

150 Days in the Psalms

*Come and see what God has done:
he is awesome in his deeds toward the children of man.
He turned the sea into dry land;
they passed through the river on foot. Psalm 66:5-6*

“Come and see.” That ancient invitation has rung out down the years, and no reaches your ears. It was most famously spoken by Jesus as He was calling His disciples, but it was sung for generations before as the people of Israel pondered what their God had done for them. And there was no greater high-water mark for God’s people than the Exodus. There are a few Psalms that specifically proclaim the Exodus, and Psalm 66 is one of them. It briefly recounts the crossing of the Red Sea and expresses great joy, praise, and gratitude for what God had done for the nation once held captive.

What has God done for you? I doubt that you’ve experienced a miraculous sea crossing. You might be like me and have lived entirely ordinary lives. And that’s OK. You don’t need to have had an extraordinary experience to have reason to sing God’s praises.

“Come and hear,” the Psalmist says, “all you who fear God, and I will tell what he has done for my soul.” And not just his soul, but your soul as well. For those great and glorious things that God did for His people Israel, he did for you, and for the salvation of your soul. All those marvelous Old Testament stories that we learned as children, they all took place to pave the way for Jesus Christ, the Savior of Souls.

But that invitation does not end with just seeing or hearing. It always continues with speaking and singing and telling. “Sing the glory of his name!” the Psalmist invites. And not for God’s benefit, but for the benefit of those around you. All that God has done for your soul, he seeks to do for your neighbor’s soul. Sing! Shout! Let the news out that the world has a Savior! Come, see and hear, how good God is.

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Psalm 64

Monday



The 64th Psalm is a psalm of prayer in which David prays against his betrayers and slanderers who made their case with poisonous words and evil malignity in the worst way in the court of Saul. But he has this comfort, that their words would come down on themselves, and their tongues would bring down not David, but themselves.

In like manner, we also pray against our betrayers among the the courts of the princes, bishops, and secular leaders who today undertake various malignities, machinations, and tricks. It shall also however – as it has already often has been – come on themselves, so that one will say “God has repaid them.”

- ¹ Hear my voice, O God, in my complaint;
preserve my life from dread of the enemy.
- ² Hide me from the secret plots of the wicked,
from the throng of evildoers,
- ³ who whet their tongues like swords,
who aim bitter words like arrows,
- ⁴ shooting from ambush at the blameless,
shooting at him suddenly and without fear.
- ⁵ They hold fast to their evil purpose;
they talk of laying snares secretly,
thinking, “Who can see them?”
- ⁶ They search out injustice,
saying, “We have accomplished a diligent search.”
For the inward mind and heart of a man are deep.
- ⁷ But God shoots his arrow at them;
they are wounded suddenly.
- ⁸ They are brought to ruin, with their own tongues turned against them;
all who see them will wag their heads.
- ⁹ Then all mankind fears;
they tell what God has brought about
and ponder what he has done.
- ¹⁰ Let the righteous one rejoice in the Lord
and take refuge in him!
Let all the upright in heart exult!

Prayer

O Lord God, who hears the cries of those who call upon You for comfort and relief, deliver us from the the assault and insurrection of the wicked. Free us from their snares and let the swords and arrows of their tongues be shot in vain, that they may never hit or wound those of us who are in Christ. Let us, who have put our trust in You, rejoice and confess Your salvific work, to give salvation and deliverance to Your people whom You have shown love in our Lord and Saviour Jesus Christ. Amen.

Psalm 65

Tuesday



The 65th Psalm is a psalm of thanks in which David praises God that He gives His word and worship, and temporal peace as well. He regulates the fury of the enemy and wars in the land which break out and storm like the sea and blesses the field, so that everything turns out well, produces well, and grows well. Oh, how rare this praise is among the rabble, who abuse the word of peace and prosperous times and live a totally destructive life. It will go with them at the end as with Sodom and Gomorrah.

