

you know me.
You know when I sit and when I rise;
You perceive my thoughts from afar.
You discern my going out and my lying down;
You are familiar with all my ways.
Before a word is on my tongue
You, Lord, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Your knowledge is too wonderful for me,
too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
If I make my bed in the depths, you are there.
If I rise on the wings of the dawn

If I settle on the far side of the sea,
there your hand will hold me,
your right hand will hold me fast.
You say, "Surely the darkness
will hide me and the light become night around me."

Even the darkness will not blot me;
even the night will shine like the day,
for darkness is as light to you.

For you created my inmost being;
you knit me together in my mother's womb.
Praise you because I am fearfully and wonderfully made;
your works are wonderful,
which none can fathom.
I know that full well.

Your 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!
How can I to count them,

they would outnumber the grains of sand—
when I awake, I am still with you.
Only you, God, would slay the wicked!
Far from me, you who are bloodthirsty!
They speak of you with evil intent;
your adversaries misuse your name.
But I do not hate those who hate you, Lord,
nor do I abhor those who are in rebellion against you?
I have nothing but hatred for them;
I hate their peace, for they do not fear you.

Praise the Lord, my soul.
I will praise the Lord all my life;
I will sing praise to my God as long as I live.
Do not put your trust in princes,
in human beings, who cannot save.
When their spirit departs, they return to the ground;
on that very day their plans come to nothing.
Blessed are those whose help is the God of Jacob,
whose hope is in the Lord their God.
He is the Maker of heaven and earth,
the sea, and everything in them—
he remains faithful forever.

He upholds the cause of the oppressed
and gives food to the hungry.
The Lord sets prisoners free,
the Lord gives sight to the blind,
he bows down, he raises up the meek;
he sends forth his anger, he frustrates the ways of the wicked.

Praise the Lord,
you holy ones of the Lord,
all generations.
Praise the Lord.

Praise the Lord.
Praise God in his sanctuary;
praise him in his mighty heavens.
Praise him for his acts of power,
his surpassing greatness.
Praise him with the sounding of the trumpet,
praise him with the harp and lyre,
praise him with timbrel and dancing,
praise him with the strings and pipe,
praise him with the clash of cymbals,
praise him with resounding cymbals.
Let everything that has breath praise the Lord.
Praise the Lord.

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!
Like chaff, they will be blown away.





EVERY NATION
R U I M S I G

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Week 1

Practicing Thanksgiving

*"I will proclaim the Lord's decree:
He said to me, "You are my son;
today I have become your father.*

*Ask me, and I will make the
nations your inheritance, the ends
of the earth your possession."*

Psalms 2:7-8



Day 1

Scripture of Day : Psalm 1

- Read the text of the day.
- Pray over the text of the day.

Recite the Lord's prayer without getting distracted

“Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one

*Every time you get distracted you should start again.
When you can finally recite the Lord's prayer without getting
distracted, recite it at least three times.*

Day 2

Scripture of Day : Psalm 2

Devotion Actions

- Read the text of the day.
- Pray over the Text.
- Think through all the things you are thankful for.

Write down 1 thing that you are thankful for today.

Day 3

Scripture of Day : Psalm 3

Devotion Actions

- Read the text of the day.
- Pray over the Text.
- Think through all the things you are thankful for.

Write down 2 new thing that you are thankful for today.

Day 4

Scripture of Day : Psalm 4

Devotion Actions

- Read the text of the day.
- Pray over the Text.
- Think through all the things you are thankful for.

Write down 3 new thing that you are thankful for today

Day 5

Scripture of Day : Psalm 5

Devotion Actions

- Read the text of the day.
- Pray over the Text.
- Think through all the things you are thankful for.

Write down 4 new thing that you are thankful for today.

Day 6

Scripture of Day : Psalm 6

Devotion Actions

- Read the text of the day.
- Pray over the Text.
- Think through all the things you are thankful for.

Write down 5 new thing that you are thankful for today.

Day 7

Scripture of Day : Psalm 7

- Read the text of the day.
- Pray over the text of the day.

Journal all the things that you are thankful for.

“Keep this Book of the Law
always on your lips;
meditate on it day and night,
so that you may be careful
to do everything written in it.
Then you will be
prosperous and successful.”

