

150 Days in the Psalms

*O Lord, how manifold are your works!
In wisdom have you made them all;
the earth is full of your creatures. Psalm 104:24*

Think with me about God for a moment. Think about the works of God: creator of the cosmos; of all that exists; of creatures great and small. Think about His nature: all-knowing; all wise, having always existed and continuing to exist on into eternity. Think about His glory: surrounded by the angels and archangels and the whole company of heaven.

No matter how hard we try to ponder the greatness of our God, there's no way that we can. He is too big; too great; too wonderful. Several of the Psalms this week reference the majesty and wonder of our God. One, in particular speaks of majestic creatures, like the ferocious leviathan, all bearing testimony to the greatness of our God.

And yet, even as He dwells in the heights of heaven, gazing upon the entirety of creation, God still deigns to hear us call upon Him in times of distress; of anxiety; of doubt. And, when we do so, He gives us His answer: His steadfast love endures from from everlasting to everlasting on those who fear him; on those who trust Him. On those loved by Him. For, even as grass withers and flowers fade, the love of God in Jesus Christ brings us to eternal life, making us a new creation, on par with the superlatives of the universe itself.

So, how then do we respond? With a joyful noise! A noise of praise, made in pure freedom, knowing that God has answered us speedily when we call upon Him in our day of distress, rescuing us from our ruined rut, and prepares for us a pathway to paradise. All for the sake of Christ. And all for you.

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Psalm 99

Monday



The 99th Psalm is a psalm of instruction which exhorts the people of Israel to praise their God in Zion. However, as a result, the heathen rage that they should be a special people of God before all others. They must suffer much on that account. The Psalmist praises Moses, Aaron, and Samuel, who were the chief among the people of Israel. However, as the words declare, he also teaches the people of Israel themselves, that they should know that true worship consists not in the sacrifice of many cattle, but rather in knowing God's wonders and giving Him thanks that He made them godly and redeems them from sin, as verse 4 states. This Psalm is also a prophecy of Christ, who rules the true Zion in all the world and has established His throne of grace and His footstool in heaven, on account of which all the world is angry, raving and foolish, and persecutes and kills Christians.

- ¹ The Lord reigns; let the peoples tremble!
He sits enthroned upon the cherubim; let the earth quake!
- ² The Lord is great in Zion;
he is exalted over all the peoples.
- ³ Let them praise your great and awesome name!
Holy is he!
- ⁴ The King in his might loves justice.
You have established equity;
you have executed justice
and righteousness in Jacob.
- ⁵ Exalt the Lord our God;
worship at his footstool!
Holy is he!
- ⁶ Moses and Aaron were among his priests,
Samuel also was among those who called upon his name.
They called to the Lord, and he answered them.
- ⁷ In the pillar of the cloud he spoke to them;
they kept his testimonies
and the statute that he gave them.

- ⁸ O Lord our God, you answered them;
you were a forgiving God to them,
but an avenger of their wrongdoings.
- ⁹ Exalt the Lord our God,
and worship at his holy mountain;
for the Lord our God is holy!

Prayer

O Great God, King of Heaven and earth, give to us Your servants a knowledge of the sanctity of Your Name and nature, which is great, wonderful, and holy. Teach us by all reverence and holiness of soul and body to express the greatness of Your power, the majesty of Your glory and the unworthiness of our selves, that we, calling upon Your Name all the days of our lives, may be delivered from the wrath and punishment to come, and at the last, praise You on Your holy hill in Your everlasting habitation, thorough Jesus Christ our Lord. Amen.

Psalm 100

Tuesday



The 100th Psalm is a prophecy of Christ. It calls on all the world to be joyful, praise, and give thanks. That is, to worship God and come to His throne and His courts, call on Him with all confidence, and trust that He is God and Lord of all. For His grace is an eternal kingdom, which truly remains forever and ever.

