



Kristi Neace

pathlight
to
praise

150 Days of Psalms

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Dedication

To my Heavenly Father. Thank You for this answer to many prayers. Without You, this book would have never come to fruition.

To my sweet husband, Rick. Your patience, love, and encouragement have kept me believing. Thank you for being my steady.



DAY 1

PSALM 1:1-2

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night.”

~*~

[Psalm 1 is a comparison/contrast of the ways of the wicked and the righteous. These words remind the reader that those who follow God must display qualities of righteousness that will set them apart from all the rest.]

I remember in high school all the different classes of students. First, there were the Brainiacs. They were the Valedictorians, the math club wizzes, and those who received all the scholarships. Then came the popular people who drove fancy cars, dated cheerleaders or football players, and seemingly had all the clothes, money, and notoriety. The corner kids were those individuals hanging together across the street who typically were the smokers, the leather-wearing, cowboy boot stomping, class skipping individuals who never seemed to fit in. And, finally,

there were the ordinaries. People like me who followed the rules, didn't cause a ruckus, completed all assignments...well, most, and blended in when possible. We were all members of the same school, but each of us had adapted to certain categories of people.

In Psalm 1, the author is contrasting the lives of "sinners" with the lives of the "righteous". He points to the fact that each of us has a choice in life. We can choose either to run with those of the world or stay rooted in God. Though following the world may be the easier choice, this passage reminds us that individuals who delight in the Lord and in His law (the entirety of His revelation) receive the blessings of God.

The writer elaborates on these blessings in verse 3 where he writes, "He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers."

The tree has a root base which goes deep within the ground to drink up the nourishment from the stream. A believer who plants deep roots in God through faith, prayer and Bible study, is nourished by His never-ending, eternal stream of living water. Therefore, if one stays in step with the Trinity, then he or she will not only be productive, spiritually healthy, and bear spiritual fruit, but he or she will be a blessing to others by providing shade, shelter, and sustenance in the form of encouragement, strength, and spiritual nourishment.

Today, may we examine our lives and see where we fit in. Are we more like those who tend to follow the world, or do we walk with those who are rooted in

God's truth? Let's choose to be like the tree!

**WHAT IS GOD REVEALING TO YOU ABOUT YOUR
ROOTS TODAY? ARE THERE ANY CHANGES THAT
NEED TO BE MADE?**

A decorative illustration featuring a light gray vine with several leaves and a spiral on the left side. On the right, there is a stylized flower with five petals. The text 'DAY 2' is centered over the illustration.

DAY 2

PSALM 2:1-2

*“Why do the nations conspire and the peoples plot in vain?
The kings of the earth take their stand and the rulers gather
together against the LORD and against his Anointed One.”*

~*~

[Chapter 2 was written for the coronation of Davidic kings, and in consideration of God’s covenant with David. However, it would later become prophetic words of judgment and would point to a future redemption of God’s people through Jesus Christ.]

In this passage we see actions taken against God and His Anointed. Nations, kings, and people were rising up, usurping their authority, flexing their muscles, and going their own way.

They, like foolish men and women before them, were not seeking after God but relying on their own limited strength and knowledge and were trying to break free from God’s ultimate and sovereign rule, His plans, and His provision. In essence, they were thumbing their nose at God.

However, in verses 4 and 5, we read that God

scoffs or laughs at, rebukes, and then terrifies them in His anger. He has the last say, and though God is long-suffering towards mankind and wishes that none perish, there will come a time when He says, "enough!". Man may think he is in control; a king or government may perceive that they are in a seat of power, but if they set their face against the Lord, wrath is ultimately what they will receive.

Before His patience comes to its end, we must turn back to and seek the Lord.

HAVE YOU EVER TRIED TO LIVE BY YOUR OWN STRENGTH INSTEAD OF RELYING ON GOD? WHAT WAS THE OUTCOME? WHAT CAN YOU DO TODAY TO TRUST GOD MORE FULLY?



