

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 Jehoshaphat 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.