

Day 1

Psalm 77

1 TO THE CHOIRMASTER: ACCORDING TO JEDUTHUN. A PSALM OF ASAPH. I cry aloud to God, aloud to God, and he will hear me.

2 In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted.

3 When I remember God, I moan; when I meditate, my spirit faints. Selah

4 You hold my eyelids open; I am so troubled that I cannot speak.

5 I consider the days of old, the years long ago.

6 I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search:

7 "Will the Lord spurn forever, and never again be favorable?

8 Has his steadfast love forever ceased? Are his promises at an end for all time?

9 Has God forgotten to be gracious? Has he in anger shut up his compassion?" Selah

10 Then I said, "I will appeal to this, to the years of the right hand of the Most High."

11 I will remember the deeds of the LORD; yes, I will remember your wonders of old.

12 I will ponder all your work, and meditate on your mighty deeds.

13 Your way, O God, is holy. What god is great like our God?

14 You are the God who works wonders; you have made known your might among the peoples.

15 You with your arm redeemed your people, the children of Jacob and Joseph. Selah

16 When the waters saw you, O God, when the waters saw you, they were afraid; indeed, the deep trembled.

17 The clouds poured out water; the skies gave forth thunder; your arrows flashed on every side.

18 The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the earth trembled and shook.

19 Your way was through the sea, your path through the great waters; yet your footprints were unseen.

20 You led your people like a flock by the hand of Moses and Aaron.

2 Peter 1:12

12 Therefore I intend always to remind you of these qualities, though you know them and are established in the truth that you have.

John 14:26

26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

Day 2

Psalm 77 – See Day 1

Exodus 14

1 Then the LORD said to Moses,

2 "Tell the people of Israel to turn back and encamp in front of Pi-hahiroth, between Migdol and the sea, in front of Baal-zephon; you shall encamp facing it, by the sea.

3 For Pharaoh will say of the people of Israel, 'They are wandering in the land; the wilderness has shut them in.'

4 And I will harden Pharaoh's heart, and he will pursue them, and I will get glory over Pharaoh and all his host, and the Egyptians shall know that I am the LORD." And they did so.

5 When the king of Egypt was told that the people had fled, the mind of Pharaoh and his servants was changed toward the people, and they said, "What is this we have done, that we have let Israel go from serving us?"

6 So he made ready his chariot and took his army with him,

7 and took six hundred chosen chariots and all the other chariots of Egypt with officers over all of them.

8 And the LORD hardened the heart of Pharaoh king of Egypt, and he pursued the people of Israel while the people of Israel were going out defiantly.

9 The Egyptians pursued them, all Pharaoh's horses and chariots and his horsemen and his army, and overtook them encamped at the sea, by Pi-hahiroth, in front of Baal-zephon.

10 When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly. And the people of Israel cried out to the LORD.

11 They said to Moses, "Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt?"

12 Is not this what we said to you in Egypt, 'Leave us alone that we may serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness."

13 And Moses said to the people, "Fear not, stand firm, and see the salvation of the LORD, which he will work for you today. For the Egyptians whom you see today, you shall never see again.

14 The LORD will fight for you, and you have only to be silent."

15 The LORD said to Moses, "Why do you cry to me? Tell the people of Israel to go forward.

16 Lift up your staff, and stretch out your hand over the sea and divide it, that the people of Israel may go through the sea on dry ground.

17 And I will harden the hearts of the Egyptians so that they shall go in after them, and I will get glory over Pharaoh and all his host, his chariots, and his horsemen.

18 And the Egyptians shall know that I am the LORD, when I have gotten glory over Pharaoh, his chariots, and his horsemen."

19 Then the angel of God who was going before the host of Israel moved and went behind them, and the pillar of cloud moved from before them and stood behind them,

20 coming between the host of Egypt and the host of Israel. And there was the cloud and the darkness. And it lit up the night without one coming near the other all night.

21 Then Moses stretched out his hand over the sea, and the LORD drove the sea back by a strong east wind all night and made the sea dry land, and the waters were divided.

22 And the people of Israel went into the midst of the sea on dry ground, the waters being a wall to them on their right hand and on their left.

23 The Egyptians pursued and went in after them into the midst of the sea, all Pharaoh's horses, his chariots, and his horsemen.

24 And in the morning watch the LORD in the pillar of fire and of cloud looked down on the Egyptian forces and threw the Egyptian forces into a panic,

25 clogging their chariot wheels so that they drove heavily. And the Egyptians said, "Let us flee from before Israel, for the LORD fights for them against the Egyptians."

26 Then the LORD said to Moses, "Stretch out your hand over the sea, that the water may come back upon the Egyptians, upon their chariots, and upon their horsemen."

27 So Moses stretched out his hand over the sea, and the sea returned to its normal course when the morning appeared. And as the Egyptians fled into it, the LORD threw the Egyptians into the midst of the sea.

28 The waters returned and covered the chariots and the horsemen; of all the host of Pharaoh that had followed them into the sea, not one of them remained.

29 But the people of Israel walked on dry ground through the sea, the waters being a wall to them on their right hand and on their left.

30 Thus the LORD saved Israel that day from the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore.

31 Israel saw the great power that the LORD used against the Egyptians, so the people feared the LORD, and they believed in the LORD and in his servant Moses.

Romans 8:37-39

37 No, in all these things we are more than conquerors through him who loved us.

38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers,

39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

John 10:11-18

11 I am the good shepherd. The good shepherd lays down his life for the sheep.

12 He who is a hired hand and not a shepherd, who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf snatches them and scatters them.

13 He flees because he is a hired hand and cares nothing for the sheep.

14 I am the good shepherd. I know my own and my own know me,

15 just as the Father knows me and I know the Father; and I lay down my life for the sheep.

16 And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.

17 For this reason the Father loves me, because I lay down my life that I may take it up again.

18 No one takes it from me, but I lay it down of my own accord. I have authority to lay it down, and I have authority to take it up again. This charge I have received from my Father."

Day 3

Psalm 27

1 OF DAVID. The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

2 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.

5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

7 Hear, O LORD, when I cry aloud; be gracious to me and answer me!

8 You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!

10 For my father and my mother have forsaken me, but the LORD will take me in.

11 Teach me your way, O LORD, and lead me on a level path because of my enemies.

12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

13 I believe that I shall look upon the goodness of the LORD in the land of the living!

14 Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Ephesians 3:14-19

14 For this reason I bow my knees before the Father,

15 from whom every family in heaven and on earth is named,

16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being,

17 so that Christ may dwell in your hearts through faith- that you, being rooted and grounded in love,

18 may have strength to comprehend with all the saints what is the breadth and length and height and depth,

19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Galatians 5:16-17

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

James 4:4

4 You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

1 Peter 5:8

8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

1 John 4:1

1 Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.

John 17:15-16

15 I do not ask that you take them out of the world, but that you keep them from the evil one.
16 They are not of the world, just as I am not of the world.

Day 4

Psalm 42

1 TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH. As a deer pants for flowing streams, so pants my soul for you, O God.

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

3 My tears have been my food day and night, while they say to me continually, "Where is your God?"

4 These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation

6 and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

7 Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.

8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

9 I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"

10 As with a deadly wound in my bones, my adversaries taunt me, while they say to me continually, "Where is your God?"

11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Psalm 43

1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!

2 For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?

3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

4 Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God.

5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

2 Kings 12:17-18

17 At that time Hazael king of Syria went up and fought against Gath and took it. But when Hazael set his face to go up against Jerusalem,

18 Jehoash king of Judah took all the sacred gifts that Jehoshaphat and Jehoram and Ahaziah his fathers, the kings of Judah, had dedicated, and his own sacred gifts, and all the gold that was found in the treasuries of the house of the LORD and of the king's house, and sent these to Hazael king of Syria. Then Hazael went away from Jerusalem.

John 1:4-9

4 In him was life, and the life was the light of men.

5 The light shines in the darkness, and the darkness has not overcome it.

6 There was a man sent from God, whose name was John.

7 He came as a witness, to bear witness about the light, that all might believe through him.

8 He was not the light, but came to bear witness about the light.

9 The true light, which enlightens everyone, was coming into the world.

John 16:19-28

19 Jesus knew that they wanted to ask him, so he said to them, "Is this what you are asking yourselves, what I meant by saying, 'A little while and you will not see me, and again a little while and you will see me'?"

20 Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy.

21 When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world.

22 So also you have sorrow now, but I will see you again and your hearts will rejoice, and no one will take your joy from you.

23 In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you.

24 Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

25 "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father.

26 In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf;

27 for the Father himself loves you, because you have loved me and have believed that I came from God.

28 I came from the Father and have come into the world, and now I am leaving the world and going to the Father."

Day 5

Psalm 71

1 In you, O LORD, do I take refuge; let me never be put to shame!

2 In your righteousness deliver me and rescue me; incline your ear to me, and save me!

3 Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress.

4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man.

5 For you, O Lord, are my hope, my trust, O LORD, from my youth.

6 Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you.

7 I have been as a portent to many, but you are my strong refuge.

8 My mouth is filled with your praise, and with your glory all the day.

9 Do not cast me off in the time of old age; forsake me not when my strength is spent.

10 For my enemies speak concerning me; those who watch for my life consult together

11 and say, "God has forsaken him; pursue and seize him, for there is none to deliver him."

12 O God, be not far from me; O my God, make haste to help me!

13 May my accusers be put to shame and consumed; with scorn and disgrace may they be covered who seek my hurt.

14 But I will hope continually and will praise you yet more and more.

15 My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge.

16 With the mighty deeds of the Lord GOD I will come; I will remind them of your righteousness, yours alone.

17 O God, from my youth you have taught me, and I still proclaim your wondrous deeds.

18 So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.

19 Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you?

20 You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again.

21 You will increase my greatness and comfort me again.

22 I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel.

23 My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed.

24 And my tongue will talk of your righteous help all the day long, for they have been put to shame and disappointed who sought to do me hurt.

