

## Faith Fight Podcast - A Walk Through the Psalms

God is faithful and you can get all that you need through reading His word. The Psalms have been described as a book that talks about your relationship with God. Regardless on what you are going through, you can get everything that you need from the book of psalms. You just need to know where to look. This is what we are going to go through this episode.

1. When you need comfort go to Psalms 23

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. - **Psalms 23:1-4***

God is seen as a caring shepherd and a dependable guide. We must follow God and obey his commands. He is our only hope for eternal security.

2. To give thanks to God go to Psalms 136

*Give thanks to the Lord, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords: His love endures forever. - **Psalms 136:1-3***

This Psalm is about the never ending story of Gods love. We can be thankful to God because of his Love and since He loves us we know that he is working out everything in our favour.

3. When you need to receive forgiveness for your sins go to Psalms 51

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. - **Psalms 51:1-2***

This was David's plea for mercy, forgiveness and cleansing after he committed adultery with Bathsheba. God wants our heart to be right with him. Since Jesus has paid the price for our sins, we only need to approach God through Him to ask for forgiveness.

4. To know how to approach God each morning Psalms 5

*In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly. - **Psalms 5:3***

The secret to a close relationship with God is to pray to him earnestly in the morning. In the morning our minds are free and we can commit the entire day ahead to God. Have a regular time in the morning where you can meet with God.

5. To know why you should read the Bible – Psalms 119

*Your word is a lamp for my feet, a light on my path. - Psalms 119:105*

Psalms 119 is the longest chapter in the bible and almost every verse mentions God's word and explains a benefit that comes when reading it. In the verse I mention above it speaks to the ability for God's Word to guide you through your day. God's word is the only sure guide that we have to living a pure life.

6. If you need to learn how to confess your sins go to Psalms 6

*LORD, do not rebuke me in your anger or discipline me in your wrath. Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony. My soul is in deep anguish. How long, LORD, how long? - Psalms 6:1-3*

David accepted God's punishment, but he begged God not to discipline him in anger. He realized that if God treated him with justice and no mercy then he would be wiped out by God's wrath. God in His loving kindness forgives us instead of giving us what we deserve.

7. When you need to be reassured of God's protection go to Psalms 91

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." - Psalms 91:1-2*

God is a shelter, a refuge when we are afraid. The theme of this psalm is that God's will protect us in the midst of danger. God doesn't promise a world free from danger but he does promise his help whenever we face danger.

8. When you are praying for your family go to Psalms 128

*Blessed are all who fear the Lord, who walk in obedience to him. You will eat the fruit of your labor; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. Yes, this will be the blessing for the man who fears the Lord. - Psalms 128:1-4*

The psalmist wrote that a good family life is a reward for following God. The values outlined in God's word include love, service, honesty, integrity, and prayer. These help all relationships and are especially vital to home life. Reading and obeying God's Word is a good place to start to make your family all that it should be.

9. When you are at the fork in the road – Psalms 1

*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. **Psalm 1:1-2***

The theme of this psalm is about life's two roads. The life of the faithful person is contrasted with the life of the faithless person. God does not judge people based on race, sex, or nationality. He judges them based on their faith in Him and their response to his revealed will. Those who diligently try to obey God's will are blessed.

10. To know how intimately God knows you go to Psalms 139

*You have searched me, Lord, and 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. - **Psalms 139:1-4***

These verses speak of the omniscience, omnipresence, and omnipotence of God. David marveled at the intimate way in which God was acquainted with him. God knows when we are at rest and work. He knows our motives and our thoughts before we even speak them. He knows everything about our public and private life. There is absolutely nothing about us that God does not know.

## **Weekly Prayer Plan – A Walk Through the Psalms**

### **How to Use this Template:**

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

**Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

**1. DRAWING NEAR TO GOD - Matt. 6:9 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name"**

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

**Psalm 95:6** - Come, let us worship and bow down, Let us kneel before the LORD our Maker.

**Isaiah 6:3** - And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory."

**Psalm 84:1-2** - How lovely are Your dwelling places, O LORD of hosts! My soul longed and even yearned for the courts of the LORD; My heart and my flesh sing for joy to the living God.

**2. CONFESSION - Matt. 6:12 "Forgive us our sins as we forgive those who sin against us"**

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

**Psalm 51:1-2** - Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

**1 John 1:9** - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**Acts 3:19** - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

**James 4:8** - Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

**3. GOD CENTERED PETITIONS Matt 6:10 "Your kingdom come. Your will be done, On earth as it is in heaven."**

*Prayer should reflect a desire to align ourselves with God's goals and purposes, not to get Him to follow our plans.*

**Job 22:21** - "Submit to God and be at peace with him; in this way prosperity will come to you.

**Psalm 40:8** - I delight to do Your will, O my God; Your Law is within my heart."

**Romans 12:1-2** - Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

**4. PERSONAL PETITIONS Matt 6:11 "Give us today our daily bread."**

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

**Matt 7:7-8** - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. <sup>8</sup> For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Matt 6:8 - Do not be like them, for your Father knows what you need before you ask him.

**James 4:2** - You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. **You do not have because you do not ask God.**

5. **MEDITATION Joshua 1:8** “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.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

**Meditational Verses**

**Monday: Psalms 91**

**Tuesday: Psalms 139**

**Wednesday: Psalms 5**

**Thursday: Psalms 1**

**Friday: Psalms 51**

**Saturday: Psalms 119**

**Sunday: Psalms 128**

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*

**Psalm 136:1** - Give thanks to the Lord, for he is good, for his steadfast love endures forever.

**Philippians 4:6-7** - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

**Psalm 103:1-5** - Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.