



A 7-DAY DEVOTIONAL

Hope to  
Hold on to  
in the Psalms

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# INTRODUCTION

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I thoroughly enjoy my daily journey with God! The Bible is food for my soul. It keeps me grounded in truth and reminds me of the hope I have in Jesus Christ. In the Word of God, I find principles and promises that fuel my daily life. Every time I open His Word, God reveals more of who He is and what He is doing. The Bible is my anchor in a turbulent world.

God loves you and He wants to have a relationship with you. That is why He sent Jesus to bridge the gap between you and Him by way of the cross. All you have to do is:

- † Admit you're a sinner. ([Romans 3:23](#))
- † Recognize that the penalty for sin is death. ([Romans 6:23](#))
- † Know that God loves you and that Jesus died to pay that penalty for you. ([Romans 5:8](#))
- † Understand that nothing you can do on your own will ever be enough. ([Ephesians 2:8](#))
- † Confess with your mouth and believe in your heart that Jesus is Lord! ([Romans 10:9](#))
- † Celebrate the new you. ([2 Corinthians 5:17](#))

If you've accepted Jesus as your Lord and Savior, welcome to the family! Now tell someone. Find a Bible believing, truth-telling church home to become a part of. And stay grounded in the Word of God!

*YOUR WORD IS A LAMP TO GUIDE MY FEET AND A LIGHT FOR MY PATH.*

*– PSALM 119:105*

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# IMPENETRABLE SHELTER

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*“Those who live in the shelter of the Most High...”* **Live** in the shelter. Not like a storm shelter that you only go to when there’s an immediate threat, but an impenetrable shelter in which you live.

*“If you make the Lord your refuge...”* God alone is where you turn for protection. There’s no need for other escape routes. There’s no need to hide yourself in places that don’t offer you a way out.

Fear is a very real feeling that tends to take over when it moves in. It might start as a small weed that seems harmless, but in no time at all it will have grown into a troublesome plant that threatens the landscape of your life. It’s a tool used by the devil that is fed by the very doubt it creates. But God did not give us a spirit of fear! He has given us promise after promise of His unfailing love, His unending protection and His everlasting Salvation.

It is by living in the shelter of the Almighty God and experiencing His security when a storm is passing through your life, that you will conquer the fear that wants to control you. It is by knowing His promises through regular time in His word that you can declare that you are not afraid. It is by knowing God and calling on Him alone that you can be assured of the most amazing outcome no matter what may be coming.

*THOSE WHO LIVE IN THE SHELTER OF THE MOST HIGH WILL FIND REST IN THE  
SHADOW OF THE ALMIGHTY. THIS I DECLARE ABOUT THE LORD: HE ALONE IS  
MY REFUGE, MY PLACE OF SAFETY; HE IS MY GOD, AND I TRUST HIM.*

– PSALMS 91:1-2

*HE WILL COVER YOU WITH HIS FEATHERS. HE WILL SHELTER YOU WITH HIS  
WINGS. HIS FAITHFUL PROMISES ARE YOUR ARMOR AND PROTECTION.*

– PSALM 91:4

*Heavenly Father, thank you for the promise of your shelter and protection. Help me to live my life in the shelter you provide. In Jesus’ name, amen.*

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# GIVING OUR REGRET TO GOD

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Remorse is a painful emotion. To wish with all your heart that you could go back in time and undo something you did or unsay something you said. To play back a situation in your head thinking of how different things would be right now if you had only gone a different way.

King David experienced remorse after committing adultery, trying to cover it up and then committing murder. The “man after God’s own heart” had blown it big time and the realization of what he’d done cut him deep within his soul. He knew he had ended up in a place he never intended on being. I can just imagine him thinking back to the moment he first saw Bathsheba from his rooftop and sent for her. *“If only I had looked away. If only I had been out on the battlefield with my men. If only...”*

It was during this season of regret that David wrote Psalm 51. He called on God to be merciful. He asked Him to “blot out the stains” of his sin. He recognized God’s “unfailing love” and “great compassion” And he begged God to give him back his joy. The joy of his salvation! He knew God would not reject a truly repentant heart. And once David trusted God for forgiveness, he let go of the pain of regret and continued to serve God.

The same God that redeemed David will redeem us in our regret, too. We can come to Him in our remorse and repentance and know that He will not reject us. Satan would like nothing more than for us to believe that because we screwed up God doesn’t want us anymore. But that is a lie! The Bible says that it was “while we were still sinners” that Christ died for us. The price for our sin has been paid in full and there is no undoing that.

