



**Daily Devotions in the Psalms**

**Psalm 104-108**

# Monday 24th August - Psalm 104

Praise the Lord, my soul.  
Lord my God, you are very great;  
you are clothed with splendour and majesty.  
2 The Lord wraps himself in light as with a garment;  
he stretches out the heavens like a tent  
3 and lays the beams of his upper chambers on their waters.  
He makes the clouds his chariot  
and rides on the wings of the wind.  
4 He makes winds his messengers,  
flames of fire his servants.  
5 He set the earth on its foundations;  
it can never be moved.  
6 You covered it with the watery depths as with a garment;  
the waters stood above the mountains.  
7 But at your rebuke the waters fled,  
at the sound of your thunder they took to flight;  
8 they flowed over the mountains,  
they went down into the valleys,  
to the place you assigned for them.  
9 You set a boundary they cannot cross;  
never again will they cover the earth.  
10 He makes springs pour water into the ravines;  
it flows between the mountains.  
11 They give water to all the beasts of the field;  
the wild donkeys quench their thirst.  
12 The birds of the sky nest by the waters;  
they sing among the branches.  
13 He waters the mountains from his upper chambers;  
the land is satisfied by the fruit of his work.  
14 He makes grass grow for the cattle,  
and plants for people to cultivate—  
bringing forth food from the earth:  
15 wine that gladdens human hearts,  
oil to make their faces shine,  
and bread that sustains their hearts.  
16 The trees of the Lord are well watered,  
the cedars of Lebanon that he planted.  
17 There the birds make their nests;  
the stork has its home in the junipers.  
18 The high mountains belong to the wild goats;  
the crags are a refuge for the hyrax.

19 He made the moon to