

A 30-DAY PRAYER GUIDE

PRAYING  
*through the*  
PSALMS

iBelieve

# iBelieve

*Your Word is a Lamp  
to my feet and a Light  
to my path.*

PSALM 119:105

The Book of Psalms is one of the most beloved books of the Bible and for good reason! The Psalms offer comfort in times of despair, strength in trials, and celebration in times of triumph. Jesus himself quoted the Psalms when he spoke his last words on the cross, saying, “Father, into Your hands I commend my spirit” (Luke 23:46; Psalm 31:5).

The Psalms make up the longest book of the Bible and are comprised of songs, prayers, and poetry in devotion to God. King David is attributed with writing 75 of the 150 Psalms. The remaining Psalms are attributed to various other authors including King Solomon and Moses, with about 50 of the Psalms not being attributed to any particular author.

For a powerful way to meditate on the themes of the 30 most popular Psalms, take a few minutes each day for the next month to read through the following short prayers based on the Book of Psalms. God bless!

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**DAY 1**  
**PSALM 91**

**PSALM 91:1–2, 9–13**

Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
I will say of the Lord, “He is my refuge and my fortress,  
my God, in whom I trust.”

If you say, “The Lord is my refuge,”  
and you make the Most High your dwelling,  
no harm will overtake you,  
no disaster will come near your tent.

For he will command his angels concerning you  
to guard you in all your ways;  
they will lift you up in their hands,  
so that you will not strike your foot against a stone.

You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.

**PRAYER**

Lord, I find shelter and strength in your Word. While the others may stumble around me, you protect me from the snares of this world. You send your mighty angels to keep me from falling into the abyss. Your commandments shine a path for me to follow. What a merciful God you are—walking beside me when I’m discouraged, and carrying me when I’m defeated! I praise your holy name! Amen.

**DAY 2**  
**PSALM 23**

**PSALM 23**

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.

He guides me along the right paths  
for his name's sake.

Even though I walk  
through the darkest valley,

I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

You prepare a table before me  
in the presence of my enemies.

You anoint my head with oil;  
my cup overflows.

Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

**PRAYER**

Most loving Father, when I don't know where to turn or whom to trust, you're there to take care of me. You guide me out of my gloom and fill my soul with renewed hope. You anoint me as your beloved and bestow blessings upon me to show those who stand against me that I am a child of the Most High God. I will abide by your Word forever. Amen.

**DAY 3**  
**PSALM 27**

**PSALM 27:1–4**

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?

When the wicked advance against me  
to devour me,  
it is my enemies and my foes  
who will stumble and fall.

Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.

One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.

**PRAYER**

God in Heaven, you are my beacon of hope, my salvation when trouble is near. When the storms of life sweep me up, you guide me back safely to shore. I devote my life to you, Lord, and seek your goodness in everything I see, your holy face in everyone I meet. I pray for your continued blessings and protection. In Jesus' name. Amen.

**DAY 4**  
**PSALM 139**

**PSALM 139:13–18**

For you created my inmost being;  
    you knit me together in my mother’s womb.  
I praise you because I am fearfully and wonderfully made;  
    your works are wonderful,  
    I know that full well.  
My frame was not hidden from you  
    when I was made in the secret place,  
    when I was woven together in the depths of the earth.  
Your eyes saw my unformed body;  
    all the days ordained for me were written in your book  
    before one of them came to be.  
How precious to me are your thoughts, God!  
    How vast is the sum of them!  
Were I to count them,  
    they would outnumber the grains of sand—  
    when I awake, I am still with you.

**PRAYER**

You see my heart, O Lord. You know me better than anyone else. You’re the creator and ruler of the universe who defeats all darkness with his light. You crafted me in your image, and I am fearfully and wonderfully made! You gave your only Son so that whoever believed in him would have eternal life. I give myself up to you, Lord. Show me anything in my life that offends you so that I may correct it and walk toward eternal salvation. Amen!

**DAY 5**  
**PSALM 121**

**PSALM 121**

I lift up my eyes to the mountains—  
    where does my help come from?  
My help comes from the Lord,  
    the Maker of heaven and earth.

He will not let your foot slip—  
    he who watches over you will not slumber;  
indeed, he who watches over Israel  
    will neither slumber nor sleep.

