Hello Valley Heights Ladies!

We have just completed reading through the first 40 Psalms of our summer reading plan! If you haven’t started yet, it’s not too late! (Check out our church’s website at [www.valleyheightsbc.com](http://www.valleyheightsbc.com) Click Ministries, then find “Ladies Bible Study” and click “LEARN MORE” and under “Women’s Ministry” you will see our “Psalms Summer Reading Plan.” At the bottom of the reading plan you will see that Julie made it Printer friendly! Thank you, Julie!

So, tomorrow is the beginning of a new month and we will be continuing our journey through the Psalms. Won’t you join me! We will be meditating on Psalm 41 and 42 together starting tomorrow!

In the meantime, I thought I would share with you some of my own reflections and meditations thus far to encourage your hearts!

***Praying and praising God through the first 40 Psalms….***

Psalm 1 – Lord, may You and Your Word always be my delight by day and by night

Psalm 2 – Thank You Lord for sending Your Son to be King for Your people

Psalm 3 – What a blessed reality that You alone Lord have saved me from my sins

Psalm 4 – Thank You Lord, for producing gladness in my heart in the midst of discouragement

Psalm 5 – Thank You Lord for leading me in Your righteousness and causing me to rejoice in Your care

Psalm 6 – Lord, Your mercies are great in receiving my prayers in times of great weariness and weakness

Psalm 7 – Thankful that You are a Just Judge and when we are slandered You always act in our defense

Psalm 8 – Lord, fill my heart with faith like a child and fill my mouth with praises for Your Majestic name

Psalm 9 – Lord, may I not complain about the circumstances I find myself in, but purposefully praise You

Psalm 10 – Thankful that You are King over the poor, humble, fatherless and helpless who cry out to You

Psalm 11 – Test and purify my heart, O Lord. Teach me how to live a holy, godly life fully devoted to You

Psalm 12 – Lord, Your Words are pure, purifying and powerful. Cleanse me and help me to speak truth

Psalm 13 – Lord, give me eyes of faith when my heart is in turmoil and teach me to always trust in You

Psalm 14 – Though I do not deserve Your saving grace in my life, help me to always seek after You

Psalm 15 – Though declared righteous by You alone, help me to live righteously by Your empowerment

Psalm 16 – Thank You Lord for being my ever present Counsellor instructing me on the path of life

Psalm 17 – Thank You for hearing my prayer, helping me, and hiding me in the safety of Your loving arms

Psalm 18 – Lord, You live! You are my strength! You are my Rock! You are the God of my salvation!

Psalm 19 – Lord “May the words of my mouth & the meditation of my heart be acceptable in Your sight”

Psalm 20 – Thank You Lord that You are my King! I can trust that You are victorious in every battle I face

Psalm 21 – Your glory is great through Your salvation! May I always praise and exalt You in every trial

Psalm 22 – You are Holy! Teach me Lord to fear You, not to fear Your enemies but proclaim You to them

Psalm 23 – Praise God that You are my Shepherd, always with me, leading me and guiding me in truth

Psalm 24 – You are the King of Glory! O what a triumphant day it will be when You return! Lord, Come!

Psalm 25 – Make me know Your ways O Lord, teach me Your paths, Lead me in Your truth and guide me

Psalm 26 – Lord, help me to walk in integrity by Your sanctifying grace and to trust You without wavering

Psalm 27 – Thank you Lord for always providing divine grace in my waiting! Teach me true contentment

Psalm 28 – Lord, help me to walk by faith and not by sight. Show me my daily need to praise You

Psalm 29 – “Glory!” Teach me to worship You alone and be overwhelmed by the power of Your presence

Psalm 30 – Lord, give me a heart and the will to choose to be thankful to You in and through all things

Psalm 31 – How great is Your goodness! Thank You that my security is in You alone, in whom I can rest

Psalm 32 – Lord, You have lifted and removed the burden of the guilt of my sin! Humbled and forgiven!

Psalm 33 – The plans of Your heart are unfolding before my very eyes! Lord, I stand in awe of You

Psalm 34 – Lord, my joy and my confidence is in You because You have delivered me out of all my fears

Psalm 35 – You righteously judge! You see all and know all! Deal righteously with Your enemies, O Lord

Psalm 36 – “How precious is Your lovingkindness, O God”…“let not the foot of pride come upon me”

Psalm 37 – Lord, help me to not fret, to trust You, delight in You, commit all to You, be faithful to You

Psalm 38 – Lord, You have taught me that unconfessed sin produces anxiety within and robs me of joy

Psalm 39 – “Hear my prayer, O LORD, give ear to my cry; Do not be silent at my tears” My hope is in You

Psalm 40 – “I delight to do Your will, O my God; Your Law is within my heart.” “The LORD be magnified!”

Ladies, won’t you join me in continuing to develop the discipline of being in the Psalms on a regular basis? Let’s continue to feed on the Psalms together and learn how to pray to Him and praise Him in whatever circumstances the Lord so chooses to bring into our lives. O let us learn how to magnify His name together!

Psalm 34: 8 “O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!”

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