

**Psalms**  
**Short Word Meditation**  
[Short Word Meditation (32)]

**James Kim**

## **Blessed are those who care for the poor.**

Blessed are those who care for the poor.  
God will protect him, preserve his life,  
bless him on earth, and save him in times of trouble.  
When he is sick, God will take care of him,  
caress his wounds, and restore his health  
(Psalms 41:1-3).

## **We must not rebel against the Most High God.**

We must not, like the Israelites during the Exodus, fail to rely on God  
and not believe that He will save us.  
We should not deliberately test God according to our desires,  
continue to sin against Him, or rebel against the Most High God  
(Ref.: Psalms 78:17-18, 22).

## **We, who draw near to see the most splendid glory of God ...**

We, who draw near to see the most splendid glory of God  
through the heavens and the earth He commanded into creation,  
must praise the great God  
(Ref.: Psalms 148:5, 13, 14).

## **Let us consider this our greatest joy.**

Let us consider heaven, the New Jerusalem, our greatest joy  
(Ref.: Psalms 137:6; Revelation 3:12, 21:2).

## **The prisoners**

God brings out the prisoners and makes them sing with joy  
(Ref.: Psalms 68:6).

## **The groaning of those who are imprisoned and about to die ...**

Father,  
Hear the groaning of those who are in many ways imprisoned  
and about to die, and save them by your great power  
(Ref.: Psalms 79:11).

## **Even when we are close to death ...**

Even when we are close to death,  
we must not abandon the Lord's teachings,  
but be revived by the Lord's love  
and continue to keep the Lord's commandments  
(Ref.: Psalms 119:87-88).

## **The hearts of proud people who torment us with lies**

The hearts of proud people who torment us with lies  
are dull and insensitive, but humble people delight in the Lord's commandments  
and do their best to keep them even under the circumstances  
(Ref.: Psalms 119:69-70).

## **God saves us from those who lie.**

God saves me from those who do not tell the truth  
and lie even after swearing  
(Ref.: Psalms 144:7-8).

## **It never changes!**

God's faithful oath to us never changes  
(Ref.: Psalms 132:11).

## **God will save those who are humble!**

Because God is pleased with his children,  
he will save those who are humble  
(Ref.: Psalms 149:4).

## **The reason we can endure pain without dying ...**

The reason we can endure pain without dying  
is because the word of the Lord becomes our joy  
(Ref.: Psalms 119:92).

## **Those who are suffering will hear and rejoice.**

As we always continue to thank God and praise Him,  
but when our soul boasts in God,  
those who are suffering will hear and rejoice  
(Ref.: Psalms 34:1-2).

## **‘Do not forget your suffering people forever.’**

Lord, do not abandon your helpless people to cruel enemies  
and do not forget your suffering people forever  
(Psalms 74:19).

## **God who helps us in times of trouble**

We look only to God, who helps us in times of trouble  
and lifts us up whenever we fall  
(Ref.: Psalms 145:14-15).

## **We must remember and reflect on what the Lord has done for us in the past.**

When we face tribulation,  
we must remember and reflect on what the Lord has done for us in the past.  
We must meditate on all of the Lord's works  
and think about the amazing things He has done.  
When we do so, we will have no choice but to confess,  
'God, Your deeds are holy. What god is as great as You?'  
because of the Lord's power shown to us  
and His acts of saving and guiding us  
(Ref.: Psalms 77:11-14, 20).

## **The proud rich**

When the proud rich mock and despise us, causing us to be greatly scorned,  
we must look to God and wait for the Lord to have mercy on us and grant us His grace  
(Ref.: Psalms 123).

## **Even though the proud may slander us without cause ...**

Even though the proud may slander us without cause,  
as we meditate on the Lord's teachings,  
the Lord's unfailing love, as promised, will be our comfort  
(Ref.: Psalms 119:76, 78).

## **God knows the proud.**

Although the Lord is high,  
He cares for the lowly;  
He knows the proud from afar.  
(Psalms 138:6).

## **The arrogant or those who are inclined to lies**

Blessed are those who rely on God  
and do not look on the arrogant or those who are inclined to lies  
(Psalms 40:4).

## **The scattered believers who were hurt by the church**

It is good, delightful, and fitting to praise God,  
who builds up the Lord's church, gathers the scattered believers  
who were hurt by the church, heals the brokenhearted, and binds up their wounds  
(Ref.: Psalms 147:1-3).



## **We must pray for the peace of the church.**

We must pray for the peace of the Lord's church.

Those who love the Lord's church will prosper.

(Ref.: Psalms 122:6).

## **Even if those in power persecute us without cause ...**

Even if those in power persecute us without cause,

the only thing we fear is the Lord's word.

Those who love the Lord's word have great peace,

and nothing can make them stumble

(Ref.: Psalms 119:161, 165).

## **Through that suffering ...**

The good Lord does good to me, and when I often go astray,

He allows me to suffer through loving discipline.

Through that suffering, He teaches me His commandments

so that I may turn back and now keep His commandments

(Ref.: Psalms 119:67-68).

## **His words will swiftly be fulfilled!**

The God who is in heaven commands us who dwell on earth,  
and His word is swiftly fulfilled  
(Ref.: Psalms 147:15).

## **Even if they stumble, they will not fall to their demise.**

God delights in the way of a good person,  
so He guides their steps and upholds them with His hand.  
Even if they stumble, they will not fall to their demise  
(Ref.: Psalms 37:23-24).

## **Although it is useful suffering ...**

If we learn the word of God through suffering, it is a useful suffering,  
but if we do not learn anything through suffering, it is useless suffering  
(Ref.: Psalms 119:71).

## **So he will not stray from the right path.**

The law of God is in the heart of a righteous man,  
so he will not stray from the right path  
(Ref.: Psalms 37:31).

## **God fulfills their desires and saves them.**

God hears the cries of those who fear Him,  
fulfills their desires, and saves them  
(Ref.: Psalms 145:19).

## **God will break their arrogance.**

The Lord will scatter our adversaries  
and break their arrogance by His power  
(Ref.: Psalms 59:11).

## **But I still do not forget the Lord's word of promise.**

I may be tired of waiting for the Lord to fulfill His promise to me,  
but I still do not forget the Lord's word of promise.

The truthful Lord will comfort me  
by making sure to fulfill the promise He made to me  
in His time and in His way  
(Ref.: Psalms 119:82-83).

## **Then we will not be put to shame.**

We must choose the path of truth, place the Lord's word before us,  
and strictly follow the Lord's teachings.

Then we will not go astray and be put to shame  
(Ref.: Psalm 119:29-31).

## **To such people, God will reveal His salvation.**

In times of trouble, those who cry out to God  
with the assurance that He will save them in His time and in His way  
will glorify God with praise and thanksgiving,  
not only honoring Him but also correcting their conduct.

To such people, God will reveal His salvation  
(Ref.: Psalms 50:15, 23).

## **Do not be discouraged!**

Do not be discouraged when someone becomes increasingly wealthy by gathering money and their household's reputation grows.

When they die, they will take nothing with them, and their glory will not descend with them to the grave.

Even if people praise them for their success and they enjoy the pleasures of this world, like their ancestors, they will eventually die without seeing eternal light.

If they fail to realize this, they are like the beasts that perish

(Ref.: Psalms 49:16-20).

## **Yet despite this ...**

Yet despite this, God commanded and opened the doors of heaven, raining down manna as food from heaven, the bread of angels, to satisfy the rebellious Israelites.

God provided them with abundant food, giving them what they desired until they were satisfied.

Yet despite this, the Israelites did not abandon their cravings (Psalms 78:23-25, 29-30). Such greed is a fearful thing.

As long as we have greed within us, we cannot be satisfied (Ref.: Job 20:20). So, we indulge in luxury and pleasure in this world, filling ourselves with greed even as we face the day of death

(Ref.: James 5:5). We are tempted because we are drawn away by our own desires (1:14).

When desire conceives, it gives birth to sin; and when sin grows, it leads to death (v. 15).

Therefore, we must be cautious of every kind of desire (Ref.: Luke 12:15).

We must cast away greed for money (Job 22:24).

## **I give thanks and praise only for God's love and grace.**

Man is like a breath; his days are like a fleeting shadow.

Yet, despite this, what is man that You are mindful of him,  
and that You care for him, O Lord?

I give thanks and praise only for God's love and grace

(Ref.: Psalms 144:3-4).

## **I want to live with a clean and pure heart.**

How can we live with a clean and pure heart?

There is only one way to live according to the words of the Lord

(Ref.: Psalms 119:9).

## **Can't I stop being angry when I see myself?**

Can't I suppress my anger

when I see myself not keeping the Lord's words?

(Ref.: Psalms 119:158)

## **I don't want to be proud or arrogant ...**

I don't want to be proud or arrogant  
and think that things are too much for me or that I can't handle  
(Ref.: Psalms 131:1).

## **Blessed be the Lord my Rock.**

Blessed be the Lord my Rock,  
who trains my hands for war, my fingers for battle.  
He is my loving God and fortress, my stronghold  
and my deliverer, my shield, in whom I take refuge,  
who subdues peoples under me  
(Ref.: Psalms 144:1-2).

## **“I am your salvation.”**

Lord, please say to my soul,  
“I am your salvation”  
(Ref.: Psalms 35:3).