Lifelight: Selected Psalms
Session 2 Readings

Day 1

Psalm 30

1 A PSALM OF DAVID. A SONG AT THE DEDICATION OF THE TEMPLE. I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me.

2 O LORD my God, I cried to you for help, and you have healed me.

3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

4 Sing praises to the LORD, O you his saints, and give thanks to his holy name.

5 For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

6 As for me, I said in my prosperity, "I shall never be moved."

7 By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.

8 To you, O LORD, I cry, and to the Lord I plead for mercy:

9 "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness?"

10 Hear, O LORD, and be merciful to me! O LORD, be my helper!"

11 You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,

12 that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

1 Chronicles 21:1-8

1 Then Satan stood against Israel and incited David to number Israel.

2 So David said to Joab and the commanders of the army, "Go, number Israel, from Beersheba to Dan, and bring me a report, that I may know their number."

3 But Joab said, "May the LORD add to his people a hundred times as many as they are! Are they not, my lord the king, all of them my lord's servants? Why then should my lord require this? Why should it be a cause of guilt for Israel?"

4 But the king's word prevailed against Joab. So Joab departed and went throughout all Israel and came back to Jerusalem.

5 And Joab gave the sum of the numbering of the people to David. In all Israel there were 1,100,000 men who drew the sword, and in Judah 470,000 who drew the sword.

6 But he did not include Levi and Benjamin in the numbering, for the king's command was abhorrent to Joab.

7 But God was displeased with this thing, and he struck Israel.

8 And David said to God, "I have sinned greatly in that I have done this thing. But now, please take away the iniquity of your servant, for I have acted very foolishly."

Psalm 44:6-8

6 For not in my bow do I trust, nor can my sword save me.

7 But you have saved us from our foes and have put to shame those who hate us.

8 In God we have boasted continually, and we will give thanks to your name forever. Selah

Psalm 146:3

3 Put not your trust in princes, in a son of man, in whom there is no salvation.

Daniel 9:9

9 To the Lord our God belong mercy and forgiveness, for we have rebelled against him

Hebrews 8:12

12 For I will be merciful toward their iniquities, and I will remember their sins no more."

Day 2

Psalm 118

1 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

2 Let Israel say, "His steadfast love endures forever."

3 Let the house of Aaron say, "His steadfast love endures forever."

4 Let those who fear the LORD say, "His steadfast love endures forever."

5 Out of my distress I called on the LORD; the LORD answered me and set me free.

6 The LORD is on my side; I will not fear. What can man do to me?

7 The LORD is on my side as my helper; I shall look in triumph on those who hate me.

8 It is better to take refuge in the LORD than to trust in man.

9 It is better to take refuge in the LORD than to trust in princes.

10 All nations surrounded me; in the name of the LORD I cut them off!

11 They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!

12 They surrounded me like bees; they went out like a fire among thorns; in the name of the LORD I cut them off!

13 I was pushed hard, so that I was falling, but the LORD helped me.

14 The LORD is my strength and my song; he has become my salvation.

15 Glad songs of salvation are in the tents of the righteous: "The right hand of the LORD does valiantly,

16 the right hand of the LORD exalts, the right hand of the LORD does valiantly!"

17 I shall not die, but I shall live, and recount the deeds of the LORD.

18 The LORD has disciplined me severely, but he has not given me over to death.

19 Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.

20 This is the gate of the LORD; the righteous shall enter through it.

21 I thank you that you have answered me and have become my salvation.

22 The stone that the builders rejected has become the cornerstone.

23 This is the LORD's doing; it is marvelous in our eyes.

24 This is the day that the LORD has made; let us rejoice and be glad in it.

25 Save us, we pray, O LORD! O LORD, we pray, give us success!

26 Blessed is he who comes in the name of the LORD! We bless you from the house of the LORD.

27 The LORD is God, and he has made his light to shine upon us. Bind the festal sacrifice with cords, up to the horns of the altar!

28 You are my God, and I will give thanks to you; you are my God; I will extol you.

29 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

2 Chronicles 20:20-28

20 And they rose early in the morning and went out into the wilderness of Tekoa. And when they went out, Jehoshaphat stood and said, "Hear me, Judah and inhabitants of Jerusalem! Believe in the LORD your God, and you will be established; believe his prophets, and you will succeed."

21 And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army, and say, "Give thanks to the LORD, for his steadfast love endures forever."

22 And when they began to sing and praise, the LORD set an ambush against the men of Ammon, Moab, and Mount Seir, who had come against Judah, so that they were routed.

23 For the men of Ammon and Moab rose against the inhabitants of Mount Seir, devoting them to destruction, and when they had made an end of the inhabitants of Seir, they all helped to destroy one another.

24 When Judah came to the watchtower of the wilderness, they looked toward the horde, and behold, there were dead bodies lying on the ground; none had escaped.

25 When Jehoshaphat and his people came to take their spoil, they found among them, in great numbers, goods, clothing, and precious things, which they took for themselves until they could carry no more. They were three days in taking the spoil, it was so much.

26 On the fourth day they assembled in the Valley of Beracah, for there they blessed the LORD. Therefore the name of that place has been called the Valley of Beracah to this day.

27 Then they returned, every man of Judah and Jerusalem, and Jehoshaphat at their head, returning to Jerusalem with joy, for the LORD had made them rejoice over their enemies.

28 They came to Jerusalem with harps and lyres and trumpets, to the house of the LORD.

Ezra 6:16

16 And the people of Israel, the priests and the Levites, and the rest of the returned exiles, celebrated the dedication of this house of God with joy.

John 10:7-10

7 So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep.

8 All who came before me are thieves and robbers, but the sheep did not listen to them.

9 I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture.

10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Matthew 21:42

42 Jesus said to them, "Have you never read in the Scriptures: "' The stone that the builders rejected has become the cornerstone; this was the Lord's doing, and it is marvelous in our eyes'?"

Mark 12:10

10 Have you not read this Scripture: "' The stone that the builders rejected has become the cornerstone;

Luke 20:17

17 But he looked directly at them and said, "What then is this that is written: "' The stone that the builders rejected has become the cornerstone'?"

Ephesians 2:19-22

19 So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God,

20 built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone,

21 in whom the whole structure, being joined together, grows into a holy temple in the Lord.

22 In him you also are being built together into a dwelling place for God by the Spirit.

Acts 4:5-11

5 On the next day their rulers and elders and scribes gathered together in Jerusalem,

6 with Annas the high priest and Caiaphas and John and Alexander, and all who were of the high-priestly family.

7 And when they had set them in the midst, they inquired, "By what power or by what name did you do this?"

8 Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders,

9 if we are being examined today concerning a good deed done to a crippled man, by what means this man has been healed,

10 let it be known to all of you and to all the people of Israel that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead- by him this man is standing before you well.

11 This Jesus is the stone that was rejected by you, the builders, which has become the cornerstone.

Psalm 118:21

21 I thank you that you have answered me and have become my salvation.

1 Peter 2:9

9 But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

Day 3

Psalm 23

1 A PSALM OF DAVID. The LORD is my shepherd; I shall not want.

2 He makes me lie down in green pastures. He leads me beside still waters.

3 He restores my soul. He leads me in paths of righteousness for his name's sake.

4 Even 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.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

2 Samuel 5:2

2 In times past, when Saul was king over us, it was you who led out and brought in Israel. And the LORD said to you, 'You shall be shepherd of my people Israel, and you shall be prince over Israel.'"

Ezekiel 20:37-38

37 I will make you pass under the rod, and I will bring you into the bond of the covenant.

38 I will purge out the rebels from among you, and those who transgress against me. I will bring them out of the land where they sojourn, but they shall not enter the land of Israel. Then you will know that I am the LORD.

Matthew 25:31-33

31 "When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne.

32 Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats.

33 And he will place the sheep on his right, but the goats on the left.

Day 4

Psalm 23 – See Day 3

2 Timothy 3:16-17

16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

17 that the man of God may be competent, equipped for every good work.

Psalm 119:11

11 I have stored up your word in my heart, that I might not sin against you.

Day 5

Psalm 32

1 A MASKIL OF DAVID. Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

3 For when I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah

6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

7 You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

10 Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.

11 Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

Luke 5:31-32

31 And Jesus answered them, "Those who are well have no need of a physician, but those who are sick.

32 I have not come to call the righteous but sinners to repentance."

Romans 2:4

4 Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance?

Lifelight: Selected Psalms
Session 3 Readings

Day 1

Psalm 90

1 A PRAYER OF MOSES, THE MAN OF GOD. Lord, you have been our dwelling place in all generations.

2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

3 You return man to dust and say, "Return, O children of man!"

4 For a thousand years in your sight are but as yesterday when it is past, or as, a watch in the night.

5 You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:

6 in the morning it flourishes and is renewed; in the evening it fades and withers.

7 For we are brought to an end by your anger; by your wrath we are dismayed.

8 You have set our iniquities before you, our secret sins in the light of your presence.

9 For all our days pass away under your wrath; we bring our years to an end like a sigh.

10 The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.

11 Who considers the power of your anger, and your wrath according to the fear of you?

12 So teach us to number our days that we may get a heart of wisdom.

13 Return, O LORD! How long? Have pity on your servants!

14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

15 Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.

16 Let your work be shown to your servants, and your glorious power to their children.

17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

Numbers 14:20-24

20 Then the LORD said, "I have pardoned, according to your word.

21 But truly, as I live, and as all the earth shall be filled with the glory of the LORD,

22 none of the men who have seen my glory and my signs that I did in Egypt and in the wilderness, and yet have put me to the test these ten times and have not obeyed my voice,

23 shall see the land that I swore to give to their fathers. And none of those who despised me shall see it.

24 But my servant Caleb, because he has a different spirit and has followed me fully, I will bring into the land into which he went, and his descendants shall possess it.

