow it.

PSALM 95:1-7 Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms. For the Lord is the great God, the great King above all gods. In His hand are the deep places of the earth; the heights of the hills are His also. The sea is His, for He made it; And His hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the Lord our Maker. For He is our God,  
And we are the people of His pasture,  
And the sheep of His hand.

PSALM 96:2-10

Sing to the Lord, bless His name;  
Proclaim the good news of His salvation from day to day.  
Declare His glory among the nations, His wonders among all peoples.  
For the Lord is great and greatly to be praised;  
He is to be feared above all gods. For all the gods of the peoples are idols,  
But the Lord made the heavens. Honor and majesty are before Him;  
Strength and beauty are in His sanctuary.  
Give to the Lord, O families of the peoples, give to the Lord glory and strength.  
Give to the Lord the glory due His name;  
Bring an offering (such as fasting & giving), and come into His courts.  
Oh, worship the Lord in the beauty of holiness! Tremble before Him, all the earth.  
Say among the nations, "The Lord reigns;  
The world also is firmly established,  
It shall not be moved;  
He shall judge the peoples righteously."

PSALM 98:1-3 Oh, sing to the Lord a new song! For He has done marvelous things; His right hand and His holy arm have gained Him the victory. The Lord has made known His salvation; His righteousness He has revealed in the sight of the nations. He has remembered His mercy and His faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God.

PSALM 100:3-5 Know that the Lord, He is God;  
It is He who has made us, and not we ourselves;  
We are His people and the sheep of His pasture.  
Enter into His gates with thanksgiving,  
And into His courts with praise.  
Be thankful to Him, and bless His name.  
For the Lord is good;  
His mercy is everlasting,  
And His truth endures to all generations.

#### PSALM 103 PRAISE FOR THE LORD'S MERCIES

1. Bless the Lord, O my soul;  
And all that is within me, bless His holy name!
2. Bless the Lord, O my soul,  
And forget not all His benefits:
3. Who forgives all your iniquities,  
Who heals all your diseases,
4. Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,
5. Who satisfies your mouth with good things,  
So that your youth is renewed like the eagle's.
6. The Lord executes righteousness  
And justice for all who are oppressed.
7. He made known His ways to Moses,  
His acts to the children of Israel.
8. The Lord is merciful and gracious,  
Slow to anger, and abounding in mercy.
9. He will not always strive with us,  
Nor will He keep His anger forever.
10. He has not dealt with us according to our sins,  
Nor punished us according to our iniquities.

11. For as the heavens are high above the earth,  
 So great is His mercy toward those who fear Him;  
 12. As far as the east is from the west,  
 So far has He removed our transgressions from us.  
 13. As a father pities his children,  
 So the Lord pities those who fear Him.  
 14. For He knows our frame;  
 He remembers that we are dust.  
 15. As for man, his days are like grass;  
 As a flower of the field, so he flourishes.  
 16. For the wind passes over it, and it is gone,  
 And its place remembers it no more.  
 17. But the mercy of the Lord is from everlasting to everlasting  
 On those who fear Him,  
 And His righteousness to children's children,  
 18. To such as keep His covenant,  
 And to those who remember His commandments to do them.  
 19. The Lord has established His throne in heaven, And His kingdom rules over all.  
 20. Bless the Lord, you His angels,  
 Who excel in strength, who do His word,  
 Heeding the voice of His word.  
 21. Bless the Lord, all you His hosts,  
 You ministers of His, who do His pleasure.  
 22. Bless the Lord, all His works,  
 In all places of His dominion.  
 Bless the Lord, O my soul!

## PSALM 104:1-2 Bless the Lord, O my soul!

O Lord my God, You are very great: You are clothed with honor and majesty,  
 Who cover Yourself with light as with a garment. Vs. 24 O Lord, how manifold are Your works!  
 In wisdom You have made them all. The earth is full of Your possessions.

Takeaway: God hides Himself in the details of His work. On October 23, 2023, a person named  
 “Elton” (who wishes to go by first name only, and to remain anonymous) made a profound  
 discovery about the total words counts in the King James Bible. It has been called “The Elton  
 Discovery”. It reveals the Spirit of God as the author -in the math- from the total word counts  
 from the entire Bible, including the Bible cover which has 5 words: “Holy Bible King James  
 Version”. There are a total of 823,543 words in the KJV which is  $7^7$ . 7 TO THE POWER OF 7.  
 Which is:  $7 \times 7 \times 7 \times 7 \times 7 \times 7 \times 7$  “Let the lord be magnified!” (Psalm 35:27)

There is so much symbolism in the Bible about the significance of 7 in reference to God.

