Hello Valley Heights Ladies!

We are more than half way through our summer reading plan of the 150 Psalms in the Old Testament! If you didn’t know the Psalms are divided into 5 parts: Book 1: Psalms 1-41

 Book 2: Psalms 42-72

 Book 3: Psalms 73-89

 Book 4: Psalms 90-106

 Book 5: Psalms 107-150

How encouraging to think that we have already read through Book 1, Book 2 and by the end of today according to our reading schedule (Psalm 81 and 82) we will be nearing the end of Book 3!

In my last e-mail I mentioned a quote from Corie Ten Boom who asked this question, “Is prayer your steering wheel or your spare tire?” I don’t know about you, but I have found that praying and praising God through the Psalms this summer has truly become my “steering wheel” for the day. It has helped to “steer” my beliefs about Him. It has helped to “steer” my bad attitudes and bellyaches down before Him. And it has helped to “steer” my burdened heart towards Him.

Ladies, is prayer becoming your “steering wheel” for the day? Paul E. Miller in his book “A Praying Life” says “The only way to come to God is by taking off any spiritual mask. The real you has to meet the real God. He is a person. ***Come overwhelmed with life. come with a wandering mind. Come messy.*** So, instead of being frozen by your self-preoccupation, talk with God about your worries. Tell Him where you are weary. If you don’t begin with where you are, then where you are will sneak in the back door. Your mind will wander to where you are weary. We are often so busy and overwhelmed that when we slow down to pray, we don’t know where our hearts are. We don’t know what troubles us. So, oddly enough, we might have to worry before we pray. Then our prayers will make sense. They will be about our real lives. Your heart could be, and often is, askew. That’s okay. You have to begin with what is real. Jesus didn’t come for the righteous. He came for sinners. All of us qualify. The very things we try to get rid of---our weariness, our distractedness, our messiness---are what get us in the front door! That’s how the gospel works. That’s how prayer works. In bringing your real self to Jesus, you give Him the opportunity to work on the real you, and you will slowly change. The kingdom will come. You’ll end up less selfish.” (pg. 33)

Oh ladies, come to the Lord in prayer! Lay it all before Him! If you haven’t joined us by reading through the Psalms this summer, won’t you join us now! I know you will be blessed! And as you pray and praise God through the Psalms, you too like myself will see how He will “steer” your thoughts about Him, how you can lay all your bad attitudes and bellyaches before Him and how to bear your burdened hearts towards Him! O how He loves you. You are His child. Come to Him just as you are and open your heart before Him. He wants to hear your heart. He also wants you to know His!

I thought I would continue to share with you some of my own reflections and meditations from the last 41 Psalms as I did with you with the first 40!. May your hearts be encouraged!

**Praying and praising God through Psalm 41 to Psalm 82:**

Psalm 41 – “As for me, I said, O Lord be gracious to me; Heal my soul, for I have sinned against You.”

Psalm 42 – Thank you Lord that you give the cure for depression; I must remember and focus on what You have done for me! My hope is in You!

Psalm 43 – “For You are the God of my strength” “You are the help of my countenance” Thank you Lord that my ultimate joy is found in the reality of Your presence, not in the relief of my problems.

Psalm 44 – “You are my King, O God” Teach me how to suffer for Your name’s sake. Thank you for Your steadfast love that helps me to persevere amidst much opposition.

Psalm 45 – Lord, give me Your heart of purity to love righteousness and to hate wickedness.

Psalm 46 – You are with us! You are our stronghold! Thank You, Lord, that You Yourself are a place of renewal, revival and refreshment!

Psalm 47 – You are LORD Most High! You are to be feared! You are to be exalted! Teach me to praise You all day long.

Psalm 48 – O Lord, thank You for delivering us from our enemies! Help me to always remember that You will guide us safely to our eternal home!

Psalm 49 – May the meditation of my heart understand that Christ’s redeeming work on the cross was a priceless ransom paid in full for my soul!

Psalm 50 – You, Lord God own everything! Teach me to submit every area of my life to You. And teach me to truly worship You from a heart of faithful obedience.

Psalm 51 – You are gracious! You are merciful! You are forgiving! Father, help me to always be thankful for Your loving discipline in my life.

Psalm 52 – God, though You judge the proud, You steadfastly love the righteous. Stop me from ever using my tongue as a venomous poison against others.

Psalm 53 – Lord, though there was nothing in me deserving of Your saving grace in my life, I thank You for seeking me, for saving me and for sanctifying me. Your love in incomprehensible!