## **I will trust!**

I will trust in God now and forever

(Ref.: Psalms 131:3).

## **I belong to the Lord.**

I belong to the Lord. The Lord's teachings renew my life.

Therefore, I will not forget the Lord's teachings

and will try to live according to the Lord's commandments

(Ref.: Psalms 119:93-94).

## **I was a sinner from birth ...**

I was a sinner from birth and had a sinful nature

from the moment my mother conceived me

(Ref.: Psalms 51:5).



## **'I will listen to the word of God.'**

The God who shows us the Lord's unfailing love  
and gives us the Lord's salvation is the God who speaks to us.  
Therefore, we say, 'I will listen to the word of God.  
And I must decide that I will not go back to my foolish ways  
and will enjoy the peace that God gives  
(Ref.: Psalms 85:7-8).

## **God who sustains me**

God is my helper and sustainer  
(Ref.: Psalms 54:4).

## **I pray that God will lead me on the path to eternity.**

God searches me, knows my heart, tests me, and knows my thoughts.  
I pray that the Lord will see if there is any evil deed in me  
and guide me to the eternal path  
(Ref.: Psalms 139:23-24).

## **God who set me free.**

God answered my prayers crying out in pain and set me free  
(Ref.: Psalms 118:5).

## **My God, my sturdy refuge, my hope**

My God, my sturdy refuge, my hope, from my youth I have relied on You.  
You have held me since I was born;  
You have been my security since my mother bore me.  
I continually thank You with all my heart for making me a safe haven  
and always being a rock where I can securely escape.  
Therefore, I will always praise You and declare Your glory  
(Ref.: Psalms 71:1, 3-8).

## **The Lord knows everything about me.**

"Lord, You know everything about me;  
You perceive my thoughts from afar.  
You are familiar with all my ways  
(Ref.: Psalms 139:1-3).

## **My hope lies only in the Lord.**

Lord, what do I want now?  
My hope lies only in the Lord  
(Ref.: Psalms 39:7).

## **When I look back on my journey of faith ...**

When I look back on my journey of faith,  
the Lord has shown great grace and love to His servant,  
as He promised in His word (Ref.: Psalms 119:65).

## **My foolishness and my sins weigh heavily on me; they are a burden too heavy to bear.**

My foolishness and my sins weigh heavily on me;  
they are a burden too heavy to bear.  
As a result, my body is sick; there is no soundness in my body.  
I am exhausted and deeply distressed; my heart pounds with anguish.  
I groan aloud and am in constant pain.  
My loved ones and friends stay away because of my wounds;  
even my family keeps their distance.  
Yet I trust in you, Lord; you know my heart's desire.  
You hear my groaning; my sighing is not hidden from you.  
My Lord and my God, please answer my prayer  
(Psalms 38:3-11, 15).

## **Because the steadfast God who is my strength loves me unfailingly ...**

Because the steadfast God who is my strength loves me unfailingly,  
when I face crises in my life, He will come to help me.  
Therefore, I will praise the Lord who is my refuge  
(Ref.: Psalms 59:9-10).

### **I will praise You, O my strength.**

I will sing of Your strength and Your unfailing love every morning.  
The Lord is my fortress and my refuge in times of trouble.  
I will praise You, O my strength.  
The Lord is my fortress and the God who loves me  
(Psalm 59:16-17).

### **The violent and arrogant wicked**

The violent and arrogant wicked plot against us,  
devising evil schemes to overthrow us.  
They set traps, spread nets, and lay snares along the path.  
They gather together for battle every day;  
their tongues are like venomous snakes,  
and their lips carry the poison of vipers.  
O God, do not grant their desires; do not let their plans succeed.  
Protect us, deliver us from their hands  
(Ref.: Psalms 140:1-5, 8).

## **God who carries our burdens every day**

We must praise the God of our salvation  
who carries our burdens every day  
(Ref.: Psalms 68:19).

## **With a sharp, razor-like tongue**

We must be wary of and stay away from people like Doeg,  
who deceive others and plot evil schemes with a sharp, razor-like tongue!  
(Ref.: Psalms 52:1-2).

## **When worry was like a mountain in my heart ...**

When worry was like a mountain in my heart,  
the comfort of the Lord made my soul rejoice  
(Psalms 94:19).

## **Solve my problem**

‘Rise up, O LORD my God, defend me and solve my problem’  
(Psalms 35:23).

### **My soul will inevitably become discouraged. (1)**

If I am criticized by someone  
who hates me for something I did not know about,  
or if he returns evil to me for good,  
my soul will inevitably become discouraged  
(Ref.: Psalms 35:11-12).

### **My soul will inevitably become discouraged. (2)**

I rejoice when I am in trouble,  
but if people who hate me gather together without my knowledge  
and continue to slander me with lies and slander me,  
my soul will inevitably become discouraged  
(Ref.: Psalms 35:12, 15, 20).

## **My soul longs and yearns for the living Lord.**

My soul longs and yearns for the living Lord (Psalms 42:1-2).

I am waiting for the last trumpet to sound (1 Corinthians 15:52).

When the Lord comes down from heaven (1 Thessalonians 4:16),

I will see Him face to face (1 Corinthians 13:12).

## **When I repeatedly sin and suffer under the loving discipline of the Lord ...**

When I repeatedly sin and suffer under the loving discipline of the Lord,

I learn the invaluable lessons of the Lord's words and grow to trust them even more.

In seeing this, I understand that the Lord's judgments are righteous

and that the Lord afflicts me because of His faithfulness

(Ref.: Psalms 119:71-75).

## **Even when I am discouraged and my heart is troubled within me ...**

Even when I am discouraged and my heart is troubled within me,

I praise my God who is my salvation because I put my hope in Him

(Ref.: Psalms 42:5, 11; 43:5).

## **I will give thanks to You every day and exalt You forever**

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My God, the great King,

I will exalt You and praise Your name forever.

I will give thanks to You every day and exalt You forever

(Ref.: Psalms 145:1-3).

## **‘I confess my iniquity; I am troubled by my sin.’**

I confess my iniquity; I am troubled by my sin.

Lord, do not forsake me; my God, do not be far from me.

Come quickly to help me, my Lord and my Savior

(Psalms 38:18, 21-22).

## **Whom shall I fear?**

Whom shall I fear, for God is with me and helps me?

What can mere mortals do to me?

(Ref.: Psalms 118:6-7)



## **Even when I grow old and gray ...**

Lord, you have taught me from my youth,  
and I am still telling you the wonderful things you have done.  
Even when I grow old and gray,  
I will pass on the strength and power of the Lord to future generations  
(Ref.: Psalms 71:17-18).

## **When I am afraid, I will rely on (trust) the Lord and praise His word.**

When I am afraid, I will rely on (trust) the Lord and praise His word.  
I will not be afraid because I trust in the true and faithful God  
who will always fulfill His promises to me  
(Ref.: Psalms 56:3-4, 10-11).

## **As long as I live ... (1)**

As long as I live, I will praise God, the eternal King;  
I will praise God, the lover of the righteous, all the days of my life  
(Ref.: Psalms 146:2, 8, 10).

## **As long as I live ... (2)**

As long as I live, I will not rely on humans who are powerless to help,  
but will rely on the God of my parents and my parents-in-laws,  
and place my hope in my true God who always keeps his promises  
(Ref.: Psalms 146:2-3, 5-6).

## **No matter what situation I am in ...**

No matter what situation I am in,  
I will always have hope and praise the Lord more and more  
(Ref.: Psalms 71:14).

## **I love your promises ...**

I love your promises because they are sure  
(Psalms 119:140).

## **I will not open my mouth but remain silent.**

As long as the wicked are before me,  
I will be careful in my actions,  
and I will not open my mouth but remain silent  
(Ref.: Psalms 39:1).

## **I am with the Lord. What more could I want in this world?**

In heaven, there is only the Lord for me.  
You are the rock of my heart and all I need.  
I am with the Lord. What more could I want in this world?  
Being close to the Lord is a blessing to me.  
I have made the Lord my refuge;  
I will spread the word of all that the Lord has done  
(Ref.: Psalms 73:25-28).

## **A life of prayer**

Those who experience God's salvation  
by having their prayers heard and answered in God's time  
and way grow to love Him even more  
and are compelled to live a life of prayer  
(Ref.: Psalms 116:1-2).

## **When we are so afraid, we have no choice but to cry out to God.**

When we are so afraid, we have no choice but to cry out to God.

When we do so, God will answer us and free us from all our fears

(Ref.: Psalms 34:4).

## **We must always sing of the Lord's eternal love ...**

We must always sing of the Lord's eternal love  
and convey to each generation His faithfulness,  
which is as eternal as heaven

(Ref.: Psalms 89:1-2).

## **Who are you relying on?**

It is much better to rely on God than on people

(Ref.: Psalms 118:8-9).

## **We must tell the next generation!**

We must tell the next generation about God's great deeds,  
His power, and the wonderful things He has done  
(Ref.: Psalms 78:4).

## **It's worth more!**

A righteous person's little possessions  
are worth more than the wicked man's many possessions  
(Psalms 37:16).