Numbers 20:6-12

6 Then Moses and Aaron went from the presence of the assembly to the entrance of the tent of meeting and fell on their faces. And the glory of the LORD appeared to them,

7 and the LORD spoke to Moses, saying,

8 "Take the staff, and assemble the congregation, you and Aaron your brother, and tell the rock before their eyes to yield its water. So you shall bring water out of the rock for them and give drink to the congregation and their cattle."

9 And Moses took the staff from before the LORD, as he commanded him.

10 Then Moses and Aaron gathered the assembly together before the rock, and he said to them, "Hear now, you rebels: shall we bring water for you out of this rock?"

11 And Moses lifted up his hand and struck the rock with his staff twice, and water came out abundantly, and the congregation drank, and their livestock.

12 And the LORD said to Moses and Aaron, "Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land that I have given them."

2 Peter 3:8-9

8 But do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day.

9 The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

Proverbs 1:7

7 The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.

1 Corinthians 1:18-25, 30

18 For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.

19 For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

20 Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?

21 For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe.

22 For Jews demand signs and Greeks seek wisdom,

23 but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles,

24 but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

25 For the foolishness of God is wiser than men, and the weakness of God is stronger than men.

30 He is the source of your life in Christ Jesus, whom God made our wisdom and our righteousness and sanctification and redemption.

Day 2

Psalm 80

1 TO THE CHOIRMASTER: ACCORDING TO LILIES. A TESTIMONY. OF ASAPH, A PSALM. Give ear, O Shepherd of Israel, you who lead Joseph like a flock! You who are enthroned upon the cherubim, shine forth.

2 Before Ephraim and Benjamin and Manasseh, stir up your might and come to save us!

3 Restore us, O God; let your face shine, that we may be saved!

4 O LORD God of hosts, how long will you be angry with your people's prayers?

5 You have fed them with the bread of tears and given them tears to drink in full measure.

6 You make us an object of contention for our neighbors, and our enemies laugh among themselves.

7 Restore us, O God of hosts; let your face shine, that we may be saved!

8 You brought a vine out of Egypt; you drove out the nations and planted it.

9 You cleared the ground for it; it took deep root and filled the land.

10 The mountains were covered with its shade, the mighty cedars with its branches.

11 It sent out its branches to the sea and its shoots to the River.

12 Why then have you broken down its walls, so that all who pass along the way pluck its fruit?

13 The boar from the forest ravages it, and all that move in the field feed on it.

14 Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine,

15 the stock that your right hand planted, and for the son whom you made strong for yourself.

16 They have burned it with fire; they have cut it down; may they perish at the rebuke of your face!

17 But let your hand be on the man of your right hand, the son of man whom you have made strong for yourself!

18 Then we shall not turn back from you; give us life, and we will call upon your name!

19 Restore us, O LORD God of hosts! let your face shine, that we may be saved!

Isaiah 5:1-6

1 Let me sing for my beloved my love song concerning his vineyard:: My beloved had a vineyard on a very fertile hill.

2 He dug it and cleared it of stones, and planted it with choice vines; he built a watchtower in the midst of it, and hewed out a wine vat in it; and he looked for it to yield grapes, but it yielded wild grapes.

3 And now, O inhabitants of Jerusalem and men of Judah, judge between me and my vineyard.

4 What more was there to do for my vineyard, that I have not done in it? When I looked for it to yield grapes, why did it yield wild grapes?

5 And now I will tell you what I will do to my vineyard. I will remove its hedge, and it shall be devoured; I will break down its wall, and it shall be trampled down.

6 I will make it a waste; it shall not be pruned or hoed, and briers and thorns shall grow up; I will also command the clouds that they rain no rain upon it.

John 15:1-8

1 "I am the true vine, and my Father is the vinedresser.

2 Every branch of mine that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.

3 Already you are clean because of the word that I have spoken to you.

4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

6 If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned.

7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

Isaiah 27:2-6

2 In that day, "A pleasant vineyard, sing of it!

3 I, the LORD, am its keeper; every moment I water it. Lest anyone punish it, I keep it night and day;

4 I have no wrath. Would that I had thorns and briers to battle! I would march against them, I would burn them up together.

5 Or let them lay hold of my protection, let them make peace with me, let them make peace with me."

6 In days to come Jacob shall take root, Israel shall blossom and put forth shoots and fill the whole world with fruit.

Day 3

Psalm 44

1 TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH. O God, we have heard with our ears, our fathers have told us, what deeds you performed in their days, in the days of old:

2 you with your own hand drove out the nations, but them you planted; you afflicted the peoples, but them you set free;

3 for not by their own sword did they win the land, nor did their own arm save them, but your right hand and your arm, and the light of your face, for you delighted in them.

4 You are my King, O God; ordain salvation for Jacob!

5 Through you we push down our foes; through your name we tread down those who rise up against us.

6 For not in my bow do I trust, nor can my sword save me.

7 But you have saved us from our foes and have put to shame those who hate us.

8 In God we have boasted continually, and we will give thanks to your name forever. Selah

9 But you have rejected us and disgraced us and have not gone out with our armies.

10 You have made us turn back from the foe, and those who hate us have gotten spoil.

11 You have made us like sheep for slaughter and have scattered us among the nations.

12 You have sold your people for a trifle, demanding no high price for them.

13 You have made us the taunt of our neighbors, the derision and scorn of those around us.

14 You have made us a byword among the nations, a laughingstock among the peoples.

15 All day long my disgrace is before me, and shame has covered my face

16 at the sound of the taunter and reviler, at the sight of the enemy and the avenger.

17 All this has come upon us, though we have not forgotten you, and we have not been false to your covenant.

18 Our heart has not turned back, nor have our steps departed from your way;

19 yet you have broken us in the place of jackals and covered us with the shadow of death.

20 If we had forgotten the name of our God or spread out our hands to a foreign god,

21 would not God discover this? For he knows the secrets of the heart.

22 Yet for your sake we are killed all the day long; we are regarded as sheep to be slaughtered.

23 Awake! Why are you sleeping, O Lord? Rouse yourself! Do not reject us forever!

24 Why do you hide your face? Why do you forget our affliction and oppression?

25 For our soul is bowed down to the dust; our belly clings to the ground.

26 Rise up; come to our help! Redeem us for the sake of your steadfast love!

Day 4

Psalm 44 – See Day 3

Day 5

Psalm 124

1 A SONG OF ASCENTS. OF DAVID. If it had not been the LORD who was on our side- let Israel now say-
2 if it had not been the LORD who was on our side when people rose up against us,
3 then they would have swallowed us up alive, when their anger was kindled against us;
4 then the flood would have swept us away, the torrent would have gone over us;
5 then over us would have gone the raging waters.
6 Blessed be the LORD, who has not given us as prey to their teeth!
7 We have escaped like a bird from the snare of the fowlers; the snare is broken, and we have escaped!
8 Our help is in the name of the LORD, who made heaven and earth.

Lifelight: Selected Psalms
Session 4 Readings

Day 1

Psalm 143

1 A PSALM OF DAVID. Hear my prayer, O LORD; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness!
2 Enter not into judgment with your servant, for no one living is righteous before you.
3 For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead.
4 Therefore my spirit faints within me; my heart within me is appalled.
5 I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.
6 I stretch out my hands to you; my soul thirsts for you like a parched land. Selah
7 Answer me quickly, O LORD! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit.
8 Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.
9 Deliver me from my enemies, O LORD! I have fled to you for refuge!
10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!
11 For your name's sake, O LORD, preserve my life! In your righteousness bring my soul out of trouble!
12 And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

Romans 3:23-25

23 for all have sinned and fall short of the glory of God,
24 and are justified by his grace as a gift, through the redemption that is in Christ Jesus,
25 whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins.

Hebrews 10:19-23

19 Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus,
20 by the new and living way that he opened for us through the curtain, that is, through his flesh,
21 and since we have a great priest over the house of God,
22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.
23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

Day 2

Psalm 6

1 TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS; ACCORDING TO THE SHEMINITH. A PSALM OF DAVID. O LORD, rebuke me not in your anger, nor discipline me in your wrath.
2 Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled.
3 My soul also is greatly troubled. But you, O LORD- how long?
4 Turn, O LORD, deliver my life; save me for the sake of your steadfast love.
5 For in death there is no remembrance of you; in Sheol who will give you praise?
6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.
7 My eye wastes away because of grief; it grows weak because of all my foes.
8 Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.
9 The LORD has heard my plea; the LORD accepts my prayer.
10 All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

1 John 1:8-9

8 If we say we have no sin, we deceive ourselves, and the truth is not in us.
9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Day 3

Psalm 6 – See Day 2

Psalm 16:9-11

9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

10 For you will not abandon my soul to Sheol, or let your holy one see corruption.

11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Psalm 17:15

15 As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness.

Psalm 73:23-26

23 Nevertheless, I am continually with you; you hold my right hand.

24 You guide me with your counsel, and afterward you will receive me to glory.

25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you.

26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

1 John 3:19-20

19 By this we shall know that we are of the truth and reassure our heart before him;

20 for whenever our heart condemns us, God is greater than our heart, and he knows everything.

James 5:13-16

13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Day 4

Psalm 102

1 A PRAYER OF ONE AFFLICTED, WHEN HE IS FAINT AND POURS OUT HIS COMPLAINT BEFORE THE LORD. Hear my prayer, O LORD; let my cry come to you!