The Lord watches over you—  
    the Lord is your shade at your right hand;  
the sun will not harm you by day,  
    nor the moon by night.

The Lord will keep you from all harm—  
    he will watch over your life;  
the Lord will watch over your coming and going  
    both now and forevermore.

**PRAYER**

God Most High, help me to remember that my strength comes from you, who made the earth, sky, and sea. Help me to find rest in your promise to watch over the faithful and keep us safe. With you as my stronghold, I will see victory through your Son, Jesus Christ. Amen.

**DAY 6**  
**PSALM 51**

**PSALM 51:7–12**

Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.  
Let me hear joy and gladness;  
let the bones you have crushed rejoice.  
Hide your face from my sins  
and blot out all my iniquity.  
  
Create in me a pure heart, O God,  
and renew a steadfast spirit within me.  
Do not cast me from your presence  
or take your Holy Spirit from me.  
Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.

**PRAYER**

Most just God, I've sinned against you. Cleanse me of my transgressions and restore me with your mercy. My guilt weighs heavy on my conscience and you see what I keep hidden from others! Give me a clean heart so that I can turn my life around. Use me as an example of your divine redemption so that I can lead other lost sheep back to you. In Jesus' name! Amen.



**DAY 7**  
**PSALM 37**

**PSALM 37:1-6**

Do not fret because of those who are evil  
or be envious of those who do wrong;  
for like the grass they will soon wither,  
like green plants they will soon die away.

Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.  
Take delight in the Lord,  
and he will give you the desires of your heart.

Commit your way to the Lord;  
trust in him and he will do this:  
He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.

**PRAYER**

Father, help me not to envy those who have worldly success but who don't honor you, for I know that all worldly things eventually turn to dust. Give me the strength to store up my treasures in Heaven, instead. Help me to be still and focus my efforts on humbly doing good in your name. Give me the good sense to stay away from the wrong crowd and stick to the straight and narrow path. Amen.

**DAY 8**  
**PSALM 1**

**PSALM 1**

Blessed is the one  
    who does not walk in step with the wicked  
or stand in the way that sinners take  
    or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
    and who meditates on his law day and night.  
That person is like a tree planted by streams of water,  
    which yields its fruit in season  
and whose leaf does not wither—  
    whatever they do prospers.

Not so the wicked!  
    They are like chaff  
    that the wind blows away.  
Therefore the wicked will not stand in the judgment,  
    nor sinners in the assembly of the righteous.

For the Lord watches over the way of the righteous,  
    but the way of the wicked leads to destruction.

**PRAYER**

Almighty Father, I know that bad company corrupts good character. I know that you'll bless those who seek you and that, on the Day of Judgment, You'll separate the wheat from the chaff. Grant me the discernment to avoid those who would lead me away from you. Help me to grow deep roots in your Holy Word so that I may flourish in your light through Christ Jesus. Amen.

**DAY 9**  
**PSALM 35**

**PSALM 35:26–28**

May all who gloat over my distress  
    be put to shame and confusion;  
may all who exalt themselves over me  
    be clothed with shame and disgrace.  
May those who delight in my vindication  
    shout for joy and gladness;  
may they always say, “The Lord be exalted,  
    who delights in the well-being of his servant.”  
My tongue will proclaim your righteousness,  
    your praises all day long.

**PRAYER**

Save me, God, from despairing over the trouble-making and dishonest people around me. Place your mighty hand between me and those who intend to do me harm. You are a loving Father and I am your adoring child, eager to cling to you for help. Lord, shine your light of truth on the corrupt, and comfort those who stay true to you! Hallelujah!

**DAY 10**  
**PSALM 46**

**PSALM 46:1-7**

God is our refuge and strength,  
    an ever-present help in trouble.  
Therefore we will not fear, though the earth give way  
    and the mountains fall into the heart of the sea,  
though its waters roar and foam  
    and the mountains quake with their surging.

There is a river whose streams make glad the city of God,  
    the holy place where the Most High dwells.

God is within her, she will not fall;  
    God will help her at break of day.

Nations are in uproar, kingdoms fall;  
    he lifts his voice, the earth melts.

The Lord Almighty is with us;  
    the God of Jacob is our fortress.