DAY 3

PSALM 3:2-5

"Many are saying of me, 'God will not deliver him.' But you are a shield around me, O LORD; you bestow glory on me and lift up my head. To the LORD I cry aloud, and he answers me from his holy hill. I lie down and sleep; I wake up again, because the LORD sustains me."

~*~

[In chapter 3, King David is fleeing from his own son, Absalom, who is conspiring to take over the throne.].]

It is most likely that you've never had to flee from your own child, but this was David's situation. We can imagine it was painful, frustrating, embarrassing, and every other emotion that comes to mind. Yet, David knew he could count on God to not abandon him when everyone else had.

Psalm 3 reminds us that God is with us even in the most dark and difficult moments. David likens God to a shield around him, something, or more like *Someone*, who would protect him from weapons forged against him. David understood that he could call upon the Lord, and the Lord would hear. God is not too far

away or so distant that He does not care what we are encountering here on earth.

David also realized he could allow himself to lie down and find rest knowing the Lord would watch over him like a mother watches her child.

In this passage, there are so many promises to cling to when we are walking through our own difficulties. Remember, God protects, He hears, answers, and sustains. He truly *is* a good and loving God!

RECALL A TIME WHEN GOD DEMONSTRATED HIS LOVE AND CARE FOR YOU DURING DIFFICULT SEASONS.



DAY 4

PSALM 4:4-5

“In your anger do not sin; when you are on your beds, search your hearts and be silent. Offer right sacrifices and trust in the LORD.”

~*~

[This psalm is a prayer for relief from his slanderous enemies.]

The people had turned away from the Lord and had embraced delusions and false gods to try to find relief. They had forgotten that God’s timetable and man’s timetable, His ways and our ways, can be totally different.

In this passage, David rebukes them and calls out their sin. The people had allowed anger to take hold, so, David is urging them to consider their own reactions—to search their hearts and not to grumble, but to remain silent. There’s a quote credited to Abraham Lincoln which says, “Better to remain silent and be thought a fool than to speak and to remove all doubt.”

It is almost always best to remain quiet when we are angry and anxious, yet, is so difficult, especially

when we are about to spew all the frustrations we've been harboring. But giving over to those frustrations is what brings us to the precipice of sin. Righteous anger isn't sinful, but when we grumble it's a slippery slope into becoming sinfully indignant and vengeful. David offers the people a righteous option: stay silent, offer (right) sacrifices, and trust in the Lord.

This is a great reminder for each of us. We are going to go through times when we cannot see God working. We may feel as if He's left the building, and the temptation will be to grumble, complain, and try and find another solution.

In those instances, let us put into practice these words. May we think over our problems, remain quiet, then give them to God and trust His provision. By doing so, we will be in a much better frame of mind and will prevent our hearts from sinning.

HAS GOD INSTRUCTED YOU TO BE QUIET IN A PARTICULAR SITUATION? WHAT HAPPENED AND HOW DID IT MAKE YOU FEEL?



DAY 5

PSALM 5:3

*"In the morning, O Lord, you hear my voice; in the morning
I lay my requests before you and wait in expectation."*

~*~

[This psalm is a cry for help from those who spread untruths and malign David's character.]

Do you pray? When do you pray? Some may pray at night before bed. Others may pray before each meal or before leaving the house. And what and how do you pray?

David tells us in this passage that he was laying his requests out to the Lord in the morning. He was giving to God his anxious thoughts and then waiting in expectation for God to move on his behalf. He was starting his day with a humble trust in God.

David recognized the fact that God was and is the only One who could help him. David's enemies were telling lies and plotting against him, and he needed God to lead, to give him refuge, and to show him the way through the hardships.

We can take lessons from David. Why not start our day in prayer? Why not come in humble submission to

God and give Him our anxious thoughts, then wait expectantly for Him to move on our behalf? If David, a warrior king, saw a need for prayer, then there must be something to it. Why not give it a try?

