





PLUS 30 READING PLAN 2024





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Since today is August 4:

> Psalms 4, 34, 64, 94, & 124





The Psalms are the inspired Word of God to teach us how to be human and prepare us for every possible circumstance.





(PAGE 258 IN YOUR PSALMS JOURNAL)

Please silence your phone, but check in at Grace and post all the good stuff on social media!





In the Day of Trouble I Seek the Lord

To the choirmaster: according to Jeduthun.

A Psalm of Asaph.















² In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted.









Selah







⁴You hold my eyelids open; I am so troubled that I cannot speak. ⁵I consider the days of old, the years long ago.







⁶I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search:





7"Will the Lord spurn forever, and never again be favorable?











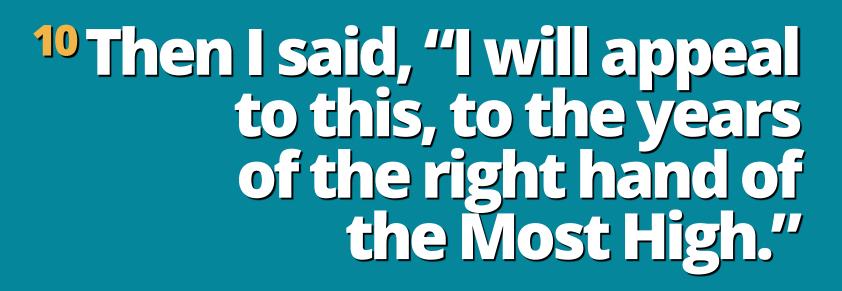




Selah

















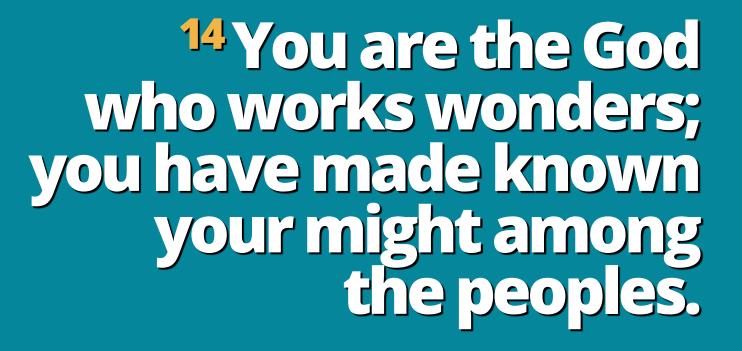


in The psalms

12 I will ponder all your work, and meditate on your mighty deeds.
13 Your way, O God, is holy.
What god is great like our God?



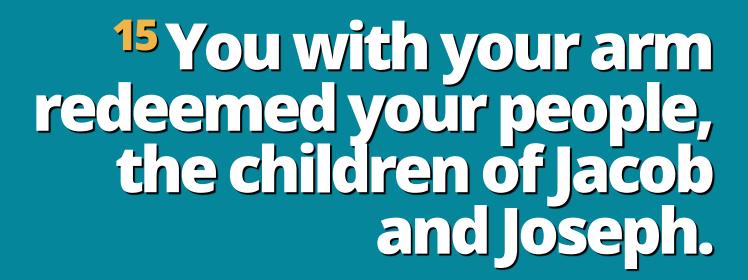












Selah





When the waters saw you, O God, when the waters saw you, they were afraid; indeed, the deep trembled.











18 The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the earth trembled and shook.





Your way was through the sea, your path through the great waters; yet your footprints were unseen.