## **We have come to understand more and become wiser.**

By loving the boundless Word of God without limit,  
meditating on it all day long, and keeping it,  
we have come to understand more  
and become wiser than all our teachers and elders  
(Ref.: Psalms 119:96-100).

## **We must trust the Lord's words even more.**

Even if people persecute us for no reason,  
we must not abandon the Lord's teachings  
and trust the Lord's words even more  
(Ref.: Psalms 119:86-87).

## **The Lord will deliver ...**

The Lord will deliver  
those who are suffering and have no helper  
(Ref.: Psalms 72:12).

## **We will not be afraid!**

Those who trust in God with sure faith  
will not be afraid of bad news  
(Ref.: Psalms 112:7).

## **Our hearts will become proud.**

When we do not trust the word of the Lord and do not keep it,  
our hearts will become proud.

A person who becomes arrogant like this  
will become as useless as a wineskin shriveled in the fire  
(Ref.: Psalms 119:81, 83, 85).

## **If we have confidence in God's love, salvation, and victory in our hearts ...**

No matter what tribulations, adversities, and disasters come upon us,  
if we have confidence in God's love, salvation, and victory in our hearts,  
we can sing and praise the Lord even in the midst of it!  
(Ref.: Psalms 57:7, 91:3; Romans 8:35-39)

## **If we are gaining wisdom from the Lord's teachings ...**

If we are gaining wisdom from the Lord's teachings,  
we will hate all our false ways  
(Ref.: Psalms 119:104).

## **If we were to count the number of the Lord's thoughts ...**

If we were to count the number of the Lord's thoughts,  
they would outnumber the grains of sand on the beach.  
Your thoughts are more precious to us than grains of sand  
(Ref.: Psalms 139:17-18).

## **The reason why we can pray to God with faith even when we are suffering a lot is ...**

The reason why we can pray to God with faith even when we are suffering a lot  
is because the Lord not only teaches us the word of His promise through that suffering,  
but also brings us back to life according to the word of His promise  
(Ref.: Psalms 119:107-108).

## **A man who becomes strong by relying on his wealth and harming others**

A person who does not make God his refuge  
but relies on his wealth to become strong  
by harming others will be destroyed  
(Ref.: Proverbs 11:28).



## **Having tasted the words of the Lord sweeter than honey ...**

Having tasted the words of the Lord sweeter than honey,  
we love them endlessly and meditate on them all day long  
(Ref.: Psalms 119:97, 103).

## **We are nothing more than dust.**

God knows how we were made  
and remembers that we are nothing more than dust,  
so He takes pity on us who fear Him  
(Psalms 103:13-14).

## **Even in all the trials we face ...**

Even in all the trials we face,  
we must remember the oath (promise) God made  
and keep that oath  
(Ref.: Psalms 132:1-5).

## **They will lack nothing.**

Those who serve God with a fearful heart will lack nothing,  
and those who seek God will lack no good thing  
(Ref.: Psalms 34:9, 10).

## **We must cast all our burdens upon the Lord.**

We must cast all our burdens upon the Lord.  
When we do that, the Lord will sustain us.  
Therefore, we will not fall  
(Ref.: Psalms 55:22).

## **The Lord will allow us to witness ...**

The Lord will deliver us from all troubles  
and allow us to witness the defeat of our enemies  
(Ref.: Psalms 54:7).

## **Like a collapsing wall and a shaky fence ...**

Like a collapsing wall and a shaky fence,  
I quietly look to the Lord who is my rock, my salvation, and my fortress.  
The reason is because my hope and my salvation come only from the Lord  
(Ref.: Psalms 62:1-2, 5-7).

## **May the Lord establish the foundation of our faith.**

I pray that the Lord will establish the foundation of our faith  
so that it does not waver  
(Ref.: Psalms 104:5).

## **We must praise God who proclaims His word ...**

We must praise God who proclaims His word  
and gives us laws and instructions  
(Ref.: Psalms 147:19-20).

## **The avenging God ...**

The avenging God will show His anger on the arrogant and arrogant wicked people who oppress and harass His beloved people and give them the punishment they deserve (Psalms 94:1-5).

## **Blessed are those .... (1)**

Those who live according to God's will are those who live according to God's commandments, obey God's commands and sincerely seek God. Blessed are those who faithfully keep the word of the Lord (Psalms 119:1-5).

## **Blessed are those ... (2)**

Blessed are those who trust in Almighty God (Ref.: Psalms 84:12).

## **Blessed are those ... (3)**

Blessed are families who make God their God  
(Ref.: Psalms 144:15).

## **Blessed people gain strength from the Lord and have the highways of Zion in their hearts.**

Those who live in the temple of the Lord and always praise the Lord are blessed.  
He longs to enter the temple of God,  
and his heart and body sing with joy to the living God.  
Blessed people gain strength from the Lord  
and have the highways of Zion in their hearts  
(Ref.: Psalms 84:2, 4-5).

## **Even though people are breaking the Lord's commandments ...**

Even though people are breaking the Lord's commandments,  
we must love the Lord's commandments more than pure gold  
and keep His excellent commandments with all our heart.  
And we must hate every false act  
(Ref.: Psalms 119:126-129).

## **Even though the wicked lay traps, pitfalls, and nets before us to harm us ...**

Even though the wicked lay traps, pitfalls, and nets before us to harm us,  
we must look to the Lord and trust in Him.

Because the Lord prevents us  
from being caught in the snares, pitfalls, and nets of the wicked,  
we will escape safely (Ref.: Psalms 141:8-10).

## **Even though we are in pain ...**

Even though we are in pain, we must not forget the word of the Lord,  
which is eternal truth, but rather ask God to revive us according to His promise  
(Ref.: Psalms 119:151-154).

## **Even though we are insignificant and despised ...**

Even though we are insignificant and despised,  
we must not forget the eternal and true Word of God  
(Ref.: Psalms 119:141-142).

## **Even though those who pursue wickedness and are far from Your law come near to us ...**

Even though those who pursue wickedness and are far from Your law come near to us,  
we must rise early in the morning, place our hope in God's unfailing love and promises,  
seek His help and salvation, and keep His commandments  
(Ref.: Psalms 119:146-150).

## **Even though trouble and distress come upon us ...**

Even though trouble and distress come upon us,  
God hears and answers our sincere prayers in the midst of it all,  
making us understand His promised words and comforting us.  
Therefore, we will obey Your words  
(Ref.: Psalms 119:143-145).

## **Even if people criticize and mock us ...**

Even if people criticize and mock us,  
we must not depart from God's commandments.  
We should remember and be comforted by His promised words  
(Ref.: Psalms 119:51-52).

## **Man's salvation is in vain.**

Man's salvation is in vain.

We will win because God is with us

(Ref.: Psalms 60:11, 12).

## **People rush here and there ...**

People rush here and there, but they are only shadows.

What they do is in vain.

They spend their energy gathering wealth,

but they do not know who will get it

(Psalms 39:6).

## **The Lord who strengthens us with love**

The Lord is our glory and strength,

and He strengthens us with love

(Ref.: Psalms 89:17).



## **God is abounding in love.**

God, who does not punish us according to our sins  
nor repay us according to our iniquities,  
is compassionate and gracious, slow to anger, and abounding in love  
(Psalms 103:8, 10).

## **The cries of our beloved brothers and sisters who are suffering greatly from illness ...**

Loving God,  
we pray that You hear the cries of our beloved brothers and sisters  
who are suffering greatly from illness, calling out to You day and night,  
and show them Your miracle  
(Ref.: Psalms 88:1-2, 10).

## **Renew my soul.**

Lord,  
renew my discouraged soul with your word  
(Ref.: Psalms 119:2).

## **We must do good deeds, and pursue peace.**

We must not speak evil or lie;  
we must turn away from evil, do good deeds, and pursue peace.  
(Ref.: Psalms 34:13-14).

## **In the gathering of saints ...**

In the gathering of saints,  
we must rejoice in glory and praise God with new songs  
(Ref.: Psalms 149:1, 5).

## **The death of His saints**

I pray that my soul and body will enjoy rest  
through the grace that God gives me  
as I live according to God's will in this world of survival.  
I believe that my God values the death of His saints  
(Ref.: Psalms 116:7-8, 16).

## **I put my hope ...**

I put my hope in Your word of truth, in which I trust  
(Ref.: Psalms 119:42-43).

## **A deceiver ...**

A deceiver will not live in God's house,  
and a liar will not stand before God  
(Psalms 101:7).

## **God restrains His anger countless times, and does not unleash His full wrath.**

Even though our hearts are not steadfast toward God  
and we are not faithful to His covenant, God is merciful.  
He forgives our sins, restrains His anger countless times,  
and does not unleash His full wrath.  
This is because God remembers that we are merely like the wind  
that passes by and does not return  
(Ref.: Psalms 78:37-39).

## **Guide me in the path of obedience.**

We pray that the Lord will expand our hearts  
and allow us to be guided by the Lord  
in the path of joyful obedience to His commands  
and to do our best to keep them throughout our lives  
(Ref.: Psalms 119:32-35).

## **Corrupt politics that harass citizens**

Corrupt politics that harass citizens under the pretext of law  
can never have fellowship with the Lord  
(Ref.: Psalms 94:20).