**PRAYER**

O Most High God, you offer me sanctuary and hope. As this fallen world moves farther away from you, I remain close and sing hymns in your honor. Give me the courage to be still and find solace in your holy promise of deliverance. I know the day will come when every tear will be wiped away, death will be defeated, and I'll rejoice with you in Paradise. Amen!

**DAY 11**  
**PSALM 34**

**PSALM 34:8–14, 17–18**

Taste and see that the Lord is good;  
    blessed is the one who takes refuge in him.  
Fear the Lord, you his holy people,  
    for those who fear him lack nothing.  
The lions may grow weak and hungry,  
    but those who seek the Lord lack no good thing.  
Come, my children, listen to me;  
    I will teach you the fear of the Lord.  
Whoever of you loves life  
    and desires to see many good days,  
keep your tongue from evil  
    and your lips from telling lies.  
Turn from evil and do good;  
    seek peace and pursue it.  
  
The righteous cry out, and the Lord hears them;  
    he delivers them from all their troubles.  
The Lord is close to the brokenhearted  
    and saves those who are crushed in spirit.

**PRAYER**

God is good! All honor and glory to the God of Abraham, Isaac, and Jacob! When my spirit was downcast and hungry, I tasted and saw the goodness of the Lord. I turned my back on sin and was made clean by the blood of the Lamb. I won't let my heart be troubled but will let his peace wash over me as I spread the Good News to all who'll listen. Thanks be to God! Amen.

**DAY 12**  
**PSALM 119**

**PSALM 119:9–16**

How can a young person stay on the path of purity?

By living according to your word.

I seek you with all my heart;

do not let me stray from your commands.

I have hidden your word in my heart

that I might not sin against you.

Praise be to you, Lord;

teach me your decrees.

With my lips I recount

all the laws that come from your mouth.

I rejoice in following your statutes

as one rejoices in great riches.

I meditate on your precepts

and consider your ways.

I delight in your decrees;

I will not neglect your word.

**PRAYER**

May God's Word always be on my mind, on my lips, and in my heart. I pray for the strength to walk in the Law of the Lord. Even when the distractions of life turn my eyes away from you, Father, don't count me among the unbelievers! Deliver me from the faithless around me and welcome me back into the fold. Your Word is a lamp to my feet, your sustenance the Bread of Life. Glory to you, O Lord. Amen.

**DAY 13**  
**PSALM 103**

**PSALM 103:1–5**

Praise the Lord, my soul;  
    all my inmost being, praise his holy name.  
Praise the Lord, my soul,  
    and forget not all his benefits—  
who forgives all your sins  
    and heals all your diseases,  
who redeems your life from the pit  
    and crowns you with love and compassion,  
who satisfies your desires with good things  
    so that your youth is renewed like the eagle's.

**PRAYER**

I rejoice at your goodness, Most Heavenly Father. Joyously, I sing, “Bless the Lord, O my soul!” Despite my flawed human nature, you wash me of my inequities, clothe me in white, and offer me salvation. Your steadfast love is my greatest blessing! I pray that all of your creations, even the angels, worship your Holy Name! Amen.

**DAY 14**  
**PSALM 100**

**PSALM 100**

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;  
come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

For the Lord is good and his love endures forever;  
his faithfulness continues through all generations.

**PRAYER**

Glory to God in the highest! I sing your praises, clap my hands, and stomp my feet to celebrate your unwavering devotion and mercy, Father. I thank you for the blessings you've given me, and the lessons you've taught me to make me a better person. He is Good! He is Risen! All the world, make a joyful noise! Hosanna in the highest! Amen.



**DAY 15**  
**PSALM 40**

**PSALM 40:1–5**

I waited patiently for the Lord;  
    he turned to me and heard my cry.  
He lifted me out of the slimy pit,  
    out of the mud and mire;  
he set my feet on a rock  
    and gave me a firm place to stand.  
He put a new song in my mouth,  
    a hymn of praise to our God.  
Many will see and fear the Lord  
    and put their trust in him.

Blessed is the one  
    who trusts in the Lord,  
who does not look to the proud,  
    to those who turn aside to false gods.  
Many, Lord my God,  
    are the wonders you have done,  
    the things you planned for us.  
None can compare with you;  
    were I to speak and tell of your deeds,  
    they would be too many to declare.