“The prayer of a righteous man is powerful and effective.” James 5:16b

WHAT TIME OF DAY DO YOU HAVE YOUR PRAYER TIME? IF IT'S LATER IN THE DAY, TRY TO SET ASIDE TIME FIRST THING IN THE MORNING. PUT GOD FIRST AND SEE WHAT EFFECT IT WILL HAVE ON YOUR DAY.

IF YOU'VE NOT YET SCHEDULED A SET TIME FOR DAILY PRAYER, TRY TO DO SO NOW. IF YOUR SCHEDULE MAKES THAT DIFFICULT, KEEP IN MIND THAT FIVE MINUTES EACH DAY IS BETTER THAN NO MINUTES.



DAY 6

PSALM 6:3

“My soul is in anguish. How long, O LORD, how long?”

~*~

[Known as part of the seven penitential psalms, it was written during a time of great trouble for David, whether in illness or conflict.]

Chapter six is written in a time of great stress, and these words penned to paper by the psalmist resonate with us still today. The writer is asking God to have mercy; not to consume David in his time of weakness. He reminds God of His unfailing love, and the psalmist displays a steadfast confidence that God has heard his cries and will answer.

There are times in life when we are so burdened by illness or attacks or loss or hurt, that we cry out, “Why?” Yet the psalmist never asks such a question; rather he asks, “How long?” He understands that there is a beginning and, somewhere out there, an end to his suffering. He doesn’t know exactly how long the suffering will continue, but he does know that God is both trustworthy and in control of the timetable.

This a good reminder to us. In our hour of need,

may we remember *Who* is still in control. Though we may not like the circumstances, through them we can be sure that God sees and hears our prayers. This season of hardship will pass eventually. In the meantime, if we keep our eyes on Him, we can endure victoriously.

HAVE YOU COME TO A PLACE WHERE YOU CAN TRUST GOD TOTALLY WITH THE OUTCOME? IF SO, CALL TO MIND THE WAY IT FELT IN THAT INITIAL MOMENT WHEN YOU COMPLETELY SURRENDERED TO GOD'S SOVEREIGNTY. IF NO, CONSIDER WHAT'S HOLDING YOU BACK FROM TRUSTING IN HIM COMPLETELY.



DAY 7

PSALM 7:9

“O righteous God, who searches minds and hearts, bring to an end the violence of the wicked and make the righteous secure.”

~*~

[David appeals to God to enact justice upon his enemies.]

King Saul was determined to end David’s life, but David was appealing to the Everlasting King to save him from his enemies.

In this beautiful prayer to the Lord, the psalmist repeats what he knows to be true—that God is righteous. He is faithful in His commitments to His people. The powerless look to Him for help and protection, and He delivers them. He is holy and good.

Next, David acknowledges that God searches the minds and hearts of every living being. This means that God not only knows your thoughts and mine, but also the thoughts of our enemies. Nothing takes Him by surprise, and that truth should give us comfort.

Finally, David makes his request to God to stop the madness and give him some relief. I think we can

especially relate to this part of David's prayer as it reflects on all the events going on in our world today.

So, friend, whatever is causing us stress and worry, know that God sees our anxious thoughts, and He knows how He will answer. All you and I need to do is to go to Him in prayer, as David continually did, and lay out our petitions. God is good, and He will come to our defense.

WHERE IS YOUR WORRY TODAY? DO YOU BELIEVE GOD CAN ANSWER? DO YOU BELIEVE THAT GOD *will* ANSWER? CONSIDER YOUR ANSWER TO THOSE QUESTIONS AND THE REASONS BEHIND THOSE ANSWERS.



DAY 8

PSALM 8:1-4

“O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. 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 him, the son of man that you care for him?”

~*~

[A praise of the Creator and admiration of His glory and greatness.]

The psalmist begins by acknowledging God as the great I AM, the holy One. “Lord” is a title or translation of the word Adonai, or Master.

Here, God’s majestic creation is on display in the heavens. He has set everything in its place, and the enormity of the universe is simply mind-blowing when compared to a minuscule speck on earth called “man”.

Thankfully, God is not so large or distant that He does not know us intimately. The Bible tells us that He knows the number of hairs on our head (Luke 12:7) He