## **In fact, the Lord has performed many miracles for us.**

In fact, the Lord has performed many miracles for us.  
The wonderful things the Lord has thought and planned for us  
are so numerous that no one can fathom them.  
We would try to tell you all about them,  
but there are too many to list them all  
(Ref.: Psalms 40:5).

## **The Lord treats them like trash.**

The Lord treats all the wicked in the world like trash  
(Psalms 119:119).

## **The blessings of their wives, children, and descendants**

The rewards of the labor of those  
who serve God with fear and live according to His commands  
are the blessings of their wives, children, and descendants  
(Reference: Psalm 128, Modern Bible).

**Amen! Amen!**

My soul, praise God forever! Amen! Amen!  
(Ref.: Psalms 89:52)

## **Those ware no use!**

The false plans of those who depart from the word of the Lord are of no use.  
(Ref.: Psalms 119:11).

## **People who hate and harass me for no reason**

Lord, make those who hate me, torment me,  
and even dig traps for no reason and try to destroy me  
like chaff before the wind,  
and let them get caught in the traps they have dug  
and destroy themselves  
(Ref.: Psalms 35:4-8).

## **No matter how much money they have, how much they rely on their wealth, or how much they boast about their riches and live in luxury ...**

No matter how much money they have, how much they rely on their wealth,  
or how much they boast about their riches and live in luxury,  
foolish wealthy people cannot make themselves immortal or live forever.  
Although they once owned land in their own names,  
they will leave their luxurious mansions and decay in the grave.  
Their wealth will inevitably be passed on to others  
(Ref.: Psalms 49:6-7, 10-14).

## **When we look in all directions and see no solution to our significant problems ...**

When we look in all directions and see no solution to our significant problems,  
we cry out in tears to our Abba Father God in our complete helplessness.  
At that time, our Father God will deliver us in His time and in His way.  
Then, we will be so joyful because of this salvation and restoration  
that it will feel like a dream, and we will laugh and sing joyful songs.  
"Those who sow with tears will reap with songs of joy"  
(Ref.: Psalms 126).

## **No matter how much people around us criticize and mock us ...**

No matter how much people around us criticize and mock us,  
we must believe that this is the time when the Lord will hear our prayers,  
and we must pray to the Lord.  
The Lord will answer our prayers  
with His wonderful and great love, great mercy,  
and the truth of His salvation.  
(Ref.: Psalms 69:10-13, 16).

**No matter how brokenhearted and distressed we are,  
and even if we are in pain and despair ...**

No matter how brokenhearted and distressed we are,  
and even if we are in pain and despair,  
we must believe that God will lift us up with His salvation.  
We should praise God with songs and proclaim His greatness with thanksgiving  
(Ref.: Psalms 69:20, 29-30).

**Every morning and every night**

It is good to proclaim the Lord's steadfast love every morning  
and sing of His faithfulness every night  
(Psalms 92:1).

**We must turn away from evil and do good.**

We must turn away from evil and do good.  
Then we will live forever  
(Ref.: Psalms 37:27).



## **There is no need to fret, worry, or envy the wicked!**

There is no need to fret, worry, or envy the wicked who do evil deeds because they will soon wither away like grass, vanish like smoke, and be destroyed (Psalms 37:1-2, 8-10, 20).

## **Although the wicked may grow and prosper like weeds ...**

Although the wicked may grow and prosper like weeds, eternal destruction awaits them (Psalms 92:7).

## **When I think of the prosperity of the wicked and the suffering of the righteous ...**

The wicked live their lives without any suffering, staying healthy, and never facing the hardships or illnesses that others endure. They always lead a comfortable life, and their wealth continually increases. But why does the righteous person, who lives with a pure and clean heart and does not commit sin, suffer all day long and receive punishment every morning? When considering the prosperity of the wicked and the suffering of the righteous, the righteous person may envy the arrogant who prosper and think, "It is in vain that I have kept my heart pure and have not sinned," causing their steps to almost slip (Ref.: Psalms 73:1-5, 12-14).

**There is no need to fret, envy,  
or be angry when you see the wicked succeed.**

There is no need to fret, envy, or be angry when you see the wicked succeed.

It only leads to evil. We must be patient and wait for God to act

(Ref.: Psalms 37:7-8).

The righteous Judge, God, is angry with the wicked every day (7:11).

The wicked will perish (37:9).

**God, who thwarts the plans of the wicked ...**

God, who thwarts the plans of the wicked,

protects strangers and cares for orphans and widows

(Psalms 146:9).

**We will witness the destruction of the wicked.**

The righteous who place their hope in God and keep His commandments

will witness the destruction of the wicked

(Ref.: Psalms 37:34).

## **We must know that evil people will soon perish.**

God laughs at evil people who plot to harm good people  
because He knows that they will soon perish  
(Psalms 37:12-13).

## **The lamp that guides us**

The word of the Lord is the lamp that guides us  
and the light that illuminates our path  
(Ref.: Psalms 119:105).

## **No matter what difficulties or crises we face ...**

No matter what difficulties or crises we face,  
we must not forget the Lord, break the covenant we made with the Lord,  
turn away from the Lord, or deviate from the Lord's path  
(Ref.: Psalms 44:17-18).

## **God shows me how much he loves me ...**

God shows me how much he loves me  
by giving me the word of promise through the Bible  
in the midst of a crisis and moving forward to fulfill the word of promise  
(Ref.: Psalms 119:41).

## **Come and see what God has done.**

Come and see what God has done.  
Isn't the work He has done for us amazing?  
He preserves our lives and keeps us from stumbling.  
God has refined us like silver in the fire.  
He has tested us through trials, leading us to repent of  
and abandon the sins hidden in our hearts.  
Therefore, the Lord has heard our cries and listened to our prayers.  
So, we cannot help but praise God.  
The reason is that God has shown us unfailing love.  
Thus, we must share with you what God has done for us  
(Ref.: Psalms 66:5, 9-10, 14, 16, 18-20).

## **The blessing of eternal life**

The blessing God has given us is eternal life.

(Ref.: Psalms 133:3).

The blessing among the blessings we have received from God  
is Jesus Christ, who is eternal life

(Ref.: 1 John 1:2, 5:20).

## **But to praise the Lord with all our hearts and glorify His name forever!**

If we realize and know the great love God gives us,  
we will have no choice but to praise the Lord  
with all our hearts and glorify His name forever  
(Ref.: Psalms 86:12-13).

## **We must give glory only to the Lord!**

We must give glory only to the Lord,  
the God of love and truth, and never to ourselves  
(Ref.: Psalms 115:1).

## **Like a weaned baby lying quietly in its mother's arms**

Rather, I hope that my heart will be calm and peaceful,  
like a weaned baby lying quietly in its mother's arms  
(Psalms 131:2).

## **I pray that our family will be filled with the love of the Lord ...**

I pray that our family will be filled with the love of the Lord  
and learn and obey the Lord's commandments  
(Ref.: Psalms 119:64).

## **God of our salvation ...**

'God of our salvation,  
Help us, save us, and forgive us our sins,  
for the glory of your name'  
(Psalms 79:9).

## **Unrepented sin within us ...**

Unrepented sin within us  
robs us of the joy of the Lord's salvation  
(Ref.: Psalms 51:12).

## **God who blessed our children**

We must praise God who blesses our children,  
keeps their boundaries safe,  
and feeds them spiritual food with good words  
(Ref.: Psalms 147:12-14).

## **Let our children see your glory.**

Lord, reveal Your wondrous works to Your servants.  
Let our children see your glory  
(Psalms 90:16).

## **God has removed our sins.**

God, who has great love for those who fear Him,  
has removed our sins as far as the east is from the west  
(Psalms 103:11-12).

## **When we suffer ...**

If we look to the Lord and rejoice in Him when we suffer,  
we will never be put to shame  
(Ref.: Psalms 34:5).

## **When we are faced with unspeakable difficulties ...**

When we are faced with unspeakable difficulties,  
we must cry out loud and pray to our Heavenly Father.  
We must confess our unfair circumstances  
and all our difficulties to the Lord  
(Ref.: Psalms 142:1-2, 6).



## **Placing us in unspeakable difficulties and leaving us discouraged and in despair ...**

When our enemies, who are stronger than us,  
pursue us and set countless traps before us,  
placing us in unspeakable difficulties  
and leaving us discouraged and in despair,  
we must still pray for the Lord to bring our souls out of prison  
so that we may thank and praise His name  
(Ref.: Psalms 142:1, 6-7).

## **When we go through very painful times due to unspeakable difficulties ...**

When we go through very painful times due to unspeakable difficulties,  
no matter how much we look around, we may find no one to help, protect, or care for us.  
Why does the Lord, knowing we are in a time of suffering,  
not send someone to help, protect, or care for us, but rather cut off all such support?  
It may be because the Lord wants to teach us that He alone  
is our helper, protector, caregiver, and everything we need in this world  
(Ref.: Psalms 142:4-5).

## **God in whom we trust**

God in whom we trust, deliver us from death

(Ref.: Psalms 91:2-3).

## **When we are in trouble ...**

When we who love God are in trouble,

God will be with us, protect us, rescue us, and glorify us

(Ref.: Psalms 91:14-15).

## **When we are like those long dead ...**

When our enemies persecute us, throw our lives to the ground,

and cast us into darkness, leaving us like those long dead,

we must still, in the midst of despair, long for the Lord

who is our hope and pray that He rescues and protects us from them

(Ref.: Psalms 143:3-4, 9).