For example, He has 7 spirits. (*Isaiah 11:2-3*)

Right at the start of the Bible, the number 7 is identified with perfection and completion in the days of creation. Jesus is the seven-fold “I AM” in the Gospel of John. Jesus asks us to forgive others “70x7” times. In the book of Revelation, the pattern of 7 is used there more than fifty times in a variety of contexts. *The wisdom of God is all around us, just waiting to be revealed.*

PSALM 105:3-10 Glory in His holy name; let the hearts of those rejoice who seek the Lord! Seek the Lord and His strength; seek His face evermore! Remember His marvelous works which He has done, His wonders, and the judgments of His mouth, O seed of Abraham His servant, you children of Jacob, His chosen ones! He is the Lord our God; His judgments are in all the earth. He remembers His covenant forever, the word which He commanded, for a thousand generations, the covenant which He made with Abraham, and His oath to Isaac, and confirmed it to Jacob for a statute, to Israel as an everlasting covenant. Vs.42-45 For He remembered His holy promise, and Abraham His servant. He brought out His people with joy, His chosen ones with gladness. He gave them the lands of the Gentiles, and they inherited the labor of the nations, that they might observe His statutes and keep His laws.

Prayer: LORD, I am a seed of Abraham -grafted into this covenant (through Christ)- to 1000 generations. I ask also that you would cause me to experience these covenant blessings. Lead me to a good inheritance Father, the way the gentiles inherited the “labor of nations”; so that I am equipped to do Your will. Amen

PSALM 106:1-5 Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Who can utter the mighty acts of the Lord? Who can declare all His praise? Blessed are those who keep justice, and he who does righteousness at all times! Remember me, O Lord, with the favor You have toward Your people. Oh, visit me with Your salvation, that I may see the benefit of Your chosen ones, that I may rejoice in the gladness of Your nation, that I may glory with Your inheritance. Vs.47-48 Save us, O Lord our God, and gather us from among the Gentiles, to give thanks to Your holy name, to triumph in Your praise. Blessed be the Lord God of Israel from everlasting to everlasting! And let all the people say, “Amen!”

Takeaway: The author of this Psalm probably wrote this during the time of the newly rebuilt second temple, under Nehemiah. They were now anticipating their fellow Jews to return from captivity also. This psalm is a plea to the Lord to gather the Israelites who were dispersed through different countries (“Gentiles”: nations either than Judah or Israel). The Jewish people were exiled from their land “Judah” to *Babylon* after It conquered Judah: the Southern Kingdom. The Jews were exiled because of their repeated sin against God. Miraculously, they are now allowed to return after God calls Nehemiah to rebuild the temple that was destroyed by the Babylonians.

## PSALM 107 ALL ABOUT GOD'S DELIVERANCE!

Vs.1-3 Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Let the redeemed of the Lord say so, whom He has redeemed from the hand of the enemy, and gathered out of the lands, (from the farthest places!) Vs.8-14 Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul and fills the hungry soul with goodness. Those who sat in darkness and in the shadow of death, bound in affliction and irons—Because they rebelled against the words of God, and despised the counsel of the Most High, therefore He brought down their heart with labor; they fell down, and there was none to help. Then they cried out to the Lord in their trouble, and He saved them out of their distresses. He brought them out of darkness and the shadow of death and broke their chains in pieces. Vs. 20 *He sent His word and healed them and delivered them from their destructions.*

Vs. 29-30 He calms the storm, so that its waves are still. Then they are glad because they are quiet; so He guides them to their desired haven.

Vs. 35-43 He turns a wilderness into pools of water, and dry land into watersprings. There He makes the hungry dwell, that they may establish a city for a dwelling place, and sow fields and plant vineyards, that they may yield a fruitful harvest. He also blesses them, and they multiply greatly; and He does not let their cattle decrease. When they are diminished and brought low through oppression, affliction, and sorrow, He pours contempt on princes and causes them to wander in the wilderness where there is no way; yet He sets the poor on high, far from affliction, and makes their families like a flock. The righteous see it and rejoice, and all iniquity stops its mouth. Whoever is wise will observe these things, and they will understand the lovingkindness of the Lord.

Prayer: “Heavenly Father, increase the strength of my heart towards You, that I may dwell in Your goodness and truth. Teach me to exalt You in my life. Deliver me in every way You find me in love with “the world” more than You. Save with Your right hand and hear me. Teach me to put on holiness, to desire Your word over “the world”, and deliver me from trouble. Through God I will do valiantly, for it is He who shall tread down my enemies.”