2 Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

3 For my days pass away like smoke, and my bones burn like a furnace.

4 My heart is struck down like grass and has withered; I forget to eat my bread.

5 Because of my loud groaning my bones cling to my flesh.

6 I am like a desert owl of the wilderness, like an owl of the waste places;

7 I lie awake; I am like a lonely sparrow on the housetop.
8 All the day my enemies taunt me; those who deride me use my name for a curse.
9 For I eat ashes like bread and mingle tears with my drink,
10 because of your indignation and anger; for you have taken me up and thrown me down.
11 My days are like an evening shadow; I wither away like grass.
12 But you, O LORD, are enthroned forever; you are remembered throughout all generations.
13 You will arise and have pity on Zion; it is the time to favor her; the appointed time has come.
14 For your servants hold her stones dear and have pity on her dust.
15 Nations will fear the name of the LORD, and all the kings of the earth will fear your glory.
16 For the LORD builds up Zion; he appears in his glory;
17 he regards the prayer of the destitute and does not despise their prayer.
18 Let this be recorded for a generation to come, so that a people yet to be created may praise the LORD:
19 that he looked down from his holy height; from heaven the LORD looked at the earth,
20 to hear the groans of the prisoners, to set free those who were doomed to die,
21 that they may declare in Zion the name of the LORD, and in Jerusalem his praise,
22 when peoples gather together, and kingdoms, to worship the LORD.
23 He has broken my strength in midcourse; he has shortened my days.
24 "O my God," I say, "take me not away in the midst of my days- you whose years endure throughout all generations!"
25 Of old you laid the foundation of the earth, and the heavens are the work of your hands.
26 They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away,
27 but you are the same, and your years have no end.
28 The children of your servants shall dwell secure; their offspring shall be established before you.

Hebrews 1:10-12

10 And, "You, Lord, laid the foundation of the earth in the beginning, and the heavens are the work of your hands;
11 they will perish, but you remain; they will all wear out like a garment,
12 like a robe you will roll them up, like a garment they will be changed. But you are the same, and your years will have no end."

Hebrews 6:16-20

16 For people swear by something greater than themselves, and in all their disputes an oath is final for confirmation.
17 So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath,
18 so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us.
19 We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain,

20 where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

Day 5

Psalm 38

1 A PSALM OF DAVID, FOR THE MEMORIAL OFFERING. O LORD, rebuke me not in your anger, nor discipline me in your wrath!

2 For your arrows have sunk into me, and your hand has come down on me.

3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.

4 For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.

5 My wounds stink and fester because of my foolishness,

6 I am utterly bowed down and prostrate; all the day I go about mourning.

7 For my sides are filled with burning, and there is no soundness in my flesh.

8 I am feeble and crushed; I groan because of the tumult of my heart.

9 O Lord, all my longing is before you; my sighing is not hidden from you.

10 My heart throbs; my strength fails me, and the light of my eyes- it also has gone from me.

11 My friends and companions stand aloof from my plague, and my nearest kin stand far off.

12 Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.

13 But I am like a deaf man; I do not hear, like a mute man who does not open his mouth.

14 I have become like a man who does not hear, and in whose mouth are no rebukes.

15 But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.

16 For I said, "Only let them not rejoice over me, who boast against me when my foot slips!"

17 For I am ready to fall, and my pain is ever before me.

18 I confess my iniquity; I am sorry for my sin.

19 But my foes are vigorous, they are mighty, and many are those who hate me wrongfully.

20 Those who render me evil for good accuse me because I follow after good.

21 Do not forsake me, O LORD! O my God, be not far from me!

22 Make haste to help me, O Lord, my salvation!

Matthew 11:28

28 Come to me, all who labor and are heavy laden, and I will give you rest.

Romans 2:4

4 Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance?

Day 1

Psalm 35

1 OF DAVID. Contend, O LORD, with those who contend with me; fight against those who fight against me!
2 Take hold of shield and buckler and rise for my help!
3 Draw the spear and javelin against my pursuers! Say to my soul, "I am your salvation!"
4 Let them be put to shame and dishonor who seek after my life! Let them be turned back and disappointed who devise evil against me!
5 Let them be like chaff before the wind, with the angel of the LORD driving them away!
6 Let their way be dark and slippery, with the angel of the LORD pursuing them!
7 For without cause they hid their net for me; without cause they dug a pit for my life.
8 Let destruction come upon him when he does not know it! And let the net that he hid ensnare him; let him fall into it- to his destruction!
9 Then my soul will rejoice in the LORD, exulting in his salvation.
10 All my bones shall say, "O LORD, who is like you, delivering the poor from him who is too strong for him, the poor and needy from him who robs him?"
11 Malicious witnesses rise up; they ask me of things that I do not know.
12 They repay me evil for good; my soul is bereft.
13 But I, when they were sick- I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.
14 I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning.
15 But at my stumbling they rejoiced and gathered; they gathered together against me; wretches whom I did not know tore at me without ceasing;
16 like profane mockers at a feast, they gnash at me with their teeth.
17 How long, O Lord, will you look on? Rescue me from their destruction, my precious life from the lions!
18 I will thank you in the great congregation; in the mighty throng I will praise you.
19 Let not those rejoice over me who are wrongfully my foes, and let not those wink the eye who hate me without cause.
20 For they do not speak peace, but against those who are quiet in the land they devise words of deceit.
21 They open wide their mouths against me; they say, "Aha, Aha! our eyes have seen it!"
22 You have seen, O LORD; be not silent! O Lord, be not far from me!
23 Awake and rouse yourself for my vindication, for my cause, my God and my Lord!
24 Vindicate me, O LORD, my God, according to your righteousness, and let them not rejoice over me!
25 Let them not say in their hearts, "Aha, our heart's desire!" Let them not say, "We have swallowed him up."
26 Let them be put to shame and disappointed altogether who rejoice at my calamity! Let them be clothed with shame and dishonor who magnify themselves against me!

27 Let those who delight in my righteousness shout for joy and be glad and say evermore,
"Great is the LORD, who delights in the welfare of his servant!"

28 Then my tongue shall tell of your righteousness and of your praise all the day long.

John 10:10

10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Revelation 12:9-12

9 And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world- he was thrown down to the earth, and his angels were thrown down with him.

10 And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God.

11 And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.

12 Therefore, rejoice, O heavens and you who dwell in them! But woe to you, O earth and sea, for the devil has come down to you in great wrath, because he knows that his time is short!"

1 Samuel 19:8-17

8 And there was war again. And David went out and fought with the Philistines and struck them with a great blow, so that they fled before him.

9 Then a harmful spirit from the LORD came upon Saul, as he sat in his house with his spear in his hand. And David was playing the lyre.

10 And Saul sought to pin David to the wall with the spear, but he eluded Saul, so that he struck the spear into the wall. And David fled and escaped that night.

11 Saul sent messengers to David's house to watch him, that he might kill him in the morning. But Michal, David's wife, told him, "If you do not escape with your life tonight, tomorrow you will be killed."

12 So Michal let David down through the window, and he fled away and escaped.

13 Michal took an image and laid it on the bed and put a pillow of goats' hair at its head and covered it with the clothes.

14 And when Saul sent messengers to take David, she said, "He is sick."

15 Then Saul sent the messengers to see David, saying, "Bring him up to me in the bed, that I may kill him."

16 And when the messengers came in, behold, the image was in the bed, with the pillow of goats' hair at its head.

17 Saul said to Michal, "Why have you deceived me thus and let my enemy go, so that he has escaped?" And Michal answered Saul, "He said to me, 'Let me go. Why should I kill you?'"

2 Samuel 21:15-17

15 There was war again between the Philistines and Israel, and David went down together with his servants, and they fought against the Philistines. And David grew weary.

16 And Ishbi-benob, one of the descendants of the giants, whose spear weighed three hundred shekels of bronze, and who was armed with a new sword, thought to kill David.

17 But Abishai the son of Zeruiah came to his aid and attacked the Philistine and killed him. Then David's men swore to him, "You shall no longer go out with us to battle, lest you quench the lamp of Israel."

1 Samuel 24:2-13

2 Then Saul took three thousand chosen men out of all Israel and went to seek David and his men in front of the Wildgoats' Rocks.

3 And he came to the sheepfolds by the way, where there was a cave, and Saul went in to relieve himself. Now David and his men were sitting in the innermost parts of the cave.

4 And the men of David said to him, "Here is the day of which the LORD said to you, 'Behold, I will give your enemy into your hand, and you shall do to him as it shall seem good to you.'" Then David arose and stealthily cut off a corner of Saul's robe.

5 And afterward David's heart struck him, because he had cut off a corner of Saul's robe.

6 He said to his men, "The LORD forbid that I should do this thing to my lord, the LORD's anointed, to put out my hand against him, seeing he is the LORD's anointed."

7 So David persuaded his men with these words and did not permit them to attack Saul. And Saul rose up and left the cave and went on his way.

8 Afterward David also arose and went out of the cave, and called after Saul, "My lord the king!" And when Saul looked behind him, David bowed with his face to the earth and paid homage.

9 And David said to Saul, "Why do you listen to the words of men who say, 'Behold, David seeks your harm'?"

10 Behold, this day your eyes have seen how the LORD gave you today into my hand in the cave. And some told me to kill you, but I spared you. I said, 'I will not put out my hand against my lord, for he is the LORD's anointed.'

11 See, my father, see the corner of your robe in my hand. For by the fact that I cut off the corner of your robe and did not kill you, you may know and see that there is no wrong or treason in my hands. I have not sinned against you, though you hunt my life to take it.

12 May the LORD judge between me and you, may the LORD avenge me against you, but my hand shall not be against you.

13 As the proverb of the ancients says, 'Out of the wicked comes wickedness.' But my hand shall not be against you.

1 Samuel 26:1-11

1 Then the Ziphites came to Saul at Gibeah, saying, "Is not David hiding himself on the hill of Hachilah, which is on the east of Jeshimon?"

2 So Saul arose and went down to the wilderness of Ziph with three thousand chosen men of Israel to seek David in the wilderness of Ziph.

3 And Saul encamped on the hill of Hachilah, which is beside the road on the east of Jeshimon. But David remained in the wilderness. When he saw that Saul came after him into the wilderness,

4 David sent out spies and learned that Saul had come.

5 Then David rose and came to the place where Saul had encamped. And David saw the place where Saul lay, with Abner the son of Ner, the commander of his army. Saul was lying within the encampment, while the army was encamped around him.