- ¹ Praise is due to you, O God, in Zion,
and to you shall vows be performed.
- ² O you who hear prayer,
to you shall all flesh come.
- ³ When iniquities prevail against me,
you atone for our transgressions.
- ⁴ Blessed is the one you choose and bring near,
to dwell in your courts!
We shall be satisfied with the goodness of your house,
the holiness of your temple!
- ⁵ By awesome deeds you answer us with righteousness,
O God of our salvation,
the hope of all the ends of the earth
and of the farthest seas;
- ⁶ the one who by his strength established the mountains,
being girded with might;
- ⁷ who stills the roaring of the seas,
the roaring of their waves,
the tumult of the peoples,
- ⁸ so that those who dwell at the ends of the earth are in awe at your signs.
You make the going out of the morning and the evening to shout for joy.
- ⁹ You visit the earth and water it;
you greatly enrich it;
the river of God is full of water;
you provide their grain,

for so you have prepared it.

¹⁰ You water its furrows abundantly,
settling its ridges,
softening it with showers,
and blessing its growth.

¹¹ You crown the year with your bounty;
your wagon tracks overflow with abundance.

¹² The pastures of the wilderness overflow,
the hills gird themselves with joy,

¹³ the meadows clothe themselves with flocks,
the valleys deck themselves with grain,
they shout and sing together for joy.

Prayer

O God, the hope of all the ends of the earth, have mercy upon us and forgive our sins, and let not our misdeeds prevail against us, so as either to make us habitually sinful or endlessly miserable, but give us the influences of Your grace, by our reception of Your Word and Sacraments. As You embrace us with Your right hand, showing us wonderful things in Your righteousness and salvation, so let Your left hand be under our heads, and give us a portion of earthly blessings, as we need for life that we, being refreshed with the multitude of Your blessings, may praise You in this life, and at the last, be satisfied with the pleasures of Your house in the celestial Jerusalem, where You live and reign, one God, world without end. Amen.

Psalm 66

Wednesday



The 66th Psalm is a psalm of thanks for the general blessing for the fact that God delivers and protects His people out of the hand of the enemies, as He did at the Red Sea. The histories in the books of Judges and Kings are full of these deliverances which He also does daily for us, delivering and keeping His own in the true faith against the devil, the world, and our sinful nature.

¹ Shout for joy to God, all the earth;

² sing the glory of his name;
give to him glorious praise!

³ Say to God, “How awesome are your deeds!

So great is your power that your enemies come cringing to you.

⁴ All the earth worships you

and sings praises to you;

they sing praises to your name.” *Selah*

⁵ Come and see what God has done:

he is awesome in his deeds toward the children of man.

⁶ He turned the sea into dry land;

they passed through the river on foot.

There did we rejoice in him,

⁷ who rules by his might forever,

whose eyes keep watch on the nations—

let not the rebellious exalt themselves. *Selah*

⁸ Bless our God, O peoples;

let the sound of his praise be heard,

⁹ who has kept our soul among the living

and has not let our feet slip.

¹⁰ For you, O God, have tested us;

you have tried us as silver is tried.

¹¹ You brought us into the net;

you laid a crushing burden on our backs;

¹² you let men ride over our heads;

we went through fire and through water;

yet you have brought us out to a place of abundance.

- ¹³ I will come into your house with burnt offerings;
I will perform my vows to you,
¹⁴ that which my lips uttered
and my mouth promised when I was in trouble.
¹⁵ I will offer to you burnt offerings of fattened animals,
with the smoke of the sacrifice of rams;
I will make an offering of bulls and goats. *Selah*
- ¹⁶ Come and hear, all you who fear God,
and I will tell what he has done for my soul.
¹⁷ I cried to him with my mouth,
and high praise was on my tongue.
¹⁸ If I had cherished iniquity in my heart,
the Lord would not have listened.
¹⁹ But truly God has listened;
he has attended to the voice of my prayer.
- ²⁰ Blessed be God,
because he has not rejected my prayer
or removed his steadfast love from me!

Prayer

O Lord God, wonderful in Your works and doings, let Your merciful hands lead us through the fire of afflictions and the waters of temporal challenges, that we may be sustained by the comforts of Thy Spirit and refreshed with the dew of Your graces. Amen.

Psalm 67

Thursday



The 67th Psalm is a prophecy of Christ, how He shall be king the whole world over and rule the people rightly, that is, rule them with the Gospel, that they may be freed from sin to live for Him in righteousness and thank Him with joy, for this is the new and proper worship of God. All people, be they Gentile or Jew, are invited give thanks to God and worship Him.

¹ May God be gracious to us and bless us
and make his face to shine upon us, *Selah*

² that your way may be known on earth,
your saving power among all nations.