**PRAYER**

Thank You, Father, for never abandoning me. Even when I feel like you've closed a door in my life, you always open a window, pull me out of my misery, and set me down on greener pastures. I know you hear my prayers, Lord. I have faith that you'll answer them according to your will, not mine. I humbly ask that you guide my thoughts and actions all the days of my life. You are my Divine Deliverer! Amen.

**DAY 16**  
**PSALM 19**

**PSALM 19:1–4, 7–8**

The heavens declare the glory of God;  
the skies proclaim the work of his hands.

Day after day they pour forth speech;  
night after night they reveal knowledge.

They have no speech, they use no words;  
no sound is heard from them.

Yet their voice goes out into all the earth,  
their words to the ends of the world.

The law of the Lord is perfect,  
refreshing the soul.

The statutes of the Lord are trustworthy,  
making wise the simple.

The precepts of the Lord are right,  
giving joy to the heart.

The commands of the Lord are radiant,  
giving light to the eyes.

**PRAYER**

I see your glory all around me, God. In every sunrise and in every blade of grass, in every storm bearing down and in every rainbow thereafter, I see your awesome dominion. Your Holy Word tells me everything I need to know to join you in Paradise. Now it's up to me to follow your instructions. Lord, give me the strength to be your good and faithful servant. Amen!

**DAY 17**  
**PSALM 42**

**PSALM 42:1–5**

As the deer pants for streams of water,  
so my soul pants for you, my God.  
My soul thirsts for God, for the living God.  
When can I go and meet with God?  
My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”  
These things I remember  
as I pour out my soul:  
how I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.  
Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

**PRAYER**

I need you, Lord, now more than ever. I long for your peace to quiet my soul and stop my tears from flowing. I need to feel your embrace in my life again. Help me to keep my eyes fixed on you throughout my trials and tribulations. You'll never abandon me, and I will keep my faith in you. In Jesus' name. Amen.

**DAY 18**  
**PSALM 22**

**PSALM 22:1–5**

My God, my God, why have you forsaken me?

Why are you so far from saving me,  
so far from my cries of anguish?

My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

Yet you are enthroned as the Holy One;  
you are the one Israel praises.

In you our ancestors put their trust;  
they trusted and you delivered them.

To you they cried out and were saved;  
in you they trusted and were not put to shame.

**PRAYER**

I may not see a way out of the darkness right now, Father, but I know you're there. I may not know who my friends are right now, but I know I can always count on you. You're the Alpha and the Omega, there in the beginning and there in the end. Even when others mock me, I'll sing your praises and count my blessings so that all may know that you are the Lord! The day will come when at the name of Jesus, every knee will bow. I trust you, Lord! Amen.

**DAY 19**  
**PSALM 18**

**PSALM 18:1–3, 6**

I love you, Lord, my strength.

The Lord is my rock, my fortress and my deliverer;  
my God is my rock, in whom I take refuge,  
my shield and the horn of my salvation, my stronghold.

I called to the Lord, who is worthy of praise,  
and I have been saved from my enemies.

In my distress I called to the Lord;  
I cried to my God for help.  
From his temple he heard my voice;  
my cry came before him, into his ears.

**PRAYER**

Thank you, God, for being my sanctuary in this fallen world! When I'm worried, you calm my angst; when I'm afraid, you hold me close. You rescue me when I slip into low places and set me back on higher ground. You refresh my spirit and reward me for my devotion. I praise your Holy Name! Amen.

**DAY 20**  
**PSALM 3**

**PSALM 3**

Lord, how many are my foes!

How many rise up against me!

Many are saying of me,

“God will not deliver him.”

But you, Lord, are a shield around me,

my glory, the One who lifts my head high.

I call out to the Lord,

and he answers me from his holy mountain.

I lie down and sleep;

I wake again, because the Lord sustains me.

I will not fear though tens of thousands

assail me on every side.

Arise, Lord!

Deliver me, my God!

Strike all my enemies on the jaw;

break the teeth of the wicked.

From the Lord comes deliverance.

May your blessing be on your people.

**PRAYER**

When things aren't going my way or someone I trust lets me down, you deliver me from my troubles, Father. You won't desert your children, you won't disappoint. On days when I'm weighed down by discouragement, you're there to lift my chin back up as long as I keep your Word close to my heart. Holy, holy, holy is the Lord Almighty! Amen.