- ¹ Make a joyful noise to the Lord, all the earth!
- ² Serve the Lord with gladness!
Come into his presence with singing!
- ³ Know that the Lord, he is God!
It is he who made us, and we are his;
we are his people, and the sheep of his pasture.
- ⁴ Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him; bless his name!
- ⁵ For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Prayer

O Lord our God, who has created us out of nothing and has redeemed us from misery and death when we were still sinners: teach us to walk as You have commanded us and believe as You have taught us, that we may inherit what You have promised us, for You are the way, the truth, and the life. We are Your people and the sheep of Your pasture, and you are our guide and our defence. Let Your grace teach us to serve You, and Your holy Spirit assist our work with the blessings of gladness and cheerfulness of Spirit, that we may speak good of Your name, and, at the last, may go into the courts of Your Temple with praise and a song in our hearts, to Your honour and eternal glory, whose mercy and truth is everlasting and revealed to the Church in our Lord and Saviour Jesus Christ. Amen.

Psalm 101

Wednesday



The 101st Psalm is a psalm of instruction in which David uses Himself as an example of how to have godly helpers and not tolerate evil servants. He accordingly lists the various lusts and vices of an evil worker. This he calls “singing of steadfast love and justice,” that is, singing of how God is gracious to the godly and punishes the wicked and how every worker should be doing good and shunning evil. For whoever wants to make and keep the people godly must be burdened with all hatred and envy. Therefore, may he well sing to God and give Him thanks who has given such grace and justice to him. For where God does not give this, such a song would remain unsung.

¹ I will sing of steadfast love and justice;
to you, O Lord, I will make music.

² I will ponder the way that is blameless.
Oh when will you come to me?

I will walk with integrity of heart
within my house;

³ I will not set before my eyes
anything that is worthless.

I hate the work of those who fall away;
it shall not cling to me.

⁴ A perverse heart shall be far from me;
I will know nothing of evil.

⁵ Whoever slanders his neighbor secretly
I will destroy.

Whoever has a haughty look and an arrogant heart
I will not endure.

⁶ I will look with favor on the faithful in the land,
that they may dwell with me;

he who walks in the way that is blameless
shall minister to me.

⁷ No one who practices deceit
shall dwell in my house;

no one who utters lies
shall continue before my eyes.

⁸ Morning by morning I will destroy
all the wicked in the land,
cutting off all the evildoers
from the city of the Lord.

Prayer

O Lord God of eternal purity, who is of pure eyes and cannot behold unrighteousness or impurity: enlighten our understandings, that we may have knowledge in the way of godliness. Make our paths straight and our hearts perfect, take from us the sins of unfaithfulness, correct and mortify in us all forward and peevish dispositions, let us love the fellowship of the saints, and hate the fellowship of the wicked, that we may not be destroyed with the ungodly, nor be rooted out from the city of the Lord. For with You is light, health, and salvation, to Your Name be all honour and glory and praise ascribed, world without end. Amen.

Psalm 102

Thursday



The 102nd Psalm is a psalm of prayer. In it, the dear fathers old, weary of laws, of sin, and of death, wholeheartedly yearn for and call for the kingdom of grace promised in Christ. They ask that God yet again build up Zion and set in place her stones and dust, that He would let again enter in and let His glory be seen in all kingdoms, that He would rescue His captives from sin and death, so that they may come together and thank Him – that is, that they may worship Him in the true Zion.

For without Christ, there is indeed nothing but “strength, broken in mid course” and shortened days. That is, a miserable, short, and wretched life from which the pray-er may gladly be removed. But in God’s kingdom is eternal life, and His time has no end. He is the one who was before heaven and earth, and made them, and will again change and renew them. Thus, He is outside of and over all time. His year has no end and there is no dying there. This kingdom we will gladly receive. May such a kingdom come soon!

¹ 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.

Prayer

O Eternal God, have pity upon us according to the infinite treasures of Your loving kindness. Hear the voice of our groaning, for our sins have put a thorn into our wounded consciences. Build up the ruins of our souls, repair the breaches of our comforts and our hopes, and let Your glory now appear, that which shines brightest in the beams of Your mercy. And when You turn to the prayer of we poor, miserable sinners, Your mercy becomes an eternal monument and a record of Your honour, and all generations which shall be born shall praise You. Look down, O Lord, from Your Sanctuary, hear our cries, so that when our years fail, and our hour is come, we may be rise rejoicing to the new life which shall endure forever, through Jesus Christ our Lord. Amen.

