

Mon 17th Aug - Psalm 78

- ¹ My people, hear my teaching;
listen to the words of my mouth.
- ² **I will open my mouth with a parable;
I will utter hidden things, things from of old—**
- ³ things we have heard and known,
things our ancestors have told us.
- ⁴ **We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the LORD,
his power, and the wonders he has done.**
- ⁵ He decreed statutes for Jacob
and established the law in Israel,
which he commanded our ancestors
to teach their children,
- ⁶ **so the next generation would know them,
even the children yet to be born,
and they in turn would tell their children.**
- ⁷ Then they would put their trust in God
and would not forget his deeds
but would keep his commands.
- ⁸ **They would not be like their ancestors—
a stubborn and rebellious generation,
whose hearts were not loyal to God,
whose spirits were not faithful to him.**

Wed 19th Aug - Psalm 23

- ¹ The LORD is my shepherd, I lack nothing.
- ² **He makes me lie down in green pastures,
he leads me beside quiet waters,**
- ³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
- ⁴ **Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

- ⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
- ⁶ **Surely your goodness and love will follow
me
all the days of my life,
and I will dwell in the house of the LORD
forever.**

Sat 22nd Aug - Psalm 85

- ⁷ Show us your unfailing love, LORD,
and grant us your salvation.
- ⁸ **I will listen to what God the LORD says;
he promises peace to his people, his
faithful servants—
but let them not turn to folly.**
- ⁹ Surely his salvation is near those who fear
him,
that his glory may dwell in our land.
- ¹⁰ **Love and faithfulness meet together;
righteousness and peace kiss each other.**
- ¹¹ Faithfulness springs forth from the earth,
and righteousness looks down from heaven.
- ¹² **The LORD will indeed give what is good,
and our land will yield its harvest.**
- ¹³ Righteousness goes before him
and prepares the way for his steps.

Mon 24th Aug - Psalm 145

- ¹ I will exalt you, my God the King;
I will praise your name for ever and ever.
- ² **Every day I will praise you
and extol your name for ever and ever.**
- ³ Great is the LORD and most worthy of praise;
his greatness no one can fathom.
- ⁴ **One generation commends your works to
another;
they tell of your mighty acts.**
- ⁵ They speak of the glorious splendour of your
majesty—
and I will meditate on your wonderful works.
- ⁶ **They tell of the power of your awesome
works—
and I will proclaim your great deeds.**
- ⁷ They celebrate your abundant goodness
and joyfully sing of your righteousness.

- ² **For look, the wicked bend their bows;
they set their arrows against the strings
to shoot from the shadows
at the upright in heart.**
- ³ When the foundations are being destroyed,
what can the righteous do?"
- ⁴ **The LORD is in his holy temple;
the LORD is on his heavenly throne.
He observes everyone on earth;
his eyes examine them.**
- ⁵ The LORD examines the righteous,
but the wicked, those who love violence,
he hates with a passion.
- ⁶ **On the wicked he will rain
fiery coals and burning sulfur;
a scorching wind will be their lot.**
- ⁷ For the LORD is righteous,
he loves justice;
the upright will see his face.

Wed 26th Aug - Psalm 128

- ¹ Blessed are all who fear the LORD,
who walk in obedience to him.
- ² **You will eat the fruit of your labor;
blessings and prosperity will be yours.**
- ³ Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.
- ⁴ **Yes, this will be the blessing
for the man who fears the LORD.**
- ⁵ May the LORD bless you from Zion;
may you see the prosperity of Jerusalem
all the days of your life.
- ⁶ **May you live to see your children's
children—
peace be on Israel.**

Sat 29th Aug - Psalm 11

- ¹ In the LORD I take refuge.
How then can you say to me:
"Flee like a bird to your mountain.

Mon 31st Aug - Psalm 33

¹² Blessed is the nation whose God is the LORD,
the people he chose for his inheritance.

¹³ **From heaven the LORD looks down
and sees all mankind;**

¹⁴ from his dwelling place he watches
all who live on earth—

¹⁵ **he who forms the hearts of all,
who considers everything they do.**

¹⁶ No king is saved by the size of his army;
no warrior escapes by his great strength.

¹⁷ **A horse is a vain hope for deliverance;
despite all its great strength it cannot
save.**

¹⁸ But the eyes of the LORD are on those who
fear him,
on those whose hope is in his unfailing love,

¹⁹ **to deliver them from death
and keep them alive in famine.**

²⁰ We wait in hope for the LORD;
he is our help and our shield.

²¹ **In him our hearts rejoice,
for we trust in his holy name.**

²² May your unfailing love be with us, LORD,
even as we put our hope in you.

Wed 2nd Sept - Psalm 62

¹ Truly my soul finds rest in God;
my salvation comes from him.

² **Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.**

³ How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

⁴ **Surely they intend to topple me
from my lofty place;
they take delight in lies.**

**With their mouths they bless,
but in their hearts they curse.**

⁵ Yes, my soul, find rest in God;
my hope comes from him.