**DAY 21**  
**PSALM 118**

**PSALM 118:22–29**

The stone the builders rejected  
has become the cornerstone;  
the Lord has done this,  
and it is marvelous in our eyes.  
The Lord has done it this very day;  
let us rejoice today and be glad.

Lord, save us!  
Lord, grant us success!

Blessed is he who comes in the name of the Lord.  
From the house of the Lord we bless you.  
The Lord is God,  
and he has made his light shine on us.  
With boughs in hand, join in the festal procession  
up to the horns of the altar.

You are my God, and I will praise you;  
you are my God, and I will exalt you.

Give thanks to the Lord, for he is good;  
his love endures forever.

**PRAYER**

Lord, thank you for loving me. Thank you for hearing my prayers. Even in dark times when my faith began to waver, you found ways to remind me that salvation is mine if only I'd keep you as the cornerstone of my life. Rain or shine, dark or light, this is the day the Lord has made. I will rejoice and be glad in it for victory is mine through Christ our Lord! Hosanna in the highest! Amen.

**DAY 22**  
**PSALM 16**

**PSALM 16:2-4**

I say to the Lord, “You are my Lord;  
apart from you I have no good thing.”  
I say of the holy people who are in the land,  
“They are the noble ones in whom is all my delight.”  
Those who run after other gods will suffer more and more.  
I will not pour out libations of blood to such gods  
or take up their names on my lips.

**PRAYER**

Every moment of happiness is fleeting without you, God. If I find success or take great pleasure in anything, my joy is built on sand if serving you isn't at the center of it. When I choose to obey you, my heart leaps with gladness because it knows that with you I'm safe and through your Holy Son, I'm saved. Blessed be God forever. Amen!



**DAY 23**  
**PSALM 24**

**PSALM 24:1-4**

The earth is the Lord's, and everything in it,  
the world, and all who live in it;  
for he founded it on the seas  
and established it on the waters.

Who may ascend the mountain of the Lord?  
Who may stand in his holy place?  
The one who has clean hands and a pure heart,  
who does not trust in an idol  
or swear by a false god.

**PRAYER**

Lord, help me to be a good steward of your Earth, for the world and everything in it belongs to you. Open the eyes of those who take your creation for granted or deny you as the Creator himself. Soften the hearts of those who reject you and enter their lives with the fullness of your grace. Glory to you, O Lord! Amen.

**DAY 24**  
**PSALM 25**

**PSALM 25:4–11**

Show me your ways, Lord,  
teach me your paths.

Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.

Remember, Lord, your great mercy and love,  
for they are from of old.

Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, Lord, are good.

Good and upright is the Lord;  
therefore he instructs sinners in his ways.

He guides the humble in what is right  
and teaches them his way.

All the ways of the Lord are loving and faithful  
toward those who keep the demands of his covenant.

For the sake of your name, Lord,  
forgive my iniquity, though it is great.

**PRAYER**

I raise my eyes up to you, Heavenly Father, in search of your wise counsel. I raise my soul up in gratitude that you are my redeemer, my king! Remember my devotion to you when my human nature makes me falter. Keep me close to you in times of hardship, for I am your devoted servant. Amen.

**DAY 25**  
**PSALM 4**

**PSALM 4:1, 8**

Answer me when I call to you,  
my righteous God.  
Give me relief from my distress;  
have mercy on me and hear my prayer.

In peace I will lie down and sleep,  
for you alone, Lord,  
make me dwell in safety.

**PRAYER**

God is loving and compassionate, all-knowing and just. He hears the cries of his children and rescues the faithful from their distress. I am your loyal child, Father. I repent of my sins and pray for the repentance of those who reject you. When I'm troubled, I meditate on your Holy Word and my soul rests easy. Thanks be to God! Amen.

**DAY 26**  
**PSALM 8**

**PSALM 8:3–9**

When I consider your heavens,  
    the work of your fingers,  
the moon and the stars,  
    which you have set in place,  
what is mankind that you are mindful of them,  
    human beings that you care for them?

You have made them a little lower than the angels  
    and crowned them with glory and honor.  
You made them rulers over the works of your hands;  
    you put everything under their feet:  
all flocks and herds,  
    and the animals of the wild,  
the birds in the sky,  
    and the fish in the sea,  
    all that swim the paths of the seas.