Psalm 103

Friday



The 103rd Psalm is a psalm of thanks, beautifully and lovingly made, in which He thanks God for all His goodness, namely the forgiveness of sins, making a sound body and soul, giving us enough of all sorts of goods, making us joyful and confident, and delivering us from our distress. In short, the psalmist thanks God that He stays toward us as a gracious, compassionate, and loving Father, even though we are frail and unsteady creatures. We rejoice that God does not deal with us according to our sins, but according to His gracious goodness.

This all comes to pass in Christ, who for this reason was promised and now is come, whose kingdom reigns over all. For at the end, where he calls on the angels to give Him praise and let His word be heard, this can only be speaking of Christ, His apostles, gospel, and church, where such grace rules. For what we need and what saves us must all come to pass in Christ, and not outside of Him.

- ¹ Bless the Lord, O my soul,
and all that is within me,
bless his holy name!
- ² Bless the Lord, O my soul,
and forget not all his benefits,
- ³ who forgives all your iniquity,
who heals all your diseases,
- ⁴ who redeems your life from the pit,
who crowns you with steadfast love and mercy,
- ⁵ who satisfies you with good
so that your youth is renewed like the eagle's.

- ⁶ The Lord works righteousness
and justice for all who are oppressed.
- ⁷ He made known his ways to Moses,
his acts to the people of Israel.
- ⁸ The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
- ⁹ He will not always chide,

nor will he keep his anger forever.
¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.
¹¹ For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;
¹² as far as the east is from the west,
so far does he remove our transgressions from us.
¹³ As a father shows compassion to his children,
so the Lord shows compassion to those who fear him.
¹⁴ For he knows our frame;
he remembers that we are dust.

¹⁵ As for man, his days are like grass;
he flourishes like a flower of the field;
¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.
¹⁷ But the steadfast love of the Lord is from everlasting to everlasting
on those who fear him,
and his righteousness to children's children,
¹⁸ to those who keep his covenant
and remember to do his commandments.
¹⁹ The Lord has established his throne in the heavens,
and his kingdom rules over all.

²⁰ Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!
²¹ Bless the Lord, all his hosts,
his ministers, who do his will!
²² Bless the Lord, all his works,
in all places of his dominion.
Bless the Lord, O my soul!

Prayer

O most merciful God, whose mercy is as high as the heavens and as long as eternity, You have opened Your hand wide to fill us with blessings and the sweet effects of Your loving kindness. We pray You impress upon our souls

the realities of Your unspeakable mercies, that our thankfulness may be as great as our needs of mercy. Keep no anger in store for us and chide us not in displeasure, but satisfy our mouths with good things, remove all our sins from us as far as the east is from the west, heal all our infirmities, and save our lives from destruction. For these are mercies You delight in. And because we cannot praise You accordingly to Your majesty, take our souls in due time to the land of everlasting praises, that we may spend eternity ascribing to Your name praise, honour, and dominion. Grant this for Jesus' sake; our Lord and only Saviour. Amen.

Psalm 104

Saturday



The 104th Psalm is a psalm of thanks for all the works which God had accomplished in heaven and on earth, beyond those done for men. He has surely ordered all things, according to a wise plan, to produce works, fruits and crops. The psalmist recounts these, one after the other: the heavens – full of light and without posts of rafters – placed as an outstretched tapestry. The clouds – an arch without foundation or pillar. The wind flying without wings; the angels coming and going, appearing like a wind or flame, and all other heavenly wonders.

Thus sings the psalmist. He finds His desires and joy in the creations of God, which are so wonderfully made, and so beautifully ordered together. But who pays attention to this, or sees that this is so? Only faith and the Spirit.

¹ Bless the Lord, O my soul!

O Lord my God, you are very great!