## PSALM 111 PRAISE TO GOD FOR HIS FAITHFULNESS AND JUSTICE

1.Praise the Lord!

I will praise the Lord with my whole heart,  
In the assembly of the upright and in the congregation.

2.The works of the Lord are great,  
Studied by all who have pleasure in them.

3.His work is honorable and glorious,  
And His righteousness endures forever.

4.He has made His wonderful works to be remembered;

The Lord is gracious and full of compassion.  
5.He has given food to those who fear Him;  
He will ever be mindful of His covenant.  
6.He has declared to His people the power of His works,  
In giving them the [b]heritance of the nations.  
7.The works of His hands are verity[c] and justice;  
All His precepts are sure.  
8.They stand fast forever and ever,  
And are done in truth and uprightness.  
9.He has sent redemption to His people;  
He has commanded His covenant forever:  
Holy and awesome is His name.  
10.The fear of the Lord is the beginning of wisdom;  
A good understanding have all those who do His commandments.  
His praise endures forever.

### PSALM 113 THE MAJESTY AND CONDESCENSION OF GOD

*He left all manner of holiness in Heaven, to become clothed in our sin". Condescending into mortality to accomplish atonement and resurrection through the last and final covenant sacrifice. Jesus restored humanity back to God through establishing the 'covenant of grace' we enter into by faith.*

1.Praise the Lord!  
Praise, O servants of the Lord,  
Praise the name of the Lord!  
2.Blessed be the name of the Lord  
From this time forth and forevermore!  
3.From the rising of the sun to its going down  
The Lord's name is to be praised.  
4.The Lord is high above all nations,  
His glory above the heavens.  
5.Who is like the Lord our God,  
Who dwells on high,  
6.Who humbles Himself to behold  
The things that are in the heavens and in the earth?  
7.He raises the poor out of the dust,  
And lifts the needy out of the ash heap,  
8.That He may seat him with princes—  
With the princes of His people.

9.He grants the barren woman a home,  
Like a joyful mother of children.  
Praise the Lord!

## PSALM 115

Vs.1 Not unto us, O Lord, not unto us,  
But to Your name give glory,  
Because of Your mercy,  
Because of Your truth.

Vs.11-18 You who fear the Lord, trust in the Lord; He is their help and their shield.  
The Lord has been mindful of us; He will bless us;  
He will bless the house of Israel;  
He will bless the house of Aaron.  
He will bless those who fear the Lord,  
Both small and great.  
May the Lord give you increase more and more, you and your children.  
May you be blessed by the Lord,  
Who made heaven and earth.  
The heaven, even the heavens, are the Lord's;  
But the earth He has given to the children of men.  
The dead do not praise the Lord,  
Nor any who go down into silence.  
But we will bless the Lord  
From this time forth and forevermore.

## PSALM 116

Vs.1-2 I love the Lord, because He has heard  
My voice and my supplications.  
Because He has inclined His ear to me,  
Therefore, I will call upon Him as long as I live.

Vs. 5-6 Gracious is the Lord, and righteous.  
Yes, our God is merciful.

The Lord preserves the simple; I was brought low, and He saved me.

Vs. 12-14 What shall I render to the Lord

For all His benefits toward me? I will take up the cup of salvation, and call upon the name of  
the Lord. I will pay my vows to the Lord

Now in the presence of all His people.

Vs. 17 I will offer to You the sacrifice of thanksgiving, and will call upon the name of the Lord.



## PSALM 117

1.Praise the Lord

all you Gentiles!

Laud Him, all you peoples!

2.For His merciful kindness is great toward us,

And the truth of the Lord endures forever.

Praise the Lord!

## PSALM 118

Vs.1 Oh, give thanks to the Lord, for He is good! For His mercy endures forever.

5-9 I called on the Lord in distress;

The Lord answered me and set me in a broad place.

The Lord is on my side; I will not fear.

What can man do to me? The Lord is for me among those who help me;

Therefore, I shall see my desire on those who hate me.

It is better to trust in the Lord

Than to put confidence in man.

It is better to trust in the Lord

Than to put confidence in princes.

Vs. 14 The Lord is my strength and song,

And He has become my salvation.

Vs. 16-17 The right hand of the Lord is exalted.

The right hand of the Lord does valiantly.

I shall not die, but live,

And declare the works of the Lord.

Vs. 22-26 The stone which the builders rejected

Has become the chief cornerstone. This was the Lord's doing;

It is marvelous in our eyes.