6 Then David said to Ahimelech the Hittite, and to Joab's brother Abishai the son of Zeruiah, "Who will go down with me into the camp to Saul?" And Abishai said, "I will go down with you."

7 So David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay around him.

8 Then said Abishai to David, "God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice."

9 But David said to Abishai, "Do not destroy him, for who can put out his hand against the LORD's anointed and be guiltless?"

10 And David said, "As the LORD lives, the LORD will strike him, or his day will come to die, or he will go down into battle and perish.

11 The LORD forbid that I should put out my hand against the LORD's anointed. But take now the spear that is at his head and the jar of water, and let us go."

Romans 12:17-21

17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all.

18 If possible, so far as it depends on you, live peaceably with all.

19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

20 To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."

[21 Do not be overcome by evil, but overcome evil with good.] – v.21 from NKJV

2 Thessalonians 1:6-10

6 since indeed God considers it just to repay with affliction those who afflict you,

7 and to grant relief to you who are afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels

8 in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus.

9 They will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might,

10 when he comes on that day to be glorified in his saints, and to be marveled at among all who have believed, because our testimony to you was believed.

John 15:23-25

23 Whoever hates me hates my Father also.

24 If I had not done among them the works that no one else did, they would not be guilty of sin, but now they have seen and hated both me and my Father.

25 But the word that is written in their Law must be fulfilled: 'They hated me without a cause.'

Day 2

Psalm 58

1 TO THE CHOIRMASTER: ACCORDING TO DO NOT DESTROY. A MIKTAM OF DAVID. Do you indeed decree what is right, you gods? Do you judge the children of man uprightly?

2 No, in your hearts you devise wrongs; your hands deal out violence on earth.

3 The wicked are estranged from the womb; they go astray from birth, speaking lies.

4 They have venom like the venom of a serpent, like the deaf adder that stops its ear,

5 so that it does not hear the voice of charmers or of the cunning enchanter.

6 O God, break the teeth in their mouths; tear out the fangs of the young lions, O LORD!

7 Let them vanish like water that runs away; when he aims his arrows, let them be blunted.

8 Let them be like the snail that dissolves into slime, like the stillborn child who never sees the sun.

9 Sooner than your pots can feel the heat of thorns, whether green or ablaze, may he sweep them away!

10 The righteous will rejoice when he sees the vengeance; he will bathe his feet in the blood of the wicked.

11 Mankind will say, "Surely there is a reward for the righteous; surely there is a God who judges on earth."

Romans 13:1-6

1 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.

2 Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment.

3 For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval,

4 for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer.

5 Therefore one must be in subjection, not only to avoid God's wrath but also for the sake of conscience.

6 For the same reason you also pay taxes, for the authorities are ministers of God, attending to this very thing.

Isaiah 10:1-2

1 Woe to those who decree iniquitous decrees, and the writers who keep writing oppression,
2 to turn aside the needy from justice and to rob the poor of my people of their right, that
widows may be their spoil, and that they may make the fatherless their prey!

1 Samuel 8:1-3

1 When Samuel became old, he made his sons judges over Israel.
2 The name of his firstborn son was Joel, and the name of his second, Abi-jah; they were judges
in Beersheba.
3 Yet his sons did not walk in his ways but turned aside after gain. They took bribes and
perverted justice.

Revelation 19:1-2

1 After this I heard what seemed to be the loud voice of a great multitude in heaven, crying out,
"Hallelujah! Salvation and glory and power belong to our God,
2 for his judgments are true and just; for he has judged the great prostitute who corrupted the
earth with her immorality, and has avenged on her the blood of his servants."

Day 3

Psalm 69

1 TO THE CHOIRMASTER: ACCORDING TO LILIES. OF DAVID. Save me, O God! For the
waters have come up to my neck.
2 I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood
sweeps over me.
3 I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my
God.
4 More in number than the hairs of my head are those who hate me without cause; mighty are
those who would destroy me, those who attack me with lies. What I did not steal must I now
restore?
5 O God, you know my folly; the wrongs I have done are not hidden from you.
6 Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not
those who seek you be brought to dishonor through me, O God of Israel.
7 For it is for your sake that I have borne reproach, that dishonor has covered my face.
8 I have become a stranger to my brothers, an alien to my mother's sons.
9 For zeal for your house has consumed me, and the reproaches of those who reproach you have
fallen on me.
10 When I wept and humbled my soul with fasting, it became my reproach.
11 When I made sackcloth my clothing, I became a byword to them.
12 I am the talk of those who sit in the gate, and the drunkards make songs about me.
13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the
abundance of your steadfast love answer me in your saving faithfulness.

14 Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters.

15 Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.

16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.

17 Hide not your face from your servant; for I am in distress; make haste to answer me.

18 Draw near to my soul, redeem me; ransom me because of my enemies!

19 You know my reproach, and my shame and my dishonor; my foes are all known to you.

20 Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none.

21 They gave me poison for food, and for my thirst they gave me sour wine to drink.

22 Let their own table before them become a snare; and when they are at peace, let it become a trap.

23 Let their eyes be darkened, so that they cannot see, and make their loins tremble continually.

24 Pour out your indignation upon them, and let your burning anger overtake them.

25 May their camp be a desolation; let no one dwell in their tents.

26 For they persecute him whom you have struck down, and they recount the pain of those you have wounded.

27 Add to them punishment upon punishment; may they have no acquittal from you.

28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

29 But I am afflicted and in pain; let your salvation, O God, set me on high!

30 I will praise the name of God with a song; I will magnify him with thanksgiving.

31 This will please the LORD more than an ox or a bull with horns and hoofs.

32 When the humble see it they will be glad; you who seek God, let your hearts revive.

33 For the LORD hears the needy and does not despise his own people who are prisoners.

34 Let heaven and earth praise him, the seas and everything that moves in them.

35 For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it;

36 the offspring of his servants shall inherit it, and those who love his name shall dwell in it.

Matthew 27:29-31

29 and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!"

30 And they spit on him and took the reed and struck him on the head.

31 And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him.

John 2:17

17 His disciples remembered that it was written, "Zeal for your house will consume me."

John 7:5

5 For not even his brothers believed in him.

John 15:25

25 But the word that is written in their Law must be fulfilled: 'They hated me without a cause.'

John 19:28-30

28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst."

29 A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth.

30 When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.

1 Corinthians 10:31-33

31 So, whether you eat or drink, or whatever you do, do all to the glory of God.

32 Give no offense to Jews or to Greeks or to the church of God,

33 just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved.

Romans 5:6-10

6 For while we were still weak, at the right time Christ died for the ungodly.

7 For one will scarcely die for a righteous person- though perhaps for a good person one would dare even to die-

8 but God shows his love for us in that while we were still sinners, Christ died for us.

9 Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God.

10 For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Day 4

Psalm 69 – See Day 3

Mark 16:16

16 Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.

Galatians 1:8

8 But even if we or an angel from heaven should preach to you a gospel contrary to the one we preached to you, let him be accursed.

2 Timothy 4:14

14 Alexander the coppersmith did me great harm; the Lord will repay him according to his deeds.

Revelation 6:9-10

9 When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne.

10 They cried out with a loud voice, "O Sovereign Lord, holy and true, how long before you will judge and avenge our blood on those who dwell on the earth?"

Day 5

Psalms 137

1 By the waters of Babylon, there we sat down and wept, when we remembered Zion.

2 On the willows there we hung up our lyres.

3 For there our captors required of us songs, and our tormentors, mirth, saying, "Sing us one of the songs of Zion!"

4 How shall we sing the LORD's song in a foreign land?

5 If I forget you, O Jerusalem, let my right hand forget its skill!

6 Let my tongue stick to the roof of my mouth, if I do not remember you, if I do not set Jerusalem above my highest joy!

7 Remember, O LORD, against the Edomites the day of Jerusalem, how they said, "Lay it bare, lay it bare, down to its foundations!"

8 O daughter of Babylon, doomed to be destroyed, blessed shall he be who repays you with what you have done to us!

9 Blessed shall he be who takes your little ones and dashes them against the rock!

Revelation 18:4-8

4 Then I heard another voice from heaven saying, "Come out of her, my people, lest you take part in her sins, lest you share in her plagues; 5 for her sins are heaped high as heaven, and God has remembered her iniquities. 6 Pay her back as she herself has paid back others, and repay her double for her deeds; mix a double portion for her in the cup she mixed.

7 As she glorified herself and lived in luxury, so give her a like measure of torment and mourning, since in her heart she says, 'I sit as a queen, I am no widow, and mourning I shall never see.'

8 For this reason her plagues will come in a single day, death and mourning and famine, and she will be burned up with fire; for mighty is the Lord God who has judged her."

Day 1

Psalm 122

1 A SONG OF ASCENTS. OF DAVID. I was glad when they said to me, "Let us go to the house of the LORD!"

2 Our feet have been standing within your gates, O Jerusalem!

3 Jerusalem- built as a city that is bound firmly together,

4 to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.

5 There thrones for judgment were set, the thrones of the house of David.

6 Pray for the peace of Jerusalem! "May they be secure who love you!

7 Peace be within your walls and security within your towers!"

8 For my brothers and companions' sake I will say, "Peace be within you!"

9 For the sake of the house of the LORD our God, I will seek your good.

1 Corinthians 3:16

16 Do you not know that you are God's temple and that God's Spirit dwells in you?

2 Corinthians 6:16

16 What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people.

Day 2

Psalm 113

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 setting, the name of the LORD is to be praised!

4 The LORD is high above all nations, and his glory above the heavens!

5 Who is like the LORD our God, who is seated on high,

6 who looks far down on the heavens and the earth?

7 He raises the poor from the dust and lifts the needy from the ash heap,

8 to make them sit with princes, with the princes of his people.

9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

Colossians 1:21-22

21 And you, who once were alienated and hostile in mind, doing evil deeds,
22 he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him,

2 Corinthians 5:21

21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Day 3

Psalm 68

1 TO THE CHOIRMASTER. A PSALM OF DAVID. A SONG. God shall arise, his enemies shall be scattered; and those who hate him shall flee before him!