You are clothed with splendor and majesty,

² covering yourself with light as with a garment,
stretching out the heavens like a tent.

³ He lays the beams of his chambers on the waters;
he makes the clouds his chariot;

he rides on the wings of the wind;

⁴ he makes his messengers winds,
his ministers a flaming fire.

⁵ He set the earth on its foundations,
so that it should never be moved.

⁶ You covered it with the deep as with a garment;
the waters stood above the mountains.

⁷ At your rebuke they fled;
at the sound of your thunder they took to flight.

⁸ The mountains rose, the valleys sank down
to the place that you appointed for them.

⁹ You set a boundary that they may not pass,
so that they might not again cover the earth.

¹⁰ You make springs gush forth in the valleys;
they flow between the hills;
¹¹ they give drink to every beast of the field;
the wild donkeys quench their thirst.
¹² Beside them the birds of the heavens dwell;
they sing among the branches.
¹³ From your lofty abode you water the mountains;
the earth is satisfied with the fruit of your work.
¹⁴ You cause the grass to grow for the livestock
and plants for man to cultivate,
that he may bring forth food from the earth
¹⁵ and wine to gladden the heart of man,
oil to make his face shine
and bread to strengthen man's heart.

¹⁶ The trees of the Lord are watered abundantly,
the cedars of Lebanon that he planted.
¹⁷ In them the birds build their nests;
the stork has her home in the fir trees.
¹⁸ The high mountains are for the wild goats;
the rocks are a refuge for the rock badgers.

¹⁹ He made the moon to mark the seasons;
the sun knows its time for setting.
²⁰ You make darkness, and it is night,
when all the beasts of the forest creep about.
²¹ The young lions roar for their prey,
seeking their food from God.
²² When the sun rises, they steal away
and lie down in their dens.
²³ Man goes out to his work
and to his labor until the evening.

²⁴ O Lord, how manifold are your works!
In wisdom have you made them all;
the earth is full of your creatures.
²⁵ Here is the sea, great and wide,

which teems with creatures innumerable,
living things both small and great.

²⁶ There go the ships,
and Leviathan, which you formed to play in it.

²⁷ These all look to you,
to give them their food in due season.

²⁸ When you give it to them, they gather it up;
when you open your hand, they are filled with good things.

²⁹ When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.

³⁰ When you send forth your Spirit, they are created,
and you renew the face of the ground.

³¹ May the glory of the Lord endure forever;
may the Lord rejoice in his works,

³² who looks on the earth and it trembles,
who touches the mountains and they smoke!

³³ I will sing to the Lord as long as I live;
I will sing praise to my God while I have being.

³⁴ May my meditation be pleasing to him,
for I rejoice in the Lord.

³⁵ Let sinners be consumed from the earth,
and let the wicked be no more!

Bless the Lord, O my soul!

Praise the Lord!

Prayer

O Lord God who is exceeding glorious, who is clothed with majesty and honor, who has created all things, be pleased to give us grace that we may remember You have created us for Your glory and planted Your image on us. Let us never disobey Your will, forget Your mercies, or deface Your image in us, but when all Your creatures praise You, let us not disturb the blessed order of Creation by our sins. Open Your hand, O Lord, and fill us with good things, that when we are turned to dust, You will not hide Your face from us, but communicate to us the light of Your countenance and the glories of Your Kingdom, thorough Jesus Christ our Lord. Amen.

Psalm 105

Sunday



The 105th Psalm is a psalm of thanks in which the people of Israel give thanks for all the miracles of old which God had done from Abraham on, until they were brought into the land of Canaan. He then recounts them all on after another. He concludes with Moses, noting that God had not done such wonders on account of their goodness or merit, but for the sake of His covenant and promises which He had spoken to Abraham. How pious they really were, and what they truly deserved is shown in this psalm.

¹ Oh give thanks to the Lord; call upon his name;
make known his deeds among the peoples!

² Sing to him, sing praises to him;
tell of all his wondrous works!

³ Glory in his holy name;
let the hearts of those who seek the Lord rejoice!