This is the day the Lord has made; we will rejoice and be glad in it.

Save now, I pray, O Lord;

O Lord, I pray, send now prosperity.

Blessed is he who comes in the name of the Lord!

Vs. 28 You are my God, and I will praise You;

You are my God, I will exalt You.

PSALM 119:7-8 I will praise You with uprightness of heart, when I learn Your righteous judgments. I will keep Your statutes; Oh, do not forsake me utterly! Vs. 12 Blessed are You, O Lord! Teach me Your statutes. Vs.57 You are my portion, O Lord. Vs. 73 Your hands have made me and fashioned me; give me understanding, that I may learn Your commandments. Vs.89 Forever, O Lord, Your word is settled in heaven. Vs.93-94 I will never forget Your precepts (God's perfect ways), for by them You have given me life. I am Yours, save me. Vs. 98 You, through Your commandments, make me wiser than my enemies; for they are ever with me (His commandments). Vs. 105 Your word is a lamp to my feet and a light to my path. Vs. 142 Your righteousness is an everlasting righteousness, and Your law is truth. Vs. 171 My lips shall utter praise, for You teach me Your statutes.

#### PSALM 121 GOD: THE HELP OF THOSE WHO SEEK HIM

1. I will lift up my eyes to the hills—  
From whence comes my help?
2. My help comes from the Lord,  
Who made heaven and earth.
3. He will not allow your foot to [a]be moved;  
He who keeps you will not slumber.
4. Behold, He who keeps Israel  
Shall neither slumber nor sleep.
5. The Lord is your [b]keeper;  
The Lord is your shade at your right hand.
6. The sun shall not strike you by day,  
Nor the moon by night.
7. The Lord shall preserve you from all evil;  
He shall preserve your soul.
8. The Lord shall preserve your going out and your coming in from this time forth,  
and even forevermore.

#### PSALM 135:5-13

For I know that the Lord is great,  
And our Lord is above all gods.  
Whatever the Lord pleases He does,  
In heaven and in earth,  
In the seas and in all deep places.  
He causes the vapors to ascend from the ends of the earth; He makes lightning for the rain;  
He brings the wind out of His treasures.

He destroyed the firstborn of Egypt, both of man and beast. He sent signs and wonders into the midst of you, O Egypt, upon Pharaoh and all his servants. He defeated many nations And slew mighty kings—Sihon king of the Amorites, Og king of Bashan, And all the kingdoms of Canaan— And gave their land as a heritage, A heritage to Israel His people. Your name, O Lord, endures forever, Your fame, O Lord, throughout all generations.

#### PSALM 138 THE LORDS GOODNESS!

1. I will praise You with my whole heart;  
Before the gods I will sing praises to You.
2. I will worship toward Your holy temple,  
And praise Your name  
For Your lovingkindness and Your truth;  
For You have magnified Your word above all Your name.
3. In the day when I cried out, You answered me,  
And made me bold with strength in my soul.
4. All the kings of the earth shall praise You, O Lord,  
When they hear the words of Your mouth.
5. Yes, they shall sing of the ways of the Lord,  
For great is the glory of the Lord.
6. Though the Lord is on high,  
Yet He regards the lowly;  
But the proud He knows from afar.
7. Though I walk in the midst of trouble, You will revive me;  
You will stretch out Your hand  
Against the wrath of my enemies,  
And Your right hand will save me.
8. The Lord will perfect that which concerns me;  
Your mercy, O Lord, endures forever;  
Do not forsake the works of Your hands.

PSALM 141:8 But my eyes are upon You, O God the Lord; in You I take refuge.

## PSALM 144

Vs.1-2 Blessed be the Lord my Rock,  
Who trains my hands for war,  
And my fingers for battle—  
My lovingkindness and my fortress,  
My high tower and my deliverer,  
My shield and the One in whom I take refuge.

## PSALM 145

Vs.3 Great is the Lord, and greatly to be praised; and His greatness is unsearchable.  
Vs. 8-9 The Lord is gracious and full of compassion, slow to anger and great in mercy.  
The Lord is good to all, and His tender mercies are over all His works. Vs. 14 The Lord  
upholds all who fall and raises up all who are bowed down. Vs. 17-19 The Lord is righteous in  
all His ways, gracious in all His works. The Lord is near to all who call upon Him, to all who  
call upon Him in truth. He will fulfill the desire of those who fear Him.  
Vs. 20 The Lord preserves all who love Him.