Lord, our Lord,  
    how majestic is your name in all the earth!

**PRAYER**

All praise be to God, the Divine Creator! You are Adonai, the master of the universe. You are Abba, my loving Father. You are Yahweh, the Lord ever-present, the great I AM! You crafted me in your image and entrusted me with the world, the work of your divine hands. How great thou art! The whole Earth is full of your glory! Amen.

**DAY 27**  
**PSALM 90**

**PSALM 90:1–2, 13–17**

Lord, you have been our dwelling place  
throughout all generations.  
Before the mountains were born  
or you brought forth the whole world,  
from everlasting to everlasting you are God.

Relent, Lord! How long will it be?  
Have compassion on your servants.  
Satisfy us in the morning with your unfailing love,  
that we may sing for joy and be glad all our days.  
Make us glad for as many days as you have afflicted us,  
for as many years as we have seen trouble.  
May your deeds be shown to your servants,  
your splendor to their children.

May the favor of the Lord our God rest on us;  
establish the work of our hands for us—  
yes, establish the work of our hands.

**PRAYER**

Have mercy on me, Father, for I am weak when I want to be strong, doubtful when I want to have faith. You are the Lord of all Creation, all-seeing and all-knowing. Despite all of the chances you've already given me, I continue to implore you that you look not on my sins but on my faith in you. Grant me wisdom, God, strengthen my will so that I may live in your way. I can do all things through Christ who strengthens me. In Jesus' name. Amen!

**DAY 28**  
**PSALM 31**

**PSALM 31:1–5**

In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.

Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.

Since you are my rock and my fortress,  
for the sake of your name lead and guide me.

Keep me free from the trap that is set for me,  
for you are my refuge.

Into your hands I commit my spirit;  
deliver me, Lord, my faithful God.

**PRAYER**

When life knocks me down, I seek shelter in your promise of salvation, God. When everyone seems against me, I seek comfort in your peace. I put my life in your hands and you give me a clean slate with the power of the Cross. If you are for me, who can be against me? Hosanna in the highest! Blessed be the Lord! Amen.

**DAY 29**  
**PSALM 5**

**PSALM 5:8–12**

Lead me, Lord, in your righteousness  
because of my enemies—  
make your way straight before me.  
Not a word from their mouth can be trusted;  
their heart is filled with malice.  
Their throat is an open grave;  
with their tongues they tell lies.  
Declare them guilty, O God!  
Let their intrigues be their downfall.  
Banish them for their many sins,  
for they have rebelled against you.  
But let all who take refuge in you be glad;  
let them ever sing for joy.  
Spread your protection over them,  
that those who love your name may rejoice in you.  
Surely, Lord, you bless the righteous;  
you surround them with your favor as with a shield.

**PRAYER**

Let me start each day with a prayer of thanksgiving to you, Father. Let me start each day with a prayer for your protection. Shield me from misfortune and from those who look to hurt me. Bless me for I am your devoted child who finds purpose in serving you. Here I am, Lord! Ready to be made an instrument of your peace if it is your will to clear the way. Amen.

**DAY 30**  
**PSALM 32**

**PSALM 32:1–2, 6–7**

Blessed is the one  
whose transgressions are forgiven,  
whose sins are covered.

Blessed is the one  
whose sin the Lord does not count against them  
and in whose spirit is no deceit.

Therefore let all the faithful pray to you  
while you may be found;  
surely the rising of the mighty waters  
will not reach them.

You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.

**PRAYER**

All the world celebrate—our redeemer lives! Thank you, Jesus, for taking on my sins. Thank you for freeing me from death. Throughout my life, I'll keep your Word and confess my sins when I fall short of your glory. Through your most selfless sacrifice, Jesus, I am forgiven! A seat at the Heavenly Banquet is reserved for me. Hallelujah! I rejoice in the Lord! Amen.

Congratulations on spending the last 30 days praying through the most popular Psalms! May you continue to take a few minutes each day to be still in God's Word and find inspiration and comfort on your walk in faith.

About the Author

Dolores Smyth writes on faith and families. Her work has appeared in numerous print and online publications. You can read more of her work on X @LolaWordSmyth.