⁴ Seek the Lord and his strength;
seek his presence continually!

⁵ Remember the wondrous works that he has done,
his miracles, and the judgments he uttered,

⁶ O offspring of Abraham, his servant,
children of Jacob, his chosen ones!

⁷ He is the Lord our God;
his judgments are in all the earth.

⁸ He remembers his covenant forever,
the word that he commanded, for a thousand generations,

⁹ the covenant that he made with Abraham,
his sworn promise to Isaac,

¹⁰ which he confirmed to Jacob as a statute,
to Israel as an everlasting covenant,

¹¹ saying, "To you I will give the land of Canaan
as your portion for an inheritance."

¹² When they were few in number,
of little account, and sojourners in it,

¹³ wandering from nation to nation,
from one kingdom to another people,
¹⁴ he allowed no one to oppress them;
he rebuked kings on their account,
¹⁵ saying, "Touch not my anointed ones,
do my prophets no harm!"

¹⁶ When he summoned a famine on the land
and broke all supply of bread,
¹⁷ he had sent a man ahead of them,
Joseph, who was sold as a slave.
¹⁸ His feet were hurt with fetters;
his neck was put in a collar of iron;
¹⁹ until what he had said came to pass,
the word of the Lord tested him.
²⁰ The king sent and released him;
the ruler of the peoples set him free;
²¹ he made him lord of his house
and ruler of all his possessions,
²² to bind his princes at his pleasure
and to teach his elders wisdom.

²³ Then Israel came to Egypt;
Jacob sojourned in the land of Ham.
²⁴ And the Lord made his people very fruitful
and made them stronger than their foes.
²⁵ He turned their hearts to hate his people,
to deal craftily with his servants.

²⁶ He sent Moses, his servant,
and Aaron, whom he had chosen.
²⁷ They performed his signs among them
and miracles in the land of Ham.
²⁸ He sent darkness, and made the land dark;
they did not rebel against his words.
²⁹ He turned their waters into blood
and caused their fish to die.
³⁰ Their land swarmed with frogs,

even in the chambers of their kings.
³¹ He spoke, and there came swarms of flies,
and gnats throughout their country.
³² He gave them hail for rain,
and fiery lightning bolts through their land.
³³ He struck down their vines and fig trees,
and shattered the trees of their country.
³⁴ He spoke, and the locusts came,
young locusts without number,
³⁵ which devoured all the vegetation in their land
and ate up the fruit of their ground.
³⁶ He struck down all the firstborn in their land,
the firstfruits of all their strength.
³⁷ Then he brought out Israel with silver and gold,
and there was none among his tribes who stumbled.
³⁸ Egypt was glad when they departed,
for dread of them had fallen upon it.

³⁹ He spread a cloud for a covering,
and fire to give light by night.
⁴⁰ They asked, and he brought quail,
and gave them bread from heaven in abundance.
⁴¹ He opened the rock, and water gushed out;
it flowed through the desert like a river.
⁴² For he remembered his holy promise,
and Abraham, his servant.

⁴³ So he brought his people out with joy,
his chosen ones with singing.
⁴⁴ And he gave them the lands of the nations,
and they took possession of the fruit of the peoples' toil,
⁴⁵ that they might keep his statutes
and observe his laws.

Praise the Lord!

Prayer

O Lord God, who is always mindful of Your covenant and promise, to a thousand generations, and did deliver the seed of Abraham and the

children of Jacob from the slavery of Egypt, from the waves of the sea, from the rage of Pharaoh, and from the thirst and famine of the wilderness, continue in Your mercies to all Your people; deliver us from the bondage of our sin, preserve us in the ark of the Church, that we may not perish in the waves of this troublesome world. Feed us with food from heaven, that we may keep Your statutes, and observe Your Law, and at the last, receive the promises of a blessed eternity; which is the covenant of Your Gospel which You have given to all who believe in You. Grant this, O blessed Jesus, to whom with the Father and the holy Ghost be all honour and glory, world without end, Amen.