

This little booklet contains a few Psalms. The Psalms were the prayer book and hymnal that Jesus used when He wanted time alone with His Father.

The Psalms still offer us today a beautiful resource for our own prayers. Do you ever feel like your prayer life gets a little stale? Try reading a Psalm, then pause and let the words of the Psalm guide you in praying about those things and those emotions you sense in that Psalm.

Here are some suggestions on how to study God's Word (the Spiritual practice for January).

- Sometimes, just reading the Psalm out loud before you eat can be a great table prayer.
- Read the Bible out loud. Keep in mind the words that were meaningful to you throughout the day.
- Read a few verses or a chapter and discuss what it means to you.
- Feel free to underline and/or highlight what is important to you.
- Please use these Psalms to study God's Word and draw your family closer to God and each other.

## PSALM 100

### **His Steadfast Love Endures Forever A Psalm for giving thanks.**

Make a joyful noise to the LORD, all the earth!

<sup>2</sup> Serve the LORD with gladness!

Come into his presence with singing!

<sup>3</sup> Know that the LORD, he is God!

It is he who made us, and we are his;

we are his people, and the sheep of his  
pasture.

<sup>4</sup> Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him; bless his name!

<sup>5</sup> For the LORD is good;

his steadfast love endures forever,

and his faithfulness to all generations.

## PSALM 150

### Let Everything Praise the LORD

Praise the LORD!

Praise God in his sanctuary;

praise him in his mighty heavens!

<sup>2</sup> Praise him for his mighty deeds;

praise him according to his excellent  
greatness!

<sup>3</sup> Praise him with trumpet sound;

praise him with lute and harp!

<sup>4</sup> Praise him with tambourine and dance;

praise him with strings and pipe!

<sup>5</sup> Praise him with sounding cymbals;

praise him with loud clashing cymbals!

<sup>6</sup> Let everything that has breath praise the  
LORD!

Praise the LORD

## PSALM 51

Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.

<sup>2</sup> Wash me thoroughly from my iniquity,  
and cleanse me from my sin!

<sup>3</sup> For I know my transgressions,  
and my sin is ever before me.

<sup>4</sup> Against you, you only, have I sinned  
and done what is evil in your sight,  
so that you may be justified in your words  
and blameless in your judgment.

<sup>5</sup> Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.

<sup>6</sup> Behold, you delight in truth in the inward  
being,  
and you teach me wisdom in the secret  
heart.

<sup>7</sup> Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.

<sup>8</sup> Let me hear joy and gladness;  
let the bones that you have broken rejoice.

<sup>9</sup> Hide your face from my sins,  
and blot out all my iniquities.

<sup>10</sup> Create in me a clean heart, O God,  
and renew a right spirit within me.

<sup>11</sup> Cast me not away from your presence,  
and take not your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation,  
and uphold me with a willing spirit.

- <sup>13</sup> Then I will teach transgressors your ways,  
and sinners will return to you.
- <sup>14</sup> Deliver me from bloodguiltiness, O God,  
O God of my salvation,  
and my tongue will sing aloud of your  
righteousness.
- <sup>15</sup> O Lord, open my lips,  
and my mouth will declare your praise.
- <sup>16</sup> For you will not delight in sacrifice, or I would  
give it;  
you will not be pleased with a burnt offering.
- <sup>17</sup> The sacrifices of God are a broken spirit;  
a broken and contrite heart, O God, you will  
not despise.
- <sup>18</sup> Do good to Zion in your good pleasure;  
build up the walls of Jerusalem;
- <sup>19</sup> then will you delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

## PSALM 8

### How Majestic Is Your Name

O LORD, our Lord,  
how majestic is your name in all the earth!  
You have set your glory above the heavens.

<sup>2</sup> Out of the mouth of babies and infants,  
you have established strength because of your  
foes,  
to still the enemy and the avenger.

<sup>3</sup> When I look at your heavens, the work of your  
fingers,  
the moon and the stars, which you have set  
in place,

<sup>4</sup> what is man that you are mindful of him,  
and the son of man that you care for him?