## **Even when we are in trouble**

God will show us His unfailing love and faithfulness  
even when we are in trouble  
(Ref.: Psalms 57:1, 3).

## **When we are oppressed and burdened by sin ...**

When we are oppressed and burdened by sin,  
the Lord forgives our sins  
(Psalms 65:3).

## **The reason we give thanks and give thanks to the Lord ...**

The reason we give thanks and give thanks to the Lord  
is because the amazing things He has done proclaim that He is close to us  
(Psalms 75:1).

**The reason we have no choice  
but to sing His word and always praise Him ...**

The reason we have no choice but to sing His word and always praise Him  
is because the Lord teaches us His word  
(Ref.: Psalms 119:171).

**When we are in great tribulation ...**

When we are in great tribulation,  
the Lord will come close to us  
and quickly answer our cries and save us  
(Ref.: Psalms 69:17-18).

**We can sing and rejoice with joy throughout our lives.**

Lord,  
Satisfy us with your consistent love every morning  
so that we can sing and rejoice with joy throughout our lives  
(Psalms 90:14).

## **When we pray to God for help ...**

When we pray to God for help,  
we must patiently pray and wait for God  
to listen to us and hear our cries  
(Ref.: Psalms 40:1).

## **Make everything we do successful**

Our God,  
give us your grace and make everything we do successful  
(Psalms 90:17).

## **We give thanks and praise the Lord ...**

We give thanks and praise the Lord,  
who is gracious and merciful and rich in love,  
who treats us well and has compassion on us  
(Ref.: Psalms 145:3-10).

**We have no choice but to praise God  
with joy and joyful sounds.**

God has kept his promise to us in faithfulness and steadfast love,  
so everyone around us has seen salvation in God.

Therefore, we have no choice but to praise God  
with joy and joyful sounds

(Ref.: Psalms 98:3-4).

**We must love what is right and hate what is evil.**

We must love what is right and hate what is evil.

Then the Lord will exalt us

(Ref.: Psalms 45:7).

**We seem to sleep for a while  
and are like grass that sprouts in the morning.**

We seem to sleep for a while and are like grass that sprouts in the morning.

The grass sprouts bright green in the morning, but dries up and withers in the evening.

We must gain a wise mind that can fathom how quickly our life passes and how short it is

(Ref.: Psalms 90:6, 10, 12).

## **We must follow the Lord closely.**

We must follow the Lord closely.

Then the right hand of the Lord will uphold us.

Because the Lord is always our help,

we have no choice but to sing joyfully in the shadow of His wings

(Ref.: Psalms 63:7-8).

## **We have no choice but to trust in the Lord.**

The God of our salvation answers our prayers in amazing ways,

so we have no choice but to trust in the Lord

(Ref.: Psalms 65:5).

## **We should take joy in doing the will of the Lord.**

We must always keep God's word in our hearts.

We should take joy in doing the will of the Lord.

We should not keep our mouths closed

but continually share the good news of God's salvation with joy.

We must always proclaim the Lord's faithfulness and salvation

and not hide His steadfast love and truth from the public

(Ref.: Psalms 40:8-10).

## **We must love the Lord's church, where His glory dwells.**

We must love the Lord's church, where His glory dwells  
(Psalm 26:8).

A true church member who genuinely loves the church  
serves it for the glory of the Lord, not for their own glory.

If we serve the Lord's church for our own glory,  
then we do not truly love the church.

## **We sing for joy over the Lord's work.**

The Lord thinks deeply and does great things for us to make us happy.

Therefore we sing for joy over the Lord's work

(Ref.: Psalms 92:4-5).

## **We will rejoice and be glad ...**

We will rejoice and be glad

when God makes our families and churches prosper again

(Ref.: Psalms 53:6).



## **We have no choice but to be thankful to God.**

We have no choice but to be thankful to God.

The reason is because our God is good and His love is eternal

(Ref.: Psalms 136:1).

## **We rejoice together**

We rejoice together when we see believers

trusting and hoping in the Lord's word in the Lord's loving community

(Ref.: Psalms 119:74).

## **Although we want peace ...**

Although we want peace, those who lie and deceive would rather fight.

When we do that, we must cry out to God to save us from them.

Then God will answer us

(Ref.: Psalms 120:1-2, 7).

## **We must strive to live blamelessly.**

We must strive to live blamelessly.  
And we must live with a pure heart at home  
(Ref.: Psalms 101:2).

## **We may be saved.**

Almighty God,  
Restore us again and have mercy on us  
so that we may be saved  
(Ref.: Psalms 80:3, 7, 19).

## **He is God who saves us.**

The God who created heaven and earth and is our help  
is the God who cuts all our snares and saves us,  
just as our souls are like birds that escape from a hunter's snare  
(Ref.: Psalms 124:7-8).

## **Those who hate us ...**

Those who hate us pretend to be friendly on the outside,  
but on the inside they make up slanderous words about us  
and then go out and spread them  
(Psalms 41:6-7).

## **The Lord will save us ...**

The Lord will save us even if we face tribulation  
(Ref.: Psalms 138).

## **Revive and protect us**

God,  
revive and protect us, who are your chosen people  
and whom you have strengthened  
(Ref.: Psalms 80:17, 18).

## **Let us live forever before God.**

God,

Let us live forever before God

Protect us with your steadfast love and faithfulness

(Ref.: Psalms 61:7).

## **He was a God who forgave us.**

When we did something wrong,

the Lord lovingly punished us,

but He was a God who forgave us

(Ref.: Psalms 99:8; Hebrews 12:6).

## **For us**

God is the one who accomplishes his will for us

(Ref.: Psalms 57:2).

## **The Lord will guide us until death!**

The Lord, who is full of justice,  
is our God forever and will guide us until death  
(Ref.: Psalms 48: 10, 14).

## **The Lord, who gives us great difficulties ...**

The Lord, who gives us great difficulties,  
will answer our prayers and save us,  
whom He loves, with His power  
(Ref.: Psalms 60:3, 5).

## **His promises to us will not change. He will surely fulfill them in His time and in His way!**

When we ignore, disobey, and break God's teachings and commands,  
the Lord will punish our sins with the rod of His love.  
However, He will not take away His love and faithfulness from us,  
and His promises to us will not change.  
He will surely fulfill them in His time and in His way!  
(Ref.: Psalms 89:30-34)

## **Everything God does for us ...**

Everything God does for us is just and gracious  
(Ref.: Psalms 145:17).

## **The Lord gives us strength and courage.**

When we pray, our Lord answers our prayers  
and gives us strength and courage  
(Ref.: Psalms 138:3).

## **God who gives us strength and save us.**

God is merciful, gracious, not easily angered, faithful, and loving.  
He is a God who takes pity on us in our troubles,  
gives us strength, and saves us  
(Ref.: Psalms 86:15-16)

## **The God who made heaven and earth**

The God who made heaven and earth, who does not slumber or sleep,  
protects us from all dangers and keeps our lives safe.

God will watch over us wherever we go, both now and forevermore  
(Ref.: Psalms 121).

## **May God see our pitiful situation and help us.**

When those who do evil, even though they have done nothing wrong,  
unite and prepare to attack us without cause,  
we hope that God will stand up,  
see our pitiful situation, and help us  
(Ref.: Psalms 59:2-4).

## **If our hearts are deceived ...**

If our hearts are deceived,  
we cannot know the ways of the Lord  
(Ref.: Psalms 95:10).

## **When our hearts are weighed down and we cry out to the Lord ...**

When our hearts are weighed down and we cry out to the Lord,  
the Lord hears our cries and leads us to a safe refuge  
(Ref.: Psalms 61:1-2).

### **We may experience distress to the point where our soul refuses any comfort.**

When we experience distress,  
we may stay up all night seeking the Lord and praying,  
to the point where our soul refuses any comfort.  
During such times,  
we become anxious and troubled, and our hearts grow weak.  
Thus, we start to ponder these questions:  
Will the Lord rescue me from this distress?  
Will He never show me grace again?  
Has His love for me vanished forever?  
Have His promises come to nothing?  
Has He forgotten to be gracious to me? and so on  
(Ref.: Psalms 77:2-4, 7-9).



## **As we look back on our lives ...**

As we look back on our lives before God,  
we must praise Him for the amazing things He has done  
(Ref.: Psalms 150:2).

## **Even in the midst of crisis ...**

Even in the midst of crisis,  
my soul rejoices in God and in God's salvation  
(Ref.: Psalms 35:9).

## **Even if the righteous strike and rebuke us ...**

The wicked's evil deeds are something  
we must oppose and continually pray against.  
Even if the righteous strike and rebuke us,  
we should regard it as kindness (grace) and not reject it  
(Ref.: Psalms 141:5).

## **A righteous person has many hardships ...**

A righteous person has many hardships,  
but God delivers him from all his hardships  
and protects him thoroughly  
(Psalms 34:19-20).

## **How could God not know this?**

‘How could God, who knows even the secrets of our hearts, not know this?’  
(Psalms 44:21)

## **This is true restoration.**

Our God of salvation has revived us,  
forgiven our sins, and covered all our iniquities.  
He has taken away all His wrath from us  
and poured it out upon His beloved and only Son, Jesus Christ.  
This is true restoration.  
Therefore, we cannot help but praise and rejoice in the Lord  
(Ref.: Psalms 85:2-6; Matthew 3:17).