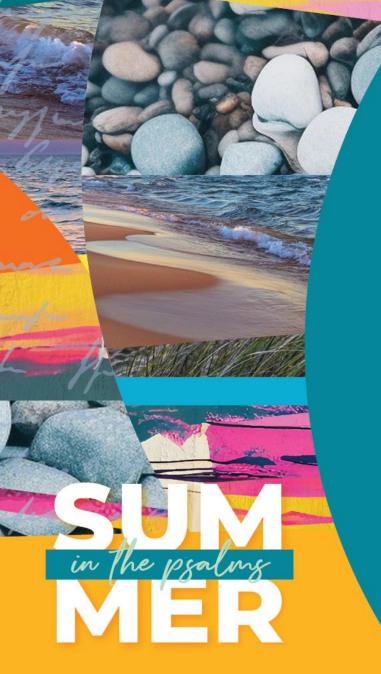


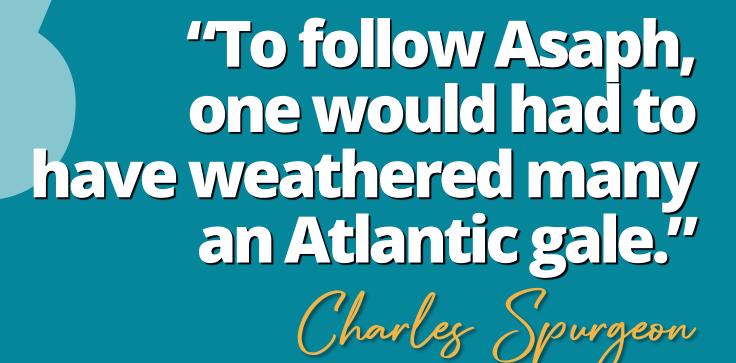












in the psalms



In the day of trouble... seek the Lord.





When the storms come, we are either uprooted or our roots go deeper.



Lament (noun)

a passionate expression of grief or sorrow: an expression of loss.





Out lowd!

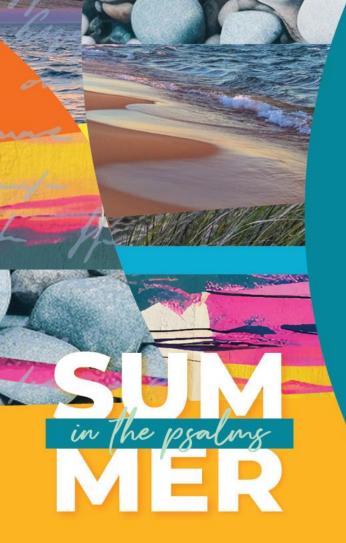


Is there an area of loss that you are dealing with right now that you need to verbalize to God and some close friends or family?





I cry aloud to God, aloud to God, and he will hear me.







...in the night my hand is stretched out without wearying







my soul refuses to be comforted.















"Sleep is a great comforter, but it forsakes the sorrowful, and then their sorrow deepens and eats into the soul."





I consider the days of old...







"Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search:







7"Will the Lord spurn forever, and never again be favorable?







B Has his steadfast love forever ceased? Are his promises at an end for all time?















11 I will remember the deeds of the LORD; yes, I will remember your wonders of old.





Psalm 77:11-12

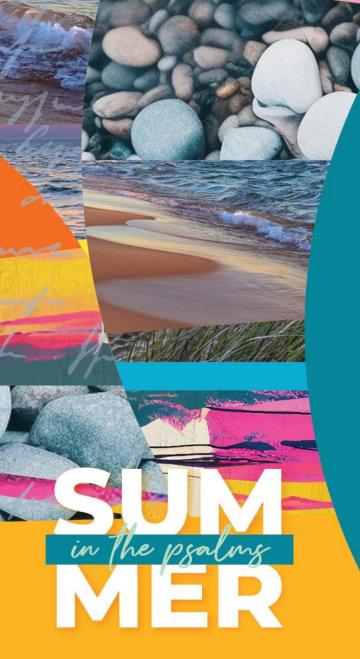
12 I will ponder all your work, and meditate on your mighty deeds.







13 Your way, O God, is holy. What god is great like our God?





Pyalon 77:13-15

14 You are the God who works wonders; you have made known your might among the peoples.





Psalm 77:13-15

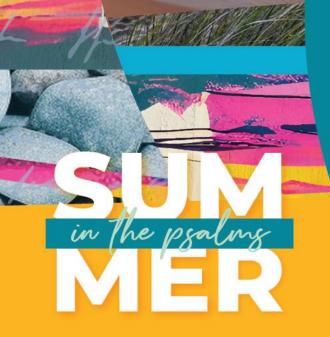
15 You with your arm redeemed your people, the children of Jacob and Joseph.







You led your people like a flock...















In the day of trouble... seek the Lord.



When you struggle, you are in good company.



In the day of trouble... seek the Lord.









Redirect your thoughts and re-member.





Redirect your thoughts and re-member.

Worship.