³ Let the peoples praise you, O God;
let all the peoples praise you!

⁴ Let the nations be glad and sing for joy,
for you judge the peoples with equity
and guide the nations upon earth. *Selah*

⁵ Let the peoples praise you, O God;
let all the peoples praise you!

⁶ The earth has yielded its increase;
God, our God, shall bless us.

⁷ God shall bless us;
let all the ends of the earth fear him!

Prayer

O Lord God, Ruler of all Nations and judge of all the earth, be merciful to us and bless us. You make the sun to shine on all the corners of the world, giving light both to the good and bad. Lighten all our darkneses with the beames of Your divine favor, teach Your ways to all the people of the earth, and give Your saving grace to all nations. Grant this for the sake of Jesus Christ, our only Mediator and Advocate. Amen.

Psalm 68

Friday



The 68th Psalm is a beautiful and powerful prophecy of Christ, how He shall rise, ascend to heaven, give His Spirit, send His apostles, let the Gospel be preached, rescue poor sinners from death, comfort the sorrowful, and establish a new kingdom in which He will daily be praised. The Psalm calls the apostles kings and lords of armies and leaders in battle since, with the Gospel, they do battle against death, sin, and the devil, against the wisdom and holiness of the world. Likewise, it calls them high fruitful mountains, God's heirs, God's chariots, with many hosts. Again, it also calls them singers and choruses among the maidens, dancers, and singers-- because they joyfully praise, glorify, and thank God. Thus he sings his song of joy over the holy kingdom of grace and life. He prays at the end that God keep His kingdom, bless it, and establish it to eternity. He is completely and joyfully stirred in spirit, that he has written this beautiful and rich Psalm.

- ¹ 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!

Prayer

O Lord God, mighty and merciful, You ride upon the heavens, as if it were a horse. You who are the Father of the Fatherless and defender of the

widow; have mercy upon Your holy Church and leave us not comfortless. Send the Holy Ghost to dwell among us, that by his aid, we may escape temporal turmoil and spiritual death. Send a gracious rain, even the dew of Your divine favours upon us to refresh us in our weariness and comfort us with Your that Gospel. Let Your praise be multiplied from generation to generation, through Jesus Christ our Lord. Amen.

Psalm 69

Saturday



The 69th Psalm is a Psalm of prayer, in the person of Christ as He spoke on the cross in His suffering. In verses 6-7, He confesses in our place and laments for His crucifers and slanderers who, in His great thirst, gave Him gall and vinegar to drink. So clearly and openly the Psalmist speaks of suffering to come.

Finally, he announces also the new worship. He says: “I will praise God and glorify Him with thanksgiving.” This worship shall put an end to the old, for it pleases God better than all bulls and the best offerings once can give.

¹ 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.

Prayer

O Blessed Jesus, whose loving kindness brings comfort and who, for our sake, did taste bitter vinegar and gall. Thank you for redeeming us from the bitterness of death and sin. Bring us through the bitter moments in our own life, that we might taste the sweet victory of eternal life. Amen.

Psalm 70

Sunday



The 70th Psalm is a Psalm of prayer against the persecutors and enemies of the godly. With fist and deed; with counsel and wishes in the heart; with word and cry – that is, with earnestness and all diligence – they seek to take the life of the godly because of the Word of God. And yet, the Psalmist expresses sure faith that God will deliver him

¹ Make haste, O God, to deliver me!

O Lord, make haste to help me!

² Let them be put to shame and confusion
who seek my life!

Let them be turned back and brought to dishonor
who delight in my hurt!

³ Let them turn back because of their shame
who say, “Aha, Aha!”

⁴ May all who seek you
rejoice and be glad in you!

May those who love your salvation
say evermore, “God is great!”

⁵ But I am poor and needy;
hasten to me, O God!

You are my help and my deliverer;
O Lord, do not delay!

Prayer

O Lord God, our Helper and Redeemer, have mercy upon us and all Your faithful people: make haste and help us, O God, against all those who seek after our souls to do us mischief, that our feet, being directed by Your guidance, our weaknesses strengthened by Your power, our sins pardoned by Your mercies, and our souls justified by Your free grace, we may always give You praise with the humble addresses of devotion and thankfulness, through Jesus Christ our Lord. Amen.