⁶ **Truly he is my rock and my salvation;**

he is my fortress, I will not be shaken.

⁷ My salvation and my honour depend on God;
he is my mighty rock, my refuge.

⁸ **Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.**

⁹ Surely the lowborn are but a breath,
the highborn are but a lie.

If weighed on a balance, they are nothing;
together they are only a breath.

¹⁰ **Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.**

¹¹ One thing God has spoken,
two things I have heard:

"Power belongs to you, God,

¹² **and with you, Lord, is unfailing love";
and, "You reward everyone
according to what they have done."**

Sat 5th Sept - Psalm 145

¹⁸ The LORD is near to all who call on him,
to all who call on him in truth.

¹⁹ **He fulfills the desires of those who fear
him;**

he hears their cry and saves them.

²⁰ The LORD watches over all who love him,
but all the wicked he will destroy.

²¹ **My mouth will speak in praise of the LORD.
Let every creature praise his holy name for
ever and ever.**

Mon 7th Sept - Psalm 5

⁵ The arrogant cannot stand
in your presence.

You hate all who do wrong;

⁶ **you destroy those who tell lies.**

**The bloodthirsty and deceitful
you, LORD, detest.**

⁷ But I, by your great love,
can come into your house;

in reverence I bow down
toward your holy temple.

⁸ **Lead me, LORD, in your righteousness
because of my enemies—
make your way straight before me.**

⁹ Not a word from their mouth can be trusted;
their heart is filled with malice.

Wed 9th Sept - Psalm 45^[a]

¹¹ Let the king be enthralled by your beauty;
honour him, for he is your lord.

¹² **The city of Tyre will come with a gift,^[a]
people of wealth will seek your favour.**

¹³ All glorious is the princess within her
chamber;

her gown is interwoven with gold.

¹⁴ **In embroidered garments she is led to the
king;**

**her virgin companions follow her—
those brought to be with her.**

¹⁵ Led in with joy and gladness,
they enter the palace of the king.

¹⁶ **Your sons will take the place of your
fathers;**

**you will make them princes throughout
the land.**

¹⁷ I will perpetuate your memory through all
generations;

therefore the nations will praise you for ever
and ever.

Sat – 12th Sept - Psalm 116

¹¹ in my alarm I said,
“Everyone is a liar.”

¹² **What shall I return to the LORD
for all his goodness to me?**

¹³ I will lift up the cup of salvation
and call on the name of the LORD.

¹⁴ **I will fulfill my vows to the LORD
in the presence of all his people.**

¹⁵ Precious in the sight of the LORD
is the death of his faithful servants.

¹⁶ **Truly I am your servant, LORD;
I serve you just as my mother did;
you have freed me from my chains.**

¹⁷ I will sacrifice a thank offering to you
and call on the name of the LORD.

¹⁸ **I will fulfill my vows to the LORD
in the presence of all his people,**

¹⁹ in the courts of the house of the LORD—
in your midst, Jerusalem.

Praise the LORD.

Mon 14th Sept - Psalm 22

²³ You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!

²⁴ **For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.**

²⁵ From you comes the theme of my praise in
the great assembly;
before those who fear you^a I will fulfill my
vows.

²⁶ **The poor will eat and be satisfied;
those who seek the LORD will praise him—
may your hearts live forever!**

²⁷ All the ends of the earth
will remember and turn to the LORD,
and all the families of the nations
will bow down before him,

²⁸ **for dominion belongs to the LORD
and he rules over the nations.**

Wed 16th Sept - Psalm 33

¹ Sing joyfully to the LORD, you righteous;
it is fitting for the upright to praise him.

² **Praise the LORD with the harp;
make music to him on the ten-stringed
lyre.**

³ Sing to him a new song;
play skillfully, and shout for joy.

⁴ **For the word of the LORD is right and true;
he is faithful in all he does.**

⁵ The LORD loves righteousness and justice;
the earth is full of his unfailing love.

⁶ **By the word of the LORD the heavens were
made,
their starry host by the breath of his
mouth.**

⁷ He gathers the waters of the sea into jars^a;
he puts the deep into storehouses.

⁸ **Let all the earth fear the LORD;**

let all the people of the world revere him.

⁹ For he spoke, and it came to be;
he commanded, and it stood firm.

¹⁰ **The LORD foils the plans of the nations;
he thwarts the purposes of the peoples.**

¹¹ But the plans of the LORD stand firm forever,
the purposes of his heart through all
generations.

¹² **Blessed is the nation whose God is
the LORD,**

the people he chose for his inheritance.

Sat 19th Sept - Psalm 30

¹ I will exalt you, LORD,
for you lifted me out of the depths
and did not let my enemies gloat over me.

² **LORD my God, I called to you for help,
and you healed me.**

³ You, LORD, brought me up from the realm of
the dead;
you spared me from going down to the pit.

⁴ **Sing the praises of the LORD, you his
faithful people;
praise his holy name.**

⁵ For his anger lasts only a moment,
but his favor lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.