## PSALM 146:5-10

Happy is he who has the God of Jacob for his help,  
Whose hope is in the Lord his God,  
Who made heaven and earth,  
The sea, and all that is in them;  
Who keeps truth forever,  
Who executes justice for the oppressed,  
Who gives food to the hungry.  
The Lord gives freedom to the prisoners.  
The Lord opens the eyes of the blind;  
The Lord raises those who are bowed down;  
The Lord loves the righteous.  
The Lord watches over the strangers;  
He relieves the fatherless and widow;  
But the way of the wicked He [d]turns upside down.  
The Lord shall reign forever—  
Your God, O Zion, to all generations.

## PSALM 147 PRAISE TO GOD'S PROVIDENCE

1.Praise the Lord!

For it is good to sing praises to our God;

For it is pleasant, and praise is beautiful.

2.The Lord builds up Jerusalem;

He gathers together the outcasts of Israel.

3.He heals the brokenhearted

And binds up their wounds.

4.He counts the number of the stars;

He calls them all by name.

5.Great is our Lord, and mighty in power;

His understanding is infinite.

6.The Lord lifts up the humble;

He casts the wicked down to the ground.

7.Sing to the Lord with thanksgiving;

Sing praises on the harp to our God,

8.Who covers the heavens with clouds,

Who prepares rain for the earth,

Who makes grass to grow on the mountains.

9.He gives to the beast its food,

And to the young ravens that cry.

10.He does not delight in the strength of the horse;

He takes no pleasure in the legs of a man.

11.The Lord takes pleasure in those who fear Him,

In those who hope in His mercy.

12.Praise the Lord, O Jerusalem!

Praise your God, O Zion!

13.For He has strengthened the bars of your gates;

He has blessed your children within you.

14.He makes peace in your borders,

And fills you with the finest wheat.

15.He sends out His command to the earth;

His word runs very swiftly.

16.He gives snow like wool;

He scatters the frost like ashes;

17.He casts out His hail like morsels;

Who can stand before His cold?

18.He sends out His word and melts them;

He causes His wind to blow, and the waters flow.

19.He declares His word to Jacob,  
His statutes and His judgments to Israel.  
20.He has not dealt thus with any nation;  
And as for His judgments, they have not  
known them.  
Praise the Lord!

## PSALM 148 EVEN CREATION PRAISES THE LORD!

1.Praise the Lord!  
Praise the Lord from the heavens;  
Praise Him in the heights!  
2.Praise Him, all His angels;  
Praise Him, all His hosts!  
3.Praise Him, sun and moon;  
Praise Him, all you stars of light!  
4.Praise Him, you heavens of heavens,  
And you waters above the heavens!  
5.Let them praise the name of the Lord,  
For He commanded and they were created.  
6.He also established them forever and ever;  
He made a decree which shall not pass away.  
7.Praise the Lord from the earth,  
You great sea creatures and all the depths;  
8.Fire and hail, snow and clouds;  
Stormy wind, fulfilling His word;  
9.Mountains and all hills;  
Fruitful trees and all cedars;  
10.Beasts and all cattle;  
Creeping things and flying fowl;  
11.Kings of the earth and all peoples;  
Princes and all judges of the earth;  
12.Both young men and maidens;  
Old men and children.  
13.Let them praise the name of the Lord,  
For His name alone is exalted;  
His glory is above the earth and heaven.  
14.And He has exalted the horn of His  
people,  
The praise of all His saints—

Of the children of Israel,  
A people near to Him.  
Praise the Lord!

## PSALM 150 LET ALL THINGS PRAISE THE LORD

1. Praise the Lord!  
Praise God in His sanctuary;  
Praise Him in His mighty firmament!
2. Praise Him for His mighty acts;  
Praise Him according to His excellent greatness!
3. Praise Him with the sound of the trumpet;  
Praise Him with the lute and harp!
4. Praise Him with the timbrel and dance;  
Praise Him with stringed instruments and flutes!
5. Praise Him with loud cymbals;  
Praise Him with clashing cymbals!
6. Let everything that has breath praise the Lord

May you be rich in spirit all the days of  
your life...



## ABOUT THE AUTHOR

Jackie Reitzel is the founder of a successful healing ministry in Edmonton, Alberta, (Canada) called INNER SESSION.

Her call into full-time ministry coincided with her now former career in contracted services with RCMP, Edmonton Police, and investigative factions dealing with homicide, suicide, sudden death of any cause, and clandestine (secret) drug operations.

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To contact Jackie Reitzel, please visit her website  
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