2 As smoke is driven away, so you shall drive them away; as wax melts before fire, so the wicked shall perish before God!

3 But the righteous shall be glad; they shall exult before God; they shall be jubilant with joy!

4 Sing to God, sing praises to his name; lift up a song to him who rides through the deserts; his name is the LORD; exult before him!

5 Father of the fatherless and protector of widows is God in his holy habitation.

6 God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land.

7 O God, when you went out before your people, when you marched through the wilderness, Selah

8 the earth quaked, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel.

9 Rain in abundance, O God, you shed abroad; you restored your inheritance as it languished;

10 your flock found a dwelling in it; in your goodness, O God, you provided for the needy.

11 The Lord gives the word; the women who announce the news are a great host:

12 "The kings of the armies- they flee, they flee!" The women at home divide the spoil-

13 though you men lie among the sheepfolds- the wings of a dove covered with silver, its pinions with shimmering gold.

14 When the Almighty scatters kings there, let snow fall on Zalmon.

15 O mountain of God, mountain of Bashan; O many-peaked mountain, mountain of Bashan!

16 Why do you look with hatred, O many-peaked mountain, at the mount that God desired for his abode, yes, where the LORD will dwell forever?

17 The chariots of God are twice ten thousand, thousands upon thousands; the Lord is among them; Sinai is now in the sanctuary.

18 You ascended on high, leading a host of captives in your train and receiving gifts among men, even among the rebellious, that the LORD God may dwell there.

19 Blessed be the Lord, who daily bears us up; God is our salvation. Selah

20 Our God is a God of salvation, and to GOD, the Lord, belong deliverances from death.

21 But God will strike the heads of his enemies, the hairy crown of him who walks in his guilty ways.

22 The Lord said, "I will bring them back from Bashan, I will bring them back from the depths of the sea,

23 that you may strike your feet in their blood, that the tongues of your dogs may have their portion from the foe."

24 Your procession is seen, O God, the procession of my God, my King, into the sanctuary-

25 the singers in front, the musicians last, between them virgins playing tambourines:

26 "Bless God in the great congregation, the LORD, O you who are of Israel's fountain!"

27 There is Benjamin, the least of them, in the lead, the princes of Judah in their throng, the princes of Zebulun, the princes of Naphtali.

28 Summon your power, O God, the power, O God, by which you have worked for us.

29 Because of your temple at Jerusalem kings shall bear gifts to you.

30 Rebuke the beasts that dwell among the reeds, the herd of bulls with the calves of the peoples. Trample underfoot those who lust after tribute; scatter the peoples who delight in war.

31 Nobles shall come from Egypt; Cush shall hasten to stretch out her hands to God.

32 O kingdoms of the earth, sing to God; sing praises to the Lord, Selah

33 to him who rides in the heavens, the ancient heavens; behold, he sends out his voice, his mighty voice.

34 Ascribe power to God, whose majesty is over Israel, and whose power is in the skies.

35 Awesome is God from his sanctuary; the God of Israel- he is the one who gives power and strength to his people. Blessed be God!

Ephesians 4:7-10

7 But grace was given to each one of us according to the measure of Christ's gift.

8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."

9 (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth?

10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.)

Luke 24:50-51

50 Then he led them out as far as Bethany, and lifting up his hands he blessed them.

51 While he blessed them, he parted from them and was carried up into heaven.

Hebrews 2:14-15

14 Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil,

15 and deliver all those who through fear of death were subject to lifelong slavery.

Romans 15:9-16

9 and in order that the Gentiles might glorify God for his mercy. As it is written, "Therefore I will praise you among the Gentiles, and sing to your name."

10 And again it is said, "Rejoice, O Gentiles, with his people."

11 And again, "Praise the Lord, all you Gentiles, and let all the peoples extol him."

12 And again Isaiah says, "The root of Jesse will come, even he who arises to rule the Gentiles; in him will the Gentiles hope."

13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

14 I myself am satisfied about you, my brothers, that you yourselves are full of goodness, filled with all knowledge and able to instruct one another.

15 But on some points I have written to you very boldly by way of reminder, because of the grace given me by God

16 to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God, so that the offering of the Gentiles may be acceptable, sanctified by the Holy Spirit.

Day 4

Psalm 115

1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

2 Why should the nations say, "Where is their God?"

3 Our God is in the heavens; he does all that he pleases.

4 Their idols are silver and gold, the work of human hands.

5 They have mouths, but do not speak; eyes, but do not see.

6 They have ears, but do not hear; noses, but do not smell.

7 They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat.

8 Those who make them become like them; so do all who trust in them.

9 O Israel, trust in the LORD! He is their help and their shield.

10 O house of Aaron, trust in the LORD! He is their help and their shield.

11 You who fear the LORD, trust in the LORD! He is their help and their shield.

12 The LORD has remembered us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;

13 he will bless those who fear the LORD, both the small and the great.

14 May the LORD give you increase, you and your children!

15 May you be blessed by the LORD, who made heaven and earth!

16 The heavens are the LORD's heavens, but the earth he has given to the children of man.

17 The dead do not praise the LORD, nor do any who go down into silence.

18 But we will bless the LORD from this time forth and forevermore. Praise the LORD!

Day 5

Psalm 115 – See Day 4

Psalm 96:1-3

- 1 Oh sing to the LORD a new song; sing to the LORD, all the earth!
- 2 Sing to the LORD, bless his name; tell of his salvation from day to day.
- 3 Declare his glory among the nations, his marvelous works among all the peoples!

Psalm 135:19-20

- 19 O house of Israel, bless the LORD! O house of Aaron, bless the LORD!
- 20 O house of Levi, bless the LORD! You who fear the LORD, bless the LORD!

Lifelight: Selected Psalms
Session 7 Readings

Day 1

Psalm 2

- 1 Why do the nations rage and the peoples plot in vain?
- 2 The kings of the earth set themselves, and the rulers take counsel together, against the LORD and against his anointed, saying,
- 3 "Let us burst their bonds apart and cast away their cords from us."
- 4 He who sits in the heavens laughs; the Lord holds them in derision.
- 5 Then he will speak to them in his wrath, and terrify them in his fury, saying,
- 6 "As for me, I have set my King on Zion, my holy hill."
- 7 I will tell of the decree: The LORD said to me, "You are my Son; today I have begotten you.
- 8 Ask of me, and I will make the nations your heritage, and the ends of the earth your possession.
- 9 You shall break them with a rod of iron and dash them in pieces like a potter's vessel."
- 10 Now therefore, O kings, be wise; be warned, O rulers of the earth.
- 11 Serve the LORD with fear, and rejoice with trembling.
- 12 Kiss the Son, lest he be angry, and you perish in the way, for his wrath is quickly kindled. Blessed are all who take refuge in him.

2 Samuel 2:1-4

- 1 After this David inquired of the LORD, "Shall I go up into any of the cities of Judah?" And the LORD said to him, "Go up." David said, "To which shall I go up?" And he said, "To Hebron."
- 2 So David went up there, and his two wives also, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel.
- 3 And David brought up his men who were with him, everyone with his household, and they lived in the towns of Hebron.
- 4 And the men of Judah came, and there they anointed David king over the house of Judah. When they told David, "It was the men of Jabesh-gilead who buried Saul,"

Luke 4:18-21

18 "The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed,

19 to proclaim the year of the Lord's favor."

20 And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him.

21 And he began to say to them, "Today this Scripture has been fulfilled in your hearing."

Acts 4:25-27

25 who through the mouth of our father David, your servant, said by the Holy Spirit, "' Why did the Gentiles rage, and the peoples plot in vain?

26 The kings of the earth set themselves, and the rulers were gathered together, against the Lord and against his Anointed'-

27 for truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel,

John 8:31-32

31 So Jesus said to the Jews who had believed in him, "If you abide in my word, you are truly my disciples,

32 and you will know the truth, and the truth will set you free."

John 1:1

1 In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:14

14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Luke 1:35

35 And the angel answered her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy- the Son of God.

Luke 3:22

22 and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased."

Acts 13:33

33 this he has fulfilled to us their children by raising Jesus, as also it is written in the second Psalm, "' You are my Son, today I have begotten you.'

Hebrews 1:1-5

1 Long ago, at many times and in many ways, God spoke to our fathers by the prophets,
2 but in these last days he has spoken to us by his Son, whom he appointed the heir of all things, through whom also he created the world.

3 He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high,

4 having become as much superior to angels as the name he has inherited is more excellent than theirs.

5 For to which of the angels did God ever say, "You are my Son, today I have begotten you"? Or again, "I will be to him a father, and he shall be to me a son"?

Day 2

Psalm 22

1 TO THE CHOIRMASTER: ACCORDING TO THE DOE OF THE DAWN. A PSALM OF DAVID. My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer, and by night, but I find no rest.

3 Yet you are holy, enthroned on the praises of Israel.

4 In you our fathers trusted; they trusted, and you delivered them.

5 To you they cried and were rescued; in you they trusted and were not put to shame.

6 But I am a worm and not a man, scorned by mankind and despised by the people.

7 All who see me mock me; they make mouths at me; they wag their heads;

8 "He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!"

9 Yet you are he who took me from the womb; you made me trust you at my mother's breasts.

10 On you was I cast from my birth, and from my mother's womb you have been my God.

11 Be not far from me, for trouble is near, and there is none to help.

12 Many bulls encompass me; strong bulls of Bashan surround me;

13 they open wide their mouths at me, like a ravening and roaring lion.

14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast;

15 my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.

16 For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet-

17 I can count all my bones- they stare and gloat over me;

18 they divide my garments among them, and for my clothing they cast lots.