## **We will not be swayed by selfish desires.**

If our hearts follow the Lord's word and our lives are renewed by it daily,  
we will not be swayed by selfish desires,  
and we will turn our eyes away from worthless things  
(Ref.: Psalms 119:36-37).

## **We must not be ... (1)**

We must not be pretentious and arrogant  
(Ref.: Psalms 75:5).

## **We must not be ... (2)**

We must not be stubborn and rebellious,  
unable to trust God and unfaithful to God  
(Ref.: Psalms 78:8).

## **The Lord will fulfill ...**

The Lord will fulfill all that He has promised me  
(Ref.: Psalms 138:8).

### **Though humans boast, they are merely a breath.**

My lifetime is but a moment before the Lord,  
and though humans boast, they are merely a breath  
(Psalms 39:5).

### **A person's days are like grass; they flourish like a flower of the field.**

A person's days are like grass; they flourish like a flower of the field.  
The wind blows over it, and it is gone, and its place remembers it no more.  
But from everlasting to everlasting, the Lord's love is with those who fear Him,  
and His righteousness with their children's children—  
with those who keep His covenant and remember to obey His precepts  
(Psalms 103:15-18).

## **We could escape the storm and tempest of life**

Our enemies who cause us pain, bear grudges,  
and hate us threaten and frighten us,  
putting pressure on us and causing us distress.  
At those times, we are deeply troubled in our hearts,  
even to the point of being gripped by the terror of death.  
In those moments, we long for wings like a dove  
so we could fly far away and rest in the wilderness,  
a refuge where we could escape the storm  
and tempest of life and find peace and rest  
(Ref.: Psalms 55:3-8).

## **Children**

Children are a gift from God to us  
and a blessing from God as a reward  
(Ref.: Psalms 127:3).

## **In this world where we live as temporary strangers ...**

In this world where we live as temporary strangers,  
we must remember the words of the Lord,  
let those words become our songs,  
and give thanks and praise to God with faith  
(Ref.: Psalms 119:54-55).

## **He is the God who calms!**

The Lord, who is almighty and faithfully fulfills His promises to us,  
is the God who rules over and calms all the raging seas and waves that occur in our lives!  
(Ref.: Psalms 89:8-9).

## **When a disaster suddenly strikes us ...**

When a disaster suddenly strikes us,  
we must rely on the Lord and take refuge  
under the shadow of His wings until the disaster passes.  
I believe that the Lord will have mercy on us  
(Ref.: Psalms 57:1).

## **When we are mired in despair ...**

When we are mired in despair,  
we must trust in God's word of promise,  
cry earnestly to God, and wait with a heart  
that longs for God's help  
(Ref.: Psalms 130:1-2, 5).

## **Out of the pits and mud of despair**

Our God pulls us out of the pits and mud of despair  
and sets us on a rock so that we can walk safely  
(Ref.: Psalms 40).

**When we are in despair,  
we must long for and hope for the Lord even more.**

When we are so discouraged and despairing due to unspeakable difficulties,  
we must long for and hope for the Lord even more.  
The reason is because the Lord is the only one  
who knows the path we should take  
(Ref.: Psalms 142:3, 6).

## **My young children**

My young son Dillon is like a well-grown tree,  
and my daughters Yeri and Karis  
are like beautifully trimmed pillars of a palace  
(Ref.: Psalms 144:12),

## **It is truly a good thing!**

It is truly a good thing for church members  
to get together and live righteously in the Lord  
(Ref.: Psalms 133:1).

## **Sin is deeply hidden in the hearts of the wicked, constantly prompting them to do evil.**

Sin is deeply hidden in the hearts of the wicked, constantly prompting them to do evil.  
Even when lying in bed, they ponder wicked deeds  
and abandon themselves to sinful ways, refusing to reject evil.  
Everything they say is wicked and deceitful.  
They are so arrogant that they believe their sins will not be exposed  
and that they will not face the consequences of their sins  
(Ref.: Psalms 36:1-4).

## **The Lord sustains the humble.**

Our Lord God, great and mighty and infinite in wisdom, sustains the humble  
(Ref.: Psalms 147:5-6).



## **Lord, let me know my weakness.**

Lord,  
Please let me know the end of my life  
and how long my life will last,  
and let me know my weakness  
(Ref.: Psalms 39:4).

## **Lord, create in me a pure heart ...**

Lord,  
Create in me a pure heart and renew a righteous spirit within me  
(Ref.: Psalms 51:10).

## **Lord, set a guard over my mouth and guard the gates of my lips.**

Lord,  
Set a guard over my mouth and guard the gates of my lips.  
Don't let my heart be drawn away by evil things and join with evildoers  
(Psalms 141:3-4).

## **Lord, help us quickly ...**

Lord,

Help us quickly and cause those who rejoice in our hurt to suffer humiliation and retreat.

However, may we who seek the Lord and love the Lord rejoice and be glad in the Lord and always say, "God is great!" (Ref.: Psalms 70:1-4).

## **Lord, rise up and help us.**

Lord,

Rise up and help us.

Save us with your unfailing love

(Psalms 44:26).

## **Lord, give me your judgment ...**

Lord,

Give me your judgment and help me walk your righteous path

(Ref.: Psalms 72:1).

## **Lord, have mercy on me according to Your steadfast love ...**

When we are rebuked for our unrepentant sins  
through God's servant and His word,  
we should, with a pricked conscience, pray,  
"Lord, have mercy on me according to Your steadfast love;  
according to Your abundant mercy, blot out my transgressions"  
(Ref.: Psalms 51:1).

## **Because the Lord is pleased with us ...**

Because the Lord is pleased with us,  
the Lord will not allow our enemies to overcome us  
(Psalms 41:11).

## **Because the Lord loves us ...**

Because the Lord loves us,  
we fight against ourselves, sin, the world, Satan, and death  
and win with the strength, power, and grace of the Lord,  
not with our own strength or force!  
(Ref.: Psalms 44:3).

## **The covenant He has made with us will never change!**

The Lord will always love us,  
and the covenant He has made with us will never change!  
(Ref.: Psalms 89:28)

## **I pray that the Lord will give me a heart of understanding.**

I pray that the Lord will give me a heart of understanding  
so that I can learn the Word of God,  
which is more precious than a thousand gold,  
even through suffering  
(Ref.: Psalms 119:71-73).

## **The Lord always helps believers.**

The Lord always helps believers  
who decide to follow His commands  
(Ref.: Psalms 119:173).

## **The Lord is the only God!**

Because the Lord is great and does amazing things,

the Lord is the only God.

There is no god like you, no one has done what you have done.

Therefore, all nations created by the Lord

must come before the Lord and worship Him and praise His name.

(Ref.: Psalms 86:8-10).

## **The Lord is the One who helps ...**

The Lord is the One who helps the poor and suffering

and defends their rights

(Psalms 140:12).

## **Lord, although You have given me many trials and suffering ...**

Lord, although You have given me many trials and suffering,

I believe that You will revive me and pull me up even from the deep pit

(Ref.: Psalms 71:20).

## **The Lord is my help and my deliverer.**

Lord,

Although I suffer and am poor, the Lord always thinks of me.

The Lord is my help and my deliverer.

My God, do not delay; come quickly and help me

(Ref.: Psalms 40:13, 17).

## **The Lord knows my sorrow.**

Lord, You know my sorrow.

Put my tears in Your bottle.

I believe that my tears are written in the Lord's book

(Ref.: Psalms 56:8).

## **The Lord remains constant.**

The Lord remains constant and His solidarity will have no end.

Our descendants will always live before the Lord

and be protected by the Lord from generation to generation and be safe

(Psalms 102:27-28).

## **The Lord knows that the thoughts of man are futile.**

The Lord knows that the thoughts of man are futile.

Blessed are those who are disciplined by the Lord and taught by the law of the Lord.

The Lord saves these people from the day of trouble

(Psalms 94:11-12).

## **The Lord will be with His faithful servants in faithfulness and love.**

The Lord will be with His faithful servants in faithfulness and love,

give them strength, and exalt among men those servants

whom He has chosen in God's time and in God's way

(Ref.: Psalms 89:19, 24).

## **The Lord sees everything we do.**

The Lord sees everything we do.

Therefore, we must devote ourselves

to keeping all of the Lord's commands and instructions

(Ref.: Psalms 119:168).

## **The Lord is all we need.**

The Lord is all we need.

Obedying the Lord's commands is a great blessing to us.

Therefore, we promise to obey the word of the Lord,

We must obey the Lord's commands quickly and without delay

(Ref.: Psalms 119:56-57, 60).

## **The Lord refreshes ...**

The Lord refreshes our hearts with blessings

(Psalms 92:10).

## **The Lord is the God ...**

The Lord is the God who helps and comforts us!

(Ref.: Psalms 86:17).



## **The Lord does good to the righteous with unfailing love.**

Although wicked people consistently commit evil acts,  
the Lord does good to the righteous with unfailing love.  
The Lord loves the righteous with His precious kindness,  
protecting them, providing abundantly for them,  
and providing them with salvation  
(Ref.: Psalms 36:1, 5, 7-8, 10).

