

"The book of Psalms particularly reflects the variety of human hopes. Every experience of man's heart is reflected here."



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"No matter what mood you find yourself in, some psalm will reflect that mood, for this amazing book records every one of man's emotions and reactions." RAY STEADMAN



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- Book 1: 1-41 GENESIS/Created for God...we need Him
- Book 2: 42-72 EXODUS/Captured and Oppressed
- Book 3: 73-89 LEVITICUS/Concerns of Worship
- Book 4: 90-106 NUMBERS/Crisis in the Wilderness
- Book 5: 107-150 DEUTERONOMY/Confidence of Deliverance



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Psalm 91:1



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I will say of the LORD, "He is my refuge and my fortress; my God, in Him I will trust." PSALM 91:2



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Acknowledge God's Commitment to Care for His Children



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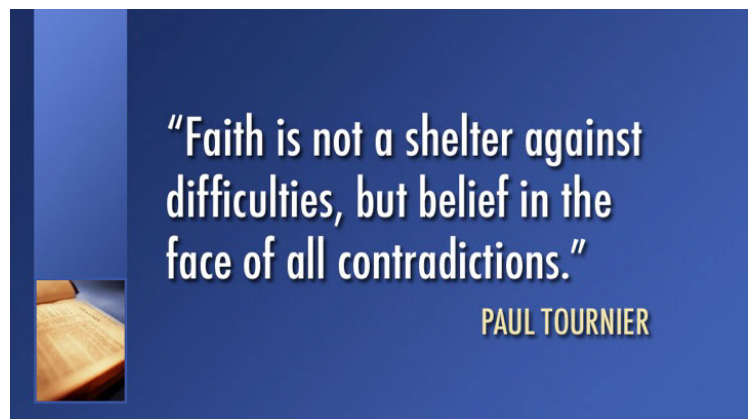
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5 Ways to Nurture My Faith:

1. Rehearse God's promises in my mind
2. Reflect on God's faithfulness in my life
3. Record God's work in my journal
4. Release my plans to God's purpose
5. Rely on what I know and not what I feel



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"Faith never knows where it is being led, but it loves and knows the One who is leading."

OSWALD CHAMBERS



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For He shall give His angels charge over you, to keep you in all your ways. PSALM 91:11



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Call Out to God for Refuge in Your Hour of Need



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He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. PSALM 91:15




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The psalms are designed to teach us to do one primary thing – to worship. Though they reflect every human emotion, they do so in a distinct and important way: they are emotions seen in relationship to God.




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Every psalm is written as in the very presence of God. This book therefore teaches us how to be honest before God. If you have a problem in your life, tell God about it. Don't hide it.

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Especially, do not become pious and sanctimonious and try to act as though there is no trouble. If you feel angry with God, it is best to say so.

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If you are upset about something, tell Him your sense of disturbance, but remind Him also that you know how foolish it is to be upset with Him. If you are resentful, bring that out.

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If you are happy and joyful, express that. This is what worship is – a heart pouring out honest reactions to a God who can both correct and restore.

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If we learn to be honest before God even about troubles and problems, wrong moods and resentful attitudes, we shall quickly find His grace answering our needs." RAY STEADMAN

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