19 But you, O LORD, do not be far off! O you my help, come quickly to my aid!

20 Deliver my soul from the sword, my precious life from the power of the dog!
21 Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen!
22 I will tell of your name to my brothers; in the midst of the congregation I will praise you:
23 You who fear the LORD, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel!
24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.
25 From you comes my praise in the great congregation; my vows I will perform before those who fear him.
26 The afflicted shall eat and be satisfied; those who seek him shall praise the LORD! May your hearts live forever!
27 All the ends of the earth shall remember and turn to the LORD, and all the families of the nations shall worship before you.
28 For kingship belongs to the LORD, and he rules over the nations.
29 All the prosperous of the earth eat and worship; before him shall bow all who go down to the dust, even the one who could not keep himself alive.
30 Posterity shall serve him; it shall be told of the Lord to the coming generation;
31 they shall come and proclaim his righteousness to a people yet unborn, that he has done it.

Matthew 27:46

46 And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?"

Mark 15:29

29 And those who passed by derided him, wagging their heads and saying, "Aha! You who would destroy the temple and rebuild it in three days,

Matthew 27:43

43 He trusts in God; let God deliver him now, if he desires him. For he said, 'I am the Son of God.'

John 19:28

28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst."

Acts 2:23

23 this Jesus, delivered up according to the definite plan and foreknowledge of God, you crucified and killed by the hands of lawless men.

John 19:24

24 so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be."
This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots." So the soldiers did these things,

Day 3

Psalm 16

1 A MIKTAM OF DAVID. Preserve me, O God, for in you I take refuge.
2 I say to the LORD, "You are my Lord; I have no good apart from you."
3 As for the saints in the land, they are the excellent ones, in whom is all my delight.
4 The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips.
5 The LORD is my chosen portion and my cup; you hold my lot.
6 The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.
7 I bless the LORD who gives me counsel; in the night also my heart instructs me.
8 I have set the LORD always before me; because he is at my right hand, I shall not be shaken.
9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.
10 For you will not abandon my soul to Sheol, or let your holy one see corruption.
11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Acts 2:25-32

25 For David says concerning him, "' I saw the Lord always before me, for he is at my right hand that I may not be shaken;
26 therefore my heart was glad, and my tongue rejoiced; my flesh also will dwell in hope.
27 For you will not abandon my soul to Hades, or let your Holy One see corruption.
28 You have made known to me the paths of life; you will make me full of gladness with your presence.'
29 "Brothers, I may say to you with confidence about the patriarch David that he both died and was buried, and his tomb is with us to this day.
30 Being therefore a prophet, and knowing that God had sworn with an oath to him that he would set one of his descendants on his throne,
31 he foresaw and spoke about the resurrection of the Christ, that he was not abandoned to Hades, nor did his flesh see corruption.
32 This Jesus God raised up, and of that we all are witnesses.

Acts 13:35-37

35 Therefore he says also in another psalm, "' You will not let your Holy One see corruption.'
36 For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption,
37 but he whom God raised up did not see corruption.

Day 4

Psalm 110

1 A PSALM OF DAVID. The LORD says to my Lord: "Sit at my right hand, until I make your enemies your footstool."

2 The LORD sends forth from Zion your mighty scepter. Rule in the midst of your enemies!

3 Your people will offer themselves freely on the day of your power, in holy garments; from the womb of the morning, the dew of your youth will be yours.

4 The LORD has sworn and will not change his mind, "You are a priest forever after the order of Melchizedek."

5 The Lord is at your right hand; he will shatter kings on the day of his wrath.

6 He will execute judgment among the nations, filling them with corpses; he will shatter chiefs over the wide earth.

7 He will drink from the brook by the way; therefore he will lift up his head.

Matthew 22:41-45

41 Now while the Pharisees were gathered together, Jesus asked them a question,

42 saying, "What do you think about the Christ? Whose son is he?" They said to him, "The son of David."

43 He said to them, "How is it then that David, in the Spirit, calls him Lord, saying,

44 "'The Lord said to my Lord, Sit at my right hand, until I put your enemies under your feet'?"

45 If then David calls him Lord, how is he his son?"

1 Corinthians 15:24-28

24 Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power.

25 For he must reign until he has put all his enemies under his feet.

26 The last enemy to be destroyed is death.

27 For "God has put all things in subjection under his feet." But when it says, "all things are put in subjection," it is plain that he is excepted who put all things in subjection under him.

28 When all things are subjected to him, then the Son himself will also be subjected to him who put all things in subjection under him, that God may be all in all.

Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For my yoke is easy, and my burden is light."

Day 5

Psalm 110 – See Day 4

Romans 12:1-2

1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

1 Peter 2:9

9 But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

Hebrews 7:15-28

15 This becomes even more evident when another priest arises in the likeness of Melchizedek,
16 who has become a priest, not on the basis of a legal requirement concerning bodily descent, but by the power of an indestructible life.

17 For it is witnessed of him, "You are a priest forever, after the order of Melchizedek."

18 On the one hand, a former commandment is set aside because of its weakness and uselessness

19 (for the law made nothing perfect); but on the other hand, a better hope is introduced, through which we draw near to God.

20 And it was not without an oath. For those who formerly became priests were made such without an oath,

21 but this one was made a priest with an oath by the one who said to him: "The Lord has sworn and will not change his mind, 'You are a priest forever.'"

22 This makes Jesus the guarantor of a better covenant.

23 The former priests were many in number, because they were prevented by death from continuing in office,

24 but he holds his priesthood permanently, because he continues forever.

25 Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

26 For it was indeed fitting that we should have such a high priest, holy, innocent, unstained, separated from sinners, and exalted above the heavens.

27 He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people, since he did this once for all when he offered up himself.

28 For the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son who has been made perfect forever.

Day 1

Psalm 21

1 TO THE CHOIRMASTER. A PSALM OF DAVID. O LORD, in your strength the king rejoices, and in your salvation how greatly he exults!
2 You have given him his heart's desire and have not withheld the request of his lips. Selah
3 For you meet him with rich blessings; you set a crown of fine gold upon his head.
4 He asked life of you; you gave it to him, length of days forever and ever.
5 His glory is great through your salvation; splendor and majesty you bestow on him.
6 For you make him most blessed forever; you make him glad with the joy of your presence.
7 For the king trusts in the LORD, and through the steadfast love of the Most High he shall not be moved.
8 Your hand will find out all your enemies; your right hand will find out those who hate you.
9 You will make them as a blazing oven when you appear. The LORD will swallow them up in his wrath, and fire will consume them.
10 You will destroy their descendants from the earth, and their offspring from among the children of man.
11 Though they plan evil against you, though they devise mischief, they will not succeed.
12 For you will put them to flight; you will aim at their faces with your bows.
13 Be exalted, O LORD, in your strength! We will sing and praise your power.

Day 2

Psalm 132

1 A SONG OF ASCENTS. Remember, O LORD, in David's favor, all the hardships he endured,
2 how he swore to the LORD and vowed to the Mighty One of Jacob,
3 "I will not enter my house or get into my bed,
4 I will not give sleep to my eyes or slumber to my eyelids,
5 until I find a place for the LORD, a dwelling place for the Mighty One of Jacob."
6 Behold, we heard of it in Ephrathah; we found it in the fields of Jaar.
7 "Let us go to his dwelling place; let us worship at his footstool!"
8 Arise, O LORD, and go to your resting place, you and the ark of your might.
9 Let your priests be clothed with righteousness, and let your saints shout for joy.
10 For the sake of your servant David, do not turn away the face of your anointed one.
11 The LORD swore to David a sure oath from which he will not turn back: "One of the sons of your body I will set on your throne.
12 If your sons keep my covenant and my testimonies that I shall teach them, their sons also forever shall sit on your throne."
13 For the LORD has chosen Zion; he has desired it for his dwelling place:
14 "This is my resting place forever; here I will dwell, for I have desired it.
15 I will abundantly bless her provisions; I will satisfy her poor with bread.

16 Her priests I will clothe with salvation, and her saints will shout for joy.
17 There I will make a horn to sprout for David; I have prepared a lamp for my anointed.
18 His enemies I will clothe with shame, but on him his crown will shine."

2 Samuel 7:1-16

1 Now when the king lived in his house and the LORD had given him rest from all his surrounding enemies,

2 the king said to Nathan the prophet, "See now, I dwell in a house of cedar, but the ark of God dwells in a tent."

3 And Nathan said to the king, "Go, do all that is in your heart, for the LORD is with you."

4 But that same night the word of the LORD came to Nathan,

5 "Go and tell my servant David, 'Thus says the LORD: Would you build me a house to dwell in?'"

6 I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent for my dwelling.

7 In all places where I have moved with all the people of Israel, did I speak a word with any of the judges of Israel, whom I commanded to shepherd my people Israel, saying, "Why have you not built me a house of cedar?"

8 Now, therefore, thus you shall say to my servant David, 'Thus says the LORD of hosts, I took you from the pasture, from following the sheep, that you should be prince over my people Israel.

9 And I have been with you wherever you went and have cut off all your enemies from before you. And I will make for you a great name, like the name of the great ones of the earth.

10 And I will appoint a place for my people Israel and will plant them, so that they may dwell in their own place and be disturbed no more. And violent men shall afflict them no more, as formerly,

11 from the time that I appointed judges over my people Israel. And I will give you rest from all your enemies. Moreover, the LORD declares to you that the LORD will make you a house.

12 When your days are fulfilled and you lie down with your fathers, I will raise up your offspring after you, who shall come from your body, and I will establish his kingdom.

13 He shall build a house for my name, and I will establish the throne of his kingdom forever.

14 I will be to him a father, and he shall be to me a son. When he commits iniquity, I will discipline him with the rod of men, with the stripes of the sons of men,

15 but my steadfast love will not depart from him, as I took it from Saul, whom I put away from before you.

16 And your house and your kingdom shall be made sure forever before me. Your throne shall be established forever."

Psalms 66:7

7 who rules by his might forever, whose eyes keep watch on the nations- let not the rebellious exalt themselves. Selah

Colossians 1:15

15 He is the image of the invisible God, the firstborn of all creation.

Ephesians 5:23-24

23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior.