## **I cannot go anywhere apart from the Lord ...**

I cannot go anywhere apart from the Lord,  
and I know that the Lord guides me  
and holds me with His right hand  
(Ref.: Psalms 139:5, 7, 10).

## **We must yearn for Him, and earnestly seek Him.**

We make this world, which is like a wilderness, the temple of God.  
We must look to the Lord, yearn for Him, and earnestly seek Him with a yearning heart.  
When we do that, we will have no choice but to praise the Lord  
with great joy and be thankful to the Lord throughout our lives  
because His unfailing love is better than our lives  
(Ref.: Psalms 63:1-4).

## **Believe and trust in the Lord's commandments!**

Lord,  
Give me good judgment and knowledge,  
for I believe and trust in your commandments  
(Ref.: Psalms 119:66).

## **If we try to keep His word, we will not go down an evil path.**

The Lord has taught us by His word, so if we try to keep His word,  
we will not turn away from His commandments and go down an evil path  
(Ref.: Psalms 119:101-102).

## **Even believers who do not forget the Lord's commandments sometimes wander like lost sheep.**

Even believers who do not forget the Lord's commandments sometimes wander like lost sheep.  
At that time, the Lord, the good shepherd, searches for saints who are like lost sheep  
(Ref.: Psalms 119:176; Luke 15:4).

## **Saints who long for the Lord's salvation**

Saints who long for the Lord's salvation hold on to the word of the Lord's promise even in the midst of persecution, and while being led by the word, they love the Lord's teachings very much and put them into practice (Ref.: Psalms 119:166-167, 170).

## **Let us speak and proclaim the glory and power of Your kingdom.**

We pray that the Lord, the King of kings, may let us know the glory and glorious majesty of Your eternal kingdom, which reigns from generation to generation, so that we may speak and proclaim the glory and power of Your kingdom (Ref.: Psalms 145:11-13).

## **Guide my steps with Your word ...**

Lord,  
Give me grace as You give to those who love You.  
Guide my steps with Your word  
and do not let sin have dominion over me  
(Ref.: Psalms 119:132-133).

## **The word of the Lord ...**

The word of the Lord is very sure,  
and the house of the Lord is holy and eternal  
(Psalms 93:5).

## **We must still trust the Lord's word to the end!**

We may tire of longing for the Lord's salvation,  
but we must still trust the Lord's word to the end  
(Ref.: Psalms 119:81).

## **The way to keep the Lord's words in my heart**

The way to keep the Lord's words in my heart  
is to be taught by the Lord's words while I am suffering,  
carefully examine the Lord's teachings,  
and meditate on the Lord's teachings  
(Ref.: Psalms 119:11-12, 15).

## **Those who love the Lord's word ...**

Those who love the Lord's word consider it  
their eternal treasure and the joy of their hearts.  
Therefore, they place their hope in the Lord's promises  
and resolve to keep and obey His word  
with a single-minded devotion until death  
(Ref.: Psalms 119:111-115).

## **The love of the Lord supported me.**

When I almost slipped when I saw the prosperity of the wicked,  
the love of the Lord supported me  
(Psalms 94:18; Ref.: 73:2-3).

## **Our zeal for the Lord's temple must continue to burn within us.**

No matter how much we may be strangers to our brothers and strangers to our families,  
our zeal for the Lord's temple must continue to burn within us  
(Ref.: Psalms 69:8-9).

## **How wonderful His workmanship is ...**

We must praise the Lord because we know very well  
how wonderful His workmanship is in making us so wonderfully  
(Ref.: Psalms 139:14).

## **Those who love the Lord's promise ...**

Those who love the Lord's promise place their hope in God,  
who gave the word of that promise, and ask God to sustain them  
and live according to the Lord's promise  
(Ref.: Psalms 119:116, 119).

## **I pray that the Lord, for the sake of His name, will have mercy on this sinner.**

When I reflect on how I have preached God's word  
but then quickly turned away from it and sinned against God,  
I cannot help but sincerely seek the Lord's grace.  
I pray that the Lord, for the sake of His name, will have mercy on this sinner.  
I pray that the Lord will turn my heart to follow His teachings  
(Ref.: Psalms 119:58-59).

## **Give victory to Your children.**

The Lord is our King and our God.

Give victory to Your children

(Ref.: Psalms 44:4).

## **Guarantee the happiness of the Lord's servant.**

I am the servant of the Lord.

I long for Your salvation and Your righteous words.

May the Lord give me insight so that I can understand and understand Your Word.

Rule me with Your unfailing love and teach me Your word.

Guarantee the happiness of Your servant

(Ref.: Psalms 119:122-125).

## **He who loves the word of the truth of the Lord ...**

He who loves the word of the truth of the Lord

hates and abhors what is false.

(Ref.: Psalms 119:163).

## **For the Lord's unsearchable greatness ...**

As I meditate on the wondrous and mighty works of the Lord,  
I will praise the Lord for His unsearchable greatness  
and proclaim His greatness and wondrous works  
(Ref.: Psalms 145:4-6).

## **Lord, save me with Your unfailing love.**

I love Your teachings, for all Your words are true  
and all Your righteous commandments endure forever.  
Lord, save me with Your unfailing love  
(Ref.: Psalms 119:159-160).

## **The Lord's truly beautiful temple**

One day spent in the Lord's truly beautiful temple  
is better than a thousand days spent anywhere else  
(Ref.: Psalms 84:1, 10).



## **Truth in the innermost being!**

The Lord desires truth in the innermost being  
(Psalms 51:6).

## **There is joy!**

We must seek God, seek God's power, and always look to God.  
There is joy in those who seek God  
(Ref.: Psalms 105:3-4).

## **We must love truth and goodness more.**

We must hate lies and evil and love truth and goodness more  
(Ref.: Psalms 52:3).

## **Truthfulness**

We must be truthful in what we say.

We must never tell lies that are nothing more than flattery

(Ref.: Psalms 78:36).

## **All who call on Him in truth**

The Lord is near to all who call on Him in truth

(Psalms 145:18).

What other nation is so great as to have their gods near them  
the way the Lord our God is near us whenever we pray to him?

(Deuteronomy 4:7)

## **We must truly thank Him and praise Him.**

Because of the Lord's unfailing love and faithfulness,

we must truly thank Him and praise Him

(Ref.: Psalms 138:1-2).

## **The secret to living in true freedom**

The secret to living in true freedom  
is to consistently keep and follow God's words of instruction  
(Ref.: Psalms 119:44-45).

## **A man is but a breath of breath.**

When the Lord disciplines a man who has sinned,  
He destroys his precious things like a moth;  
indeed, man is but a breath of breath  
(Psalms 39:11).

## **The Lord rebukes ...**

The Lord rebukes those who are proud  
and disobey His commands  
(Ref.: Psalms 119:21).

## **More precious than a thousand gold pieces**

After going through hardships,  
I realized that God's words of promise given  
in the midst of those hardships were  
more precious than a thousand gold pieces  
(Ref.: Psalms 119:72).

## **Greatest joy**

The Lord is my greatest joy  
(Psalms 43:4).

## **We must learn the path of the Lord's truth in the midst of great difficulties.**

When we face great difficulties and tribulations,  
we must not only cry out to the Lord but also come to know who God is.  
In such times, we should learn the Lord's truth and His ways  
that He teaches us and walk steadfastly and faithfully in those truths and paths  
(Psalms 86:1-11).

## **When facing great difficulties ...**

When facing great difficulties, those devoted to the Lord rely on Him, their souls looking to Him as they earnestly cry out.

This is because they know that the Lord listens to their prayers and answers them.

Therefore, God, who shows endless love to those who cry out to Him, has compassion on them and grants salvation to His servants

(Psalms 86:1-7).

## **We earnestly offer sighing prayers to God.**

When our hearts are troubled  
and we earnestly offer sighing prayers to God,  
He does not ignore them but listens  
(Psalms 55:1-2).

## **Let us rejoice before God.**

We should rejoice and be glad before God,  
singing to Him and praising His name  
(Psalms 68:3-4).

## **God, scatter our enemies ...**

God,  
Scatter our enemies like dust  
and make them like straw blown by the wind  
(Ref.: Psalms 83:13).

## **We cannot help but give thanks to God.**

God is good and His love endures forever.  
Therefore, we cannot help but give thanks to God  
(Ref.: Psalms 118:1).

## **God will protect us who love Him ...**

God will protect us who love Him  
and destroy all the wicked  
(Ref.: Psalms 145:20).

## **We must tell all our problems to God.**

We must always trust God and tell Him all our problems.  
God is our strong rock and refuge  
(Ref.: Psalms 62:7-8).

## **God is close to the brokenhearted ...**

God is close to the brokenhearted  
and saves those whose hearts are broken by sin  
(Psalms 34:18).