Psalm 54 – God, You are my helper! Lord You are the sustainer of my soul! Give me the faith and the courage to always bring my pain and predicaments to You in prayer.

Psalm 55 – Lord, though my heart is anguished by the betrayal of a close friend, thank You that You are the sustainer and strengthener of my soul. Thank You that You will not allow me to be shaken!

Psalm 56 – “When I am afraid, I will put my trust in You…I shall not be afraid. What can man do to me?”

Psalm 57 – “I will cry to God Most High, To God who accomplishes all things for me.” Lord, give me the will and desire to always praise You in the midst of every trial.

Psalm 58 – Lord, please protect my family from those who plot evil, who speak lies and desire to harm them. Thank You, Lord, that You are a God of justice. Thank You, that You always do what is right.

Psalm 59 – You are our deliverer and our shield! “O my strength, I will sing praises to You; For God is my stronghold, the God who shows me lovingkindness.”

Psalm 60 – “O Give us help against the adversary, For deliverance by man is in vain.” Lord God, thank You for empowering us to live victoriously through You!

Psalm 61 – Thank You, Lord, that I will forever abide in Your protective presence. You are my Rock! You are the tower of my defense when helpless and weak.

Psalm 62 – Lord, teach me and help me to remain still in the midst of opposition and allow You to work out Your perfect plans.

Psalm 63 – Lord, I want to grow in my desire for You and truly know that Your steadfast loyal love is better than life!

Psalm 64 – Lord, teach me to pray for those whose hearts are bitter towards us and whose words plot to harm us. I thank You, Lord, that You see and know everything!

Psalm 65 – “How blessed is the one whom You choose to bring near to You to dwell in Your courts…” Thank You for choosing me, for forgiving me of my sins and for privileging me with Your presence.

Psalm 66 – Thank You God that You have sovereign control over all of the nations and their leaders!

Psalm 67 – Lord, teach me and help me to faithfully proclaim your Gospel of salvation to others. O that “all of the ends of the earth” come to fear You and praise You!

Psalm 68 – Bless You Lord, who daily bears my burdens. Thank You for being my God who gives strength and power to Your people.

Psalm 69 – Help me to magnify You with thanksgiving when I am in the midst of overwhelming circumstances. Thank You, Lord, that You dwell within me!

Psalm 70 – Lord, thank You that “You are my help and my deliverer” from those “who delight in my hurt.”

Psalm 71 – Lord, rescue our young loved ones out of the hand of the wicked so that they too would hope and trust in You from their youth.

Psalm 72 – Lord, would You save our nations leaders and cause them to uphold Your judgements and Your justice.

Psalm 73 – God, You are near and You are good! Thank You, that when I focus my heart on worshipping You in the midst of my doubts my faith is strengthened by You.

Psalm 74 – Lord, I am helpless and dependant upon You for everything. Thank You for being faithful and for being in Sovereign control over all things.

Psalm 75 – God, You are the Judge. Thank You that in Your appointed time, You will judge the proud and the wicked appropriately.

Psalm 76 – Lord, thank You that You have not only extended Your mercy to me but that You care for all those who are oppressed and afflicted on earth. Give me Your heart of mercy.

Psalm 77 – When my heart is wearied and troubled, thank You, Lord, that I can come to Your throne of grace for help in my time of need. So thankful that prayer and praise dissolves the darkest of days.

Psalm 78 – You are God Most High! Cause me to listen to You, learn from You, and to live for You. Then help me to be faithful to teach the next generation to do the same according to Your Word.

Psalm 79 – You are a jealous God! May I never treat Your Holiness and my sinfulness lightly. Teach me to love the things that You love and to hate the things that You hate.

Psalm 80 – Thank You, Lord, that You are my Shepherd! Thank You for leading me and feeding me and causing me to bear fruit for Your name’s sake.

Psalm 81 – Thank You Lord that You are a saving God! Thank You that You rescued me out of the bondage and slavery of sin. Teach me to trust You, to obey You and to walk in Your ways.

Psalm 82 – O Lord, may our government leaders acknowledge You and govern the people according to the truth of Your Word. Rejoicing in the fact that You control all the nations and its leaders.

Lord willing, we will be looking at Psalm 33 on Tuesday, August 11th starting at 9:30a.m. via zoom!

Please know that if there is anything that I can do to encourage you, bless you, pray for you or serve you, please don’t hesitate to ask!

With love and prayers and gratitude filling my heart for you all,

Christyn