24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.

Colossians 1:18

18 And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent.

2 Peter 1:11

11 For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.

Revelation 5:13

13 And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying, "To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!"

Luke 1:69-71

69 and has raised up a horn of salvation for us in the house of his servant David,
70 as he spoke by the mouth of his holy prophets from of old,
71 that we should be saved from our enemies and from the hand of all who hate us;

Day 3

Psalm 45

1 TO THE CHOIRMASTER: ACCORDING TO LILIES. A MASKIL OF THE SONS OF KORAH; A LOVE SONG. My heart overflows with a pleasing theme; I address my verses to the king; my tongue is like the pen of a ready scribe.

2 You are the most handsome of the sons of men; grace is poured upon your lips; therefore God has blessed you forever.

3 Gird your sword on your thigh, O mighty one, in your splendor and majesty!

4 In your majesty ride out victoriously for the cause of truth and meekness and righteousness; let your right hand teach you awesome deeds!

5 Your arrows are sharp in the heart of the king's enemies; the peoples fall under you.

6 Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of uprightness;

7 you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions;

8 your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad;
9 daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir.
10 Hear, O daughter, and consider, and incline your ear: forget your people and your father's house,
11 and the king will desire your beauty. Since he is your lord, bow to him.
12 The people of Tyre will seek your favor with gifts, the richest of the people.
13 All glorious is the princess in her chamber, with robes interwoven with gold.
14 In many-colored robes she is led to the king, with her virgin companions following behind her.
15 With joy and gladness they are led along as they enter the palace of the king.
16 In place of your fathers shall be your sons; you will make them princes in all the earth.
17 I will cause your name to be remembered in all generations; therefore nations will praise you forever and ever.

Luke 4:22

22 And all spoke well of him and marveled at the gracious words that were coming from his mouth. And they said, "Is not this Joseph's son?"

Revelation 1:16

16 In his right hand he held seven stars, from his mouth came a sharp two-edged sword, and his face was like the sun shining in full strength.

Revelation 6:2

2 And I looked, and behold, a white horse! And its rider had a bow, and a crown was given to him, and he came out conquering, and to conquer.

Romans 15:12

12 And again Isaiah says,, "The root of Jesse will come, even he who arises to rule the Gentiles; in him will the Gentiles hope."

Day 4

Psalm 45 – See Day 3

Hebrews 2:10-13

10 For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering.
11 For he who sanctifies and those who are sanctified all have one origin. That is why he is not ashamed to call them brothers,

12 saying, "I will tell of your name to my brothers; in the midst of the congregation I will sing your praise."

13 And again, "I will put my trust in him." And again, "Behold, I and the children God has given me."

Day 5

Psalm 72

1 OF SOLOMON. Give the king your justice, O God, and your righteousness to the royal son!

2 May he judge your people with righteousness, and your poor with justice!

3 Let the mountains bear prosperity for the people, and the hills, in righteousness!

4 May he defend the cause of the poor of the people, give deliverance to the children of the needy, and crush the oppressor!

5 May they fear you while the sun endures, and as long as the moon, throughout all generations!

6 May he be like rain that falls on the mown grass, like showers that water the earth!

7 In his days may the righteous flourish, and peace abound, till the moon be no more!

8 May he have dominion from sea to sea, and from the River to the ends of the earth!

9 May desert tribes bow down before him and his enemies lick the dust!

10 May the kings of Tarshish and of the coastlands render him tribute; may the kings of Sheba and Seba bring gifts!

11 May all kings fall down before him, all nations serve him!

12 For he delivers the needy when he calls, the poor and him who has no helper.

13 He has pity on the weak and the needy, and saves the lives of the needy.

14 From oppression and violence he redeems their life, and precious is their blood in his sight.

15 Long may he live; may gold of Sheba be given to him! May prayer be made for him continually, and blessings invoked for him all the day!

16 May there be abundance of grain in the land; on the tops of the mountains may it wave; may its fruit be like Lebanon; and may people blossom in the cities like the grass of the field!

17 May his name endure forever, his fame continue as long as the sun! May people be blessed in him, all nations call him blessed!

18 Blessed be the LORD, the God of Israel, who alone does wondrous things.

19 Blessed be his glorious name forever; may the whole earth be filled with his glory! Amen and Amen!

20 The prayers of David, the son of Jesse, are ended.

Acts 13:38-39

38 Let it be known to you therefore, brothers, that through this man forgiveness of sins is proclaimed to you, and by him everyone who believes is freed from everything

39 from which you could not be freed by the law of Moses.

Matthew 25:31-41

31 "When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne.

32 Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats.

33 And he will place the sheep on his right, but the goats on the left.

34 Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world.

35 For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me,

36 I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'

37 Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink?

38 And when did we see you a stranger and welcome you, or naked and clothe you?

39 And when did we see you sick or in prison and visit you?'

40 And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

41 'Then he will say to those on his left, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels.

Lifelight: Selected Psalms
Session 9 Readings

Day 1

Psalm 49

1 TO THE CHOIRMASTER. A PSALM OF THE SONS OF KORAH. Hear this, all peoples!
Give ear, all inhabitants of the world,

2 both low and high, rich and poor together!

3 My mouth shall speak wisdom; the meditation of my heart shall be understanding.

4 I will incline my ear to a proverb; I will solve my riddle to the music of the lyre.

5 Why should I fear in times of trouble, when the iniquity of those who cheat me surrounds me,

6 those who trust in their wealth and boast of the abundance of their riches?

7 Truly no man can ransom another, or give to God the price of his life,

8 for the ransom of their life is costly and can never suffice,

9 that he should live on forever and never see the pit.

10 For he sees that even the wise die; the fool and the stupid alike must perish and leave their wealth to others.

11 Their graves are their homes forever, their dwelling places to all generations, though they called lands by their own names.

12 Man in his pomp will not remain; he is like the beasts that perish.

13 This is the path of those who have foolish confidence; yet after them people approve of their boasts. Selah

14 Like sheep they are appointed for Sheol; Death shall be their shepherd, and the upright shall rule over them in the morning. Their form shall be consumed in Sheol, with no place to dwell.

15 But God will ransom my soul from the power of Sheol, for he will receive me. Selah

16 Be not afraid when a man becomes rich, when the glory of his house increases.
17 For when he dies he will carry nothing away; his glory will not go down after him.
18 For though, while he lives, he counts himself blessed,- and though you get praise when you do well for yourself-
19 his soul will go to the generation of his fathers, who will never again see light.
20 Man in his pomp yet without understanding is like the beasts that perish.

Day 2

Psalm 1

1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;
2 but his delight is in the law of the LORD, and on his law he meditates day and night.
3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.
4 The wicked are not so, but are like chaff that the wind drives away.
5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;
6 for the LORD knows the way of the righteous, but the way of the wicked will perish.

Romans 12:2

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

John 17:13-19

13 But now I am coming to you, and these things I speak in the world, that they may have my joy fulfilled in themselves.
14 I have given them your word, and the world has hated them because they are not of the world, just as I am not of the world.
15 I do not ask that you take them out of the world, but that you keep them from the evil one.
16 They are not of the world, just as I am not of the world.
17 Sanctify them in the truth; your word is truth.
18 As you sent me into the world, so I have sent them into the world.
19 And for their sake I consecrate myself, that they also may be sanctified in truth.

John 14:6

6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

Psalm 121:3-8

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

- 4 Behold, he who keeps Israel will neither slumber nor sleep.
5 The LORD is your keeper; the LORD is your shade on your right hand.
6 The sun shall not strike you by day, nor the moon by night.
7 The LORD will keep you from all evil; he will keep your life.
8 The LORD will keep your going out and your coming in from this time forth and forevermore.

Day 3

Psalm 112

- 1 Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in his commandments!
2 His offspring will be mighty in the land; the generation of the upright will be blessed.
3 Wealth and riches are in his house, and his righteousness endures forever.
4 Light dawns in the darkness for the upright; he is gracious, merciful, and righteous.
5 It is well with the man who deals generously and lends; who conducts his affairs with justice.
6 For the righteous will never be moved; he will be remembered forever.
7 He is not afraid of bad news; his heart is firm, trusting in the LORD.
8 His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.
9 He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor.
10 The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish!

Day 4

Psalm 112 – See Day 3

2 Corinthians 9:8-13

- 8 And God is able to make all grace abound to you, so that having all contentment in all things at all times, you may abound in every good work.
9 As it is written, "He has distributed freely, he has given to the poor; his righteousness endures forever."
10 He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.
11 You will be enriched in every way for all your generosity, which through us will produce thanksgiving to God.
12 For the ministry of this service is not only supplying the needs of the saints, but is also overflowing in many thanksgivings to God.
13 By their approval of this service, they will glorify God because of your submission flowing from your confession of the gospel of Christ, and the generosity of your contribution for them and for all others,

Day 5

Psalm 19

1 TO THE CHOIRMASTER. A PSALM OF DAVID. The heavens declare the glory of God, and the sky above proclaims his handiwork.

2 Day to day pours out speech, and night to night reveals knowledge.

3 There is no speech, nor are there words, whose voice is not heard.

4 Their measuring line goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun,

5 which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy.

6 Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

7 The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;

8 the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

9 the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether.

10 More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

11 Moreover, by them is your servant warned; in keeping them there is great reward.

12 Who can discern his errors? Declare me innocent from hidden faults.

13 Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression.

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

Psalm 84:11

11 For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.

Isaiah 60:19-20

19 The sun shall be no more your light by day, nor for brightness shall the moon give you light; but the LORD will be your everlasting light, and your God will be your glory.

20 Your sun shall no more go down, nor your moon withdraw itself; for the LORD will be your everlasting light, and your days of mourning shall be ended.

Malachi 4:2

2 But for you who fear my name, the sun of righteousness shall rise with healing in its wings. You shall go out leaping like calves from the stall.