*HAVE MERCY ON ME, O GOD, BECAUSE OF YOUR UNFAILING LOVE. BECAUSE OF YOUR GREAT COMPASSION, BLOT OUT THE STAIN OF MY SINS. WASH ME CLEAN FROM MY GUILT. PURIFY ME FROM MY SIN. FOR I RECOGNIZE MY REBELLION; IT HAUNTS ME DAY AND NIGHT – PSALMS 51:1-3*

*RESTORE TO ME THE JOY OF YOUR SALVATION AND MAKE ME WILLING TO OBEY YOU. – PSALM 51:12*

*Heavenly Father, thank you for your forgiveness and redemption. When I am feeling beat down by regret, help me to repent and then to remember that the debt for my sin has been paid in full. In Jesus’ name, amen.*

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# WAIT

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When David was just a young boy he was told that one day he would be Israel's King, but David did not become King right away. He had to wait. And while he waited, he faithfully served the current King even though he knew that God had a different plan for his life. When King Saul's fear of David's looming take over sent David on the run, fleeing for his life, he never lost hope in God's plan.

We can learn a valuable lesson from King David's incredible patience. *"Stop trying to make things happen and let things happen!"* How often do we try to help God out by taking matters into our own hands? How often do we convince ourselves that God just needs our intervention to get His plan moving? And how often in hindsight do we recognize how much more smoothly things would've gone if we had let God be God?

David had plenty of opportunities to take the throne from Saul. But rather than making things happen in his timing, he patiently waited on God's timing. The Psalms record many of his faithful prayers while he waited for God's plan to unfold and his words can give us hope while we wait patiently for God's plan in our life to unfold.

*IN THE MORNING, LORD, YOU HEAR MY VOICE; IN THE MORNING I LAY MY  
REQUESTS BEFORE YOU AND WAIT EXPECTANTLY. – PSALM 5:3*

*WAIT FOR THE LORD; BE STRONG AND TAKE HEART AND WAIT FOR THE LORD.  
– PSALM 27:14*

*LORD, I WAIT FOR YOU; YOU WILL ANSWER, LORD MY GOD. – PSALM 38:15*

*I WAIT FOR THE LORD, MY WHOLE BEING WAITS, AND IN HIS WORD I PUT MY  
HOPE. – PSALM 130:5*

*Heavenly Father, thank you that your plan for my life is already underway. Help me to remember that even when I can't see it, you are working to bring it to pass. In Jesus' name, amen.*

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# PERSISTENT PRAYER

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One of the hardest things to do is to keep praying when it seems like you've been praying about something forever. You start to wonder if God even hears you. But the Bible says that if we are praying in the name of Jesus, our Mediator, God does hear. The Bible repeatedly tells us to be persistent in our prayers.

Jesus said. "Keep on seeking... Keep on knocking." Persist! He doesn't put a time table on it. He doesn't say that we should quit once we hit 50 prayers, or 50 days, or 50 years. God will move, but He will do it in *His* timing. Sometimes it's nice and quick – and other times, we may still be praying and waiting years later. There's well-known acronym for persistent prayer. – P.U.S.H. Pray Until Something Happens. Don't stop praying!

The Bible calls the prayers of God's people incense. When He smells the aroma of our prayers, He bends down to listen. And it pleases Him to hear... and answer!

*BECAUSE HE BENDS DOWN TO LISTEN, I WILL PRAY AS LONG AS I HAVE BREATH!*  
– PSALM 116:2

*"KEEP ON ASKING, AND YOU WILL RECEIVE WHAT YOU ASK FOR. KEEP ON SEEKING, AND YOU WILL FIND. KEEP ON KNOCKING, AND THE DOOR WILL BE OPENED TO YOU." – MATTHEW 7:7*

*NEVER STOP PRAYING. – 1 THESSALONIANS 5:17*

*Heavenly Father, thank you that through my Savior and Mediator, Jesus, you hear my prayers. Help me to persist in praying and to trust that you will answer. In Jesus' name, amen.*

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# DON'T CARRY THAT HEAVY SIN!

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We all sin. The Bible is clear on that. The only sinless man that ever walked the earth was Jesus. But even though we may slip up sometimes, we must avoid falling into a lifestyle of sin. Sin starts with a thought that is left unchecked. If we don't deal with it at its root, it will quickly grow into an action. Then one momentary action can quickly turn to a habit and become a way of life. We need to pray every day for God's guidance and intervention so that hidden faults do not turn into deliberate sins.