<sup>5</sup> Yet you have made him a little lower than the  
heavenly beings  
and crowned him with glory and honor.

<sup>6</sup> You have given him dominion over the works  
of your hands;  
you have put all things under his feet,

<sup>7</sup> all sheep and oxen,  
and also the beasts of the field,

<sup>8</sup> the birds of the heavens, and the fish of the  
sea,  
whatever passes along the paths of the  
seas.

<sup>9</sup> O LORD, our Lord,  
how majestic is your name in all the earth!

## PSALM 121

### **My Help Comes from the LORD A Song of Ascents.**

I lift up my eyes to the hills.

From where does my help come?

<sup>2</sup> My help comes from the LORD,  
who made heaven and earth.

<sup>3</sup> He will not let your foot be moved;  
he who keeps you will not slumber.

<sup>4</sup> Behold, he who keeps Israel  
will neither slumber nor sleep.

<sup>5</sup> The LORD is your keeper;  
the LORD is your shade on your right hand.

<sup>6</sup> The sun shall not strike you by day,  
nor the moon by night.

<sup>7</sup> The LORD will keep you from all evil;  
he will keep your life.

<sup>8</sup> The LORD will keep  
your going out and your coming in  
from this time forth and forevermore.

## PSALM 138

### Give Thanks to the LORD Of David.

I give you thanks, O LORD, with my whole heart;

before the gods I sing your praise;

<sup>2</sup> I bow down toward your holy temple  
and give thanks to your name for your  
steadfast love and your faithfulness,  
for you have exalted above all things  
your name and your word.

<sup>3</sup> On the day I called, you answered me;  
my strength of soul you increased.

<sup>4</sup> All the kings of the earth shall give you  
thanks, O LORD,

for they have heard the words of your mouth,

<sup>5</sup> and they shall sing of the ways of the LORD,  
for great is the glory of the LORD.

<sup>6</sup> For though the LORD is high, he regards the  
lowly,  
but the haughty he knows from afar.

<sup>7</sup> Though I walk in the midst of trouble,  
you preserve my life;

you stretch out your hand against the wrath of  
my enemies,

and your right hand delivers me.

<sup>8</sup> The LORD will fulfill his purpose for me;  
your steadfast love, O LORD, endures  
forever.

Do not forsake the work of your hands.

## PSALM 103

### Bless the LORD, O My Soul Of David.

Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name!

<sup>2</sup> Bless the LORD, O my soul,  
and forget not all his benefits,  
<sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,  
<sup>4</sup> who redeems your life from the pit,  
who crowns you with steadfast love and  
mercy,  
<sup>5</sup> who satisfies you with good  
so that your youth is renewed like the  
eagle's.

<sup>6</sup> The LORD works righteousness  
and justice for all who are oppressed.

<sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.

<sup>8</sup> The LORD is merciful and gracious,  
slow to anger and abounding in steadfast  
love.

<sup>9</sup> He will not always chide,  
nor will he keep his anger forever.

<sup>10</sup> He does not deal with us according to our  
sins,  
nor repay us according to our iniquities.

<sup>11</sup> For as high as the heavens are above the  
earth,  
so great is his steadfast love toward those

who fear him;

<sup>12</sup> as far as the east is from the west,

so far does he remove our transgressions from us.

<sup>13</sup> As a father shows compassion to his children,

so the LORD shows compassion to those who fear him.

<sup>14</sup> For he knows our frame;

he remembers that we are dust.

<sup>15</sup> As for man, his days are like grass;

he flourishes like a flower of the field;

<sup>16</sup> for the wind passes over it, and it is gone, and its place knows it no more.

<sup>17</sup> But the steadfast love of the LORD is from everlasting to everlasting on those who fear him,

and his righteousness to children's children,

<sup>18</sup> to those who keep his covenant

and remember to do his commandments.

<sup>19</sup> The LORD has established his throne in the heavens,

and his kingdom rules over all.

<sup>20</sup> Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word!

<sup>21</sup> Bless the LORD, all his hosts, his ministers, who do his will!

<sup>22</sup> Bless the LORD, all his works, in all places of his dominion.

Bless the LORD, O my soul!