*Keeping a journal helps you to keep a memory of all the things that
God has done for you. Journaling also allows you to express the
presence of God in words.*



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Week 2

Practice The Presence of God

*"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."*

Psalm 27:4



Day 8

Scripture of Day : Psalm 23

Devotion Actions

- Read the text of the day.
- Play soft biblical christian music.
- Focus on the presence of God as you listen to the music.

Write down what you felt God say to you as you listened the music.

Day 9

Scripture of Day : Psalm 24

Devotion Actions

- Read the text of the day.
- Find a comfortable, silent place and practice hearing the voice of God.
- Listen to the voice of God.

Write down what the voice of God is saying to you.

Day 10

Scripture of Day : Psalm 25

Devotion Actions

- Read the text of the day.
- Practice the art of silence before God.
- Remain Silent for about 10 minutes as you wait on God to speak to you about the text.

Write down what God is saying to you about the text.

Day 11

Scripture of Day : Psalm 26

Devotion Actions

- Read the text of the day.
- Meditate on a verse from the scripture of the day.
- Commit the verse to memory by repeating the verse a number of times.

Write down what God is saying to you about that particular verse.

Day 12

Scripture of Day : Psalm 27

- Read the text of the day.
- Pray over the text of the day.

Journal what you learnt from the Sunday sermon on this particular Psalm.

“Keep this Book of the Law
always on your lips;
meditate on it day and night,
so that you may be careful
to do everything written in it.
Then you will be
prosperous and successful.”

Keeping a journal helps you to keep a memory of all the things that God has done for you. Journaling also allows you to express the presence of God in words.



Day 13

Scripture of Day : Psalm 28

Devotion Actions

- Read the text of the day.
- Find a comfortable, silent place and practice hearing the voice of God.
- Listen to the voice of God.

Write down what the Voice of God is saying to you.

Day 14

Scripture of Day : Psalm 29

Devotion Actions

- Read the text of the day.
- Practice the art of silence before God.
- Remain Silent for about 10 minutes as you wait on God to speak to you about the text.

Write down what God is saying to you about the Text.

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Week 3

Practicing Reading The Word

*"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."*

Psalms 139:13-14



S.O.A.P example

How to apply S.O.A.P bible reading method

S - Scripture

Write down the verse that you will be studying today.

O - *Observe*

Write down the things that stand out for you from today's verse.

A - *Apply*

Write down how you are practically going to implement what you observed.

P - *Pray*

Pray for the grace to apply what the Lord revealed to you or convicted you about.
Praise Him for the truth you discovered.

S.O.A.P example

How to apply S.O.A.P bible reading method

S - Scripture Psalm 139:13-14 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.

O - Observe GOD made me. He created me He knows me COMPLETELY from the deepest parts to the superficial. He knows (and LOVES) me FULLY!

A - Apply When thoughts come that tell me anything else, I must recognise that it is a lie. The truth is that I AM FULLY LOVED. Yes I am!

P - Pray Heavenly Father, Thank you for creating me and loving me. I repent for when I did not believe this. Give me the grace to remember the truth that I am fully loved by YOU! Amen!

Day 15

Scripture of Day : Psalm 133

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 16

Scripture of Day : Psalm 134

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 17

Scripture of Day : Psalm 135

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 18

Scripture of Day : Psalm 136

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 19

Scripture of Day : Psalm 137

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 20

Scripture of Day : Psalm 138

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

Day 21

Scripture of Day : Psalm 139

S - Scripture

O - *Observe*

A - *Apply*

P - *Pray*

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Week 4

Practicing Prayer

*"Praise the Lord.
Praise the Lord, my soul.
I will praise the Lord all my life;
I will sing praise to my God
as long as I live."*

Psalms 146:1-2



Day 22

Scripture of Day : Psalm 144

Devotion Actions : Meditative Prayer

- Read the text of the day.
- Select one verse from Psalm 144 and meditate on that verse and then write a prayer based on that verse.
- Pray the prayer you just wrote down.

Day 23

Scripture of Day : Psalm 145

Devotion Actions : Silent Prayer

- Read the text of the day.
- Spend 5 minutes in the presence of God with in complete silence, Let your heart alone speak to God.
- Write down the prayer that comes out of your time of silence.

