Monday, 15 November 2010 Psalm 37:34-40

Wait for the LORD and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off. (35) I have seen a wicked, ruthless man, spreading himself like a green laurel tree. (36) But he passed away, and behold, he was no more; though I sought him, he could not be found. (37) Mark the blameless and behold the upright, for there is a future for the man of peace. (38) But transgressors shall be altogether destroyed; the future of the wicked shall be cut off. (39) The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble. (40) The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

> Wait on the Lord, -- patience, little man, patience. Keep His way -- perseverance, little man, perseverance. Take refuge in Him -- not in someone or something else, little man, in Him alone.

Tuesday, 16 November 2010 Psalm 38:1-8

A Psalm of David, for the memorial offering. O LORD, rebuke me not in your anger, nor discipline me in your wrath! For your arrows have sunk into me, and your hand has come down on me. There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. My wounds stink and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh. I am feeble and crushed; I groan because of the tumult of my heart.

> What is there in my soul that has not been exposed to the Light? What filth and deception is hiding within me to separate me from You? Show lurking sin no mercy, Lord, excise it and restore to me a clean heart. Continue that

work of sanctification in me that began with the cross and will end at Your return. Your love and mercy knows no boundaries, Your grace is triumphant over all my sin.

Wednesday, 17 November 2010 Psalm 38:9-12

O Lord, all my longing is before you; my sighing is not hidden from you. My heart throbs; my strength fails me, and the light of my eyes--it also has gone from me. My friends and companions stand aloof from my plague, and my nearest kin stand far off. Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.

It is a life of continuous self-examination, continuous repentance and re-turning to You. A life of continuously seeking sanctification. A life of beating down the old man and invigorating the new man. A constant seeking Your strength and leading to turn from sin and to turn to You. You are the risen Lord who enables this process. Praise You, Lord.

Thursday, 18 November 2010 Psalm 38:13-16

But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. I have become like a man who does not hear, and in whose mouth are no rebukes. But for you, O LORD, do I wait; it is you, O Lord my God, who will answer. For I said, "Only let them not rejoice over me, who boast against me when my foot slips!"

I see, Lord, to be deaf and mute to the blandishments of the world but to be hearing and rejoicing in Your love. Keep those whom I minister and testify to from rejoicing in my failures but show them them power of Your love as You pick me up and set my feet on Your path once again.

Friday, 19 November 2010 Psalm 38:17-22

For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. (19) But my foes are vigorous,

they are mighty, and many are those who hate me wrongfully. Those who render me evil for good accuse me because I follow after good. Do not forsake me, O LORD! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

> My hope is in You, Lord, my hope is in You. We lean on You in this day of new beginnings. Especially a very, very precious friend, do not be far from her, guide her every footstep. Purge her from every temptation to revert ot the old habits of drugs and alcohol. Teach her to rely on You and You alone, that you are her strength and her salvation.

Saturday, 20 November 2010 Psalm 39:1-3

To the choirmaster: to Jeduthun. A Psalm of David. I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence." I was mute and silent; I held my peace to no avail, and my distress grew worse. My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

> Help me, Lord, to consider the effects of my tongue and to choose my words with care; to examine each word before it escapes from my mouth. Each word needs to be carefully tested against the four-fold filter of necessary? kind? truthful? loving? And teach me, Lord, to not hold back for fear of ridicule, rejection, or disagreement for these are all manifestations of pride of self.

Lord's Day, 21 November 2010 Psalm 119:145

With my whole heart I cry; answer me, O LORD! I will keep your statutes.

Lord, it is coming, coming coming. That wonderful dedication of my whole heart. To live in Your will, to abide with You, closer each day. Praise You, Lord, praise You. A whole heart cry! Answer me, O Lord. VOICES TOGETHER

Daily Meditations from the Psalms

November 15-21, 2010

Voices Together is extracted from my daily meditations and is shared in the hopes that others will be encouraged to turn to the Psalms as a rich source of guidance for prayer and meditation.

John Nunnikhoven

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