## **God wants us to listen to His words of warning.**

God wants us to listen to His words of warning.  
He has said to us, 'Do not worship other gods or set up idols among you.'  
However, when we do not heed God's warnings and disobey Him,  
He lets us follow our stubborn hearts and do as we please  
(Psalms 81:8-9, 11-12).  
I consider this abandonment by God to be a severe punishment.  
This is what Romans 1:24, 26-31 say:  
“Therefore God gave them over in the sinful desires of their hearts to sexual impurity  
for the degrading of their bodies with one another. ... Because of this,  
God gave them over to shameful lusts.  
Even their women exchanged natural relations for unnatural ones.  
In the same way the men also abandoned natural relations with women  
and were inflamed with lust for one another.  
Men committed indecent acts with other men,  
and received in themselves the due penalty for their perversion.  
Furthermore, since they did not think it worthwhile to retain the knowledge of God,  
he gave them over to a depraved mind, to do what ought not to be done.  
They have become filled with every kind of wickedness, evil, greed and depravity.  
They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers,  
God-haters, insolent, arrogant and boastful; they invent ways of doing evil;  
they disobey their parents; they are senseless, faithless, heartless, ruthless.”

## **God satisfies our desires.**

God, who gives us food at the right time  
and meets our needs, satisfies our desires  
(Ref.: Psalms 145:15-16).

## **Let them say, 'God is great!'**

Lord,  
May all who seek the Lord rejoice and be glad in the Lord,  
and may those who long for the Lord's salvation always say,  
'God is great!' (Ref.: Psalms 40:16)

## **God will help us from early dawn.**

God is our refuge and strength,  
and He is always our help in times of trouble.  
Therefore, we do not need to be afraid.  
God will help us from early dawn  
(Ref.: Psalms 46:1, 2, 5, 11).



## **Those who love God ...**

Those who love God hate evil  
(Psalms 97:10).

## **Those who trust in God**

Those who trust in God and believe  
that God will surround us and protect us now and forever  
will always stand firm and unwavering  
(Ref.: Psalms 125:1-2).

## **If we do not trust Him and continue to sin ...**

If we see the miracles God has performed in our lives  
but do not trust Him and continue to sin,  
He will make us spend our days in futility and our years in terror.  
Even so, God will make us repent and return to Him,  
seeking the Almighty God with a sincere heart as our Rock and Savior  
(Psalms 78:32-35).

## **Many will trust in God.**

God is putting a new hymn in our mouths to sing to Him,  
and many will see this and be afraid and trust in God  
(Ref.: Psalms 40:3).

## **We must praise God!**

We must praise God who chose us for himself  
and made us his own (Ref.: Psalms 135:3-4).

## **Those who take refuge in God**

We must find out how good God is.  
Blessed are those who take refuge in God  
(Psalm 34:8, Modern Bible)

## **Our heart toward God must remain the same.**

Our heart toward God must remain the same.  
We must be faithful to our covenant with God  
(Ref.: Psalms 78:37).

## **Experiencing the Lord's divine joy**

By loving the Lord's twofold commandment  
(loving God & loving our neighbor),  
I cherish this commandment.  
The indwelling Holy Spirit  
enables me to keep this commandment of love,  
allowing me to experience the Lord's divine joy  
(Psalms 119:47-48).

## **Those who proclaim God's word and recite His teachings ...**

Those who proclaim God's word and recite His teachings  
but despise and ignore His instruction are wicked.  
They forget God, associate with sinners, assist them,  
always speak evil, deceive with lies,  
and continually slander their own brothers  
(Psalms 50:16-20).

## **We must not forget and remember all of God's benefits ...**

We must not forget and remember all of God's benefits.

God saved our lives from destruction and gave us eternal life.

God has given us abundant love and mercy and satisfied us with good things in life, renewing our youth like the eagles.

Therefore, we must praise God:

‘Praise Jehovah, O thy soul, and do not forget all his benefits’

(Ref.: Psalms 103:2-5).

## **3 things Asaph realized when he entered God’s sanctuary**

Understanding the prosperity of the wicked and the suffering of the righteous was incredibly difficult, but Asaph, the writer of Psalms, realized three things when he entered the sanctuary of God:

(1) The fate of the wicked:

God will place the wicked on slippery ground and will thrust them into ruin, causing them to perish in an instant and come to a dreadful end,

(2) His own foolishness and ignorance, realizing he was like a beast before God,

(3) The fate of the righteous:

God guides the righteous by His instruction, and in the end, He will welcome them into glory

(Psalms 73:16-24).

## **We will live in prosperity and safety on earth through God's faithfulness.**

We must trust God, find our joy in Him,  
commit our ways to Him, and do good.  
Then God will grant us the desires of our hearts,  
and we will live in prosperity and safety  
on earth through God's faithfulness.  
(Ref.: Psalms 37:3-5).

## **The angel of God ...**

The angel of God protects those who serve the Lord  
with fear on all sides and delivers them from danger  
(Psalms 34:7).

## **A righteous person who receives God's blessing**

A righteous person who receives God's blessing  
is gracious and loves to give,  
but a wicked person who is cursed by God  
and will perish will borrow money and not repay it  
(Ref.: Psalms 37:21-22).

## **We must ponder what God has done.**

We must fear God, proclaim the works of God,  
and ponder what God has done.

(Ref.: Psalms 64:9).

## **Foolish people who say “there is no God”**

Foolish people who say “there is no God” in their hearts  
are corrupt and do unclean things, and no one does good

(Ref.: Psalms 53:1).

## **The sacrifice that God wants is a broken spirit.**

The sacrifice that God wants is a broken spirit.

The Lord will not despise a humble, contrite heart

(Psalms 51:17).

## **God delights in those who desire unfailing love**

We must sing with gratitude to God,  
who delights in those who serve him with a fearful heart  
and hope for his unfailing love,  
and use musical instruments to praise our God  
(Ref.: Psalms 147:7, 11).

## **A righteous person who always shows kindness to others ...**

A righteous person who always shows kindness to others  
and is happy to lend will never be abandoned,  
his children will never beg, and he will be blessed by God  
(Ref.: Psalms 37:25-26).

## **He still bears fruit and is always green and fresh!**

A righteous person is like a tree planted in God's house  
and growing luxuriantly in God's courts.  
Even when he is old, he still bears fruit and is always green and fresh  
(Psalms 92:13-14).

## **Let us always long for the word of God.**

Those who always long for the word of God  
do not forget the word of the Lord and rejoice in it, and pray to the Lord,  
'Open my eyes so that I can see Your wonderful word of truth'  
(Ref.: Psalms 119:16, 18, 20).

## **They will be happy and prosperous.**

Those who serve God with a fearful heart  
and live according to His commands will be happy and prosperous  
(Ref.: Psalms 128:1-2).

## **Happy mothers**

I pray that God, who gives children to barren women  
so that they can become happy mothers at home,  
will make all women who believe in Jesus happy in the Lord  
(Ref.: Psalms 113:9).



## **Our efforts are in vain.**

If the Lord does not build our homes and churches, our efforts are in vain.

It is in vain to wake up early in the morning, sleep late at night,  
and earn a living through hard work.

So, God gives sleep to those He loves

(Ref.: Psalms 127:1-2).

## **We are surrounded by countless problems that we cannot count.**

We are surrounded by countless problems that we cannot count,  
and our sins overwhelm us so that we cannot see.

When we are discouraged because our sins are more than the hairs of our head,  
we should look to Jesus Christ, who shed His precious blood on the cross and died,  
to forgive us of more sins than our hair.

When we do so, the Lord will give us grace,  
save us, and help us quickly

(Psalms 40:12-13).

## **When darkness becomes our only friend ...**

Because the Lord has caused our loved ones and friends to abandon us,  
when darkness becomes our only friend, we may think that the Lord has forsaken us  
and hidden His face from us.

Nevertheless, even in the darkness, we should seek the miracles of the Lord.

Therefore, like one rising from the dead, may we receive deliverance from darkness  
and praise the Lord in the light

(Psalms 88:10, 14, 18).

## **The lives of those who live blamelessly**

God knows the lives of those who live blamelessly.

Their reward will be eternal

(Ref.: Psalms 37:18).

## **God's word of promise that gives hope and life**

The words of promise the Lord gave me

(for individuals: John 6:1-15, for the church: Matthew 16:18)

give me hope and life, so I am comforted even in my suffering

(Ref.: Psalms 119:49- 50).

## **When we have lost hope and are in deep despair ...**

When we have lost hope and are in deep despair,  
we must remember the past hardships,  
think of all that the Lord has done for us,  
and pray earnestly to the Lord with a longing heart  
(Ref.: Psalms 143:4-6).

## **Even when we lose hope and fall into deep despair (1)**

Even when we lose hope and fall into deep despair,  
we must trust in the Lord and commit our souls to Him.  
We should earnestly long to hear the Lord's words of love every morning,  
because through His words, the Lord will show us the way we should go  
(Psalms 143:8).

## **Even when we lose hope and fall into deep despair (2)**

Even when we lose hope and fall into deep despair, we say, 'The Lord is my God.  
Teach me to do your will. We must ask the Lord, 'Please guide me to the right path'  
(Ref.: Psalms 143:4, 10).

## **Even when we lose hope and fall into deep despair (3)**

Even when we lose hope and fall into deep despair  
We must be confident that the Lord is a righteous God,  
a God who loves us unfailingly,  
and a God who saves us in God's time and in God's way  
(Ref.: Psalms 143:4, 11, 12).

## **Give strength**

Lord,  
Give strength to the soul exhausted by sorrow with the word of the Lord  
(Ref.: Psalms 119:28).