The Bible says that we have a cheering section. A cloud of witnesses that have lived life, with all its struggles, and have come out on the winning side. As we run the race of life, we need to cast off the sinful things that weigh us down and chip away at our endurance. Things like pride, envy, greed, lust, etc. ... Things that quickly consume us until suddenly we find ourselves living a lifestyle of sin. When we notice seeds of sin have crept into our minds, we must pray and redirect our focus to godly things instead. And if we missed the chance to catch it early and we discover it has become a full-fledged sin in our life, we must call it what it is – sin – and repent immediately.

How do we do it? How do we get to the end of the race without our sins slowing us down? By keeping our eyes on Jesus! He started it all and left us with clear instructions and the perfect example. And most importantly, He left us with the Holy Spirit to guide us. We're not in this alone!

*HOW CAN I KNOW ALL THE SINS LURKING IN MY HEART? CLEANSE ME FROM THESE HIDDEN FAULTS. KEEP YOUR SERVANT FROM DELIBERATE SINS! DON'T LET THEM CONTROL ME. THEN I WILL BE FREE OF GUILT AND INNOCENT OF GREAT SIN. - PSALMS 19:12-13*

*THEREFORE, SINCE WE ARE SURROUNDED BY SUCH A HUGE CROWD OF WITNESSES TO THE LIFE OF FAITH, LET US STRIP OFF EVERY WEIGHT THAT SLOWS US DOWN, ESPECIALLY THE SIN THAT SO EASILY TRIPS US UP. AND LET US RUN WITH ENDURANCE THE RACE GOD HAS SET BEFORE US. - HEBREWS 12:1*

*Heavenly Father, forgive me for the seeds of sin that try to take root in my mind. Help me to catch them before they grow into a habit or a lifestyle of sin. In Jesus' name, amen.*

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## HERE GOD...YOU TAKE IT

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When we cry out to God for help, are we just asking Him to watch us sweat as we buckle under the weight of our burdens? Do we plan to handle them on our own while God just runs occasional interference? Are we gripping our burdens with tightly closed fists and then wondering why God hasn't taken them?

God doesn't just want to *help* us with our burdens...He wants to take them from us! He wants us to release our grip and to let go of the belief that we can take care of it ourselves with just a little help from Him. God wants us to stop focusing on what we think we can do, because we're getting in the way of what God actually *can* do.

We need to change the way we pray about our burdens. If we're struggling with a habit that we can't break...with pain or regret from our past...with an unforgiving heart...with anger and resentment...whatever it is that we're gripping so tightly in our fist, we need to stop asking God to just help with it and instead ask Him to take it! We need to open our fists, release our grip and let go!

Then when the devil shows up and tries to use our old burdens against us, we can let him know with confidence that they don't belong to us anymore. God has them now!

*GIVE YOUR BURDENS TO THE LORD, AND HE WILL TAKE CARE OF YOU. HE WILL NOT PERMIT THE GODLY TO SLIP AND FALL. – PSALM 55:22*

*GIVE ALL YOUR WORRIES AND CARES TO GOD, FOR HE CARES ABOUT YOU.  
– 1 PETER 5:7*

*Heavenly Father, thank you for taking the burdens that are too heavy for me to hold. Help me to remember that I no longer carry them and to live my life free from their weight. In Jesus' name, amen.*

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# NOTHING IS HOPELESS WITH JESUS

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Jesus is in the business of creating hope in situations where we think there is no hope. So often in our feeble hearts, we look at a situation and think: *"It's too far gone, now. How could it possibly turn around?"*

But on a journey alongside Jesus, with pit stops at all the hopeless situations He encountered, we will quickly be reminded that creating hope where none exists is exactly what Jesus wants to do in our lives. He cast out demons; healed lepers, paralytics and blind people; and brought the dead back to life. He can most certainly bring hope to our seemingly hopeless situations.

There is no such thing as a hopeless situation in Jesus' eyes. Believe that! Hope and pray and see what Jesus will do

*WHEN DOUBTS FILLED MY MIND, YOUR COMFORT GAVE ME RENEWED HOPE AND CHEER.*

*– PSALM 94:19*

*LORD, YOU KNOW THE HOPES OF THE HELPLESS. SURELY YOU WILL HEAR THEIR CRIES AND COMFORT THEM. – PSALM 10:17*

*Heavenly Father, thank you that nothing is hopeless with you. Help me to have hope in every situation and to keep my eyes fixed on you. In Jesus' name, amen.*