Day 24

Scripture of Day : Psalm 146

Devotion Actions : Spontaneous Prayer

- Read the text of the day.
- Spend 3 minutes praying in the spirit (pray in tongues if you can) or simply pray all the spontaneous ideas that the Lord lays in your heart.
- Write down the the themes that came out of your prayer time

Day 25

Scripture of Day : Psalm 147

Devotion Actions : Thanksgiving prayer

- Read the text of the day.
- Spend 3 minutes praying without asking anything from God, simply thank Him for his Goodness over your life.
- Write down the things you remembered to be thankful for.

Day 26

Scripture of Day : Psalm 148

Devotion Actions : Listening Prayer

- Read the text of the day.
- Spend 5 minutes listening to the voice of God as He tells you what you should pray for.
- Write down the things you feel you should pray for.

Day 27

Scripture of Day : Psalm 149

Devotion Actions : Petition Prayer

- Read the text of the day.
- Write down a list of your important and urgent needs.
- Bring this list before God in prayer and ask Him to meet your needs.

Day 28

Scripture of Day : Psalm 150

Devotion Actions : The Lord's Prayer

Recite the Lord's prayer without getting distracted

“Our Father in heaven,
hallowed be your name,
10 your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one

Keeping a journal helps you to keep a memory of all the things that God has done for you. Journaling also allows you to express the presence of God in words.



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1 Listen to my prayer, O God,
 do not ignore my plea;
 2 hear me and answer me.
 My thoughts trouble me and I am distraught
 3 because of what my enemy is saying,
 because of the threats of the wicked;
 for they bring down suffering on me
 and assail me in their anger.
 4 My heart is in anguish within me;
 the terrors of death have fallen on me.
 5 Fear and trembling have beset me;
 horror has overwhelmed me.
 6 I said, "Oh, that I had the wings of a dove!
 I would fly away and be at rest.
 7 I would flee far away
 and stay in the desert;
 8 I would hurry to my place of shelter,
 far from the tempest and storm."
 9 Lord, confuse the wicked, confound their words,
 for I see violence and strife in the city.
 10 Day and night they prowl about on its walls;
 malice and abuse are within it.
 11 Destructive forces are at work in the city;
 threats and lies never leave its streets.
 12 If an enemy were insulting me,
 I could endure it;
 if a foe were rising against me,
 I could hide.
 13 But it is you, a man like myself,
 my companion, my close friend,
 14 with whom I once enjoyed sweet fellowship
 at the house of God,
 as we walked about
 among the worshipers.
 15 Let death take my enemies by surprise;
 let them go down alive to the realm of the dead,
 for evil finds lodging among them.
 16 As for me, I call to God,
 and the Lord saves me.
 17 Evening, morning and noon
 I cry out in distress,
 and he hears my voice.

18 He rescues me unharmed
 from the battle waged against me,
 even though many oppose me.
 19 God, who is enthroned from of old,
 who does not change—
 he will hear them and humble them,
 because they have no fear of God.
 20 My companion attacks his friends;
 he violates his covenant.
 21 His talk is smooth as butter,
 yet war is in his heart;
 his words are more soothing than oil,
 yet they are drawn swords.
 22 Cast your cares on the Lord
 and he will sustain you;
 he will never let
 the righteous be shaken.
 23 But you, God, will bring down the wicked
 into the pit of decay;
 the bloodthirsty and deceitful
 will not live out half their days.
 But as for me, I trust in you.

1 Hear my cry, O God;
 listen to my prayer.

2 From the ends of the earth I call to you,
 I call as my heart grows faint;
 lead me to the rock that is higher than I.
 3 For you have been my refuge,
 a strong tower against the foe.
 4 I long to dwell in your tent forever
 and take refuge in the shelter of your wings.^[a]
 5 For you, God, have heard my vows;
 you have given me the heritage of those who
 your name.
 6 Increase the days of the king's life,
 his years for many generations.
 7 May he be enthroned in God's presence forever;
 appoint your love and faithfulness to protect him
 8 Then I will ever sing in praise of your name
 and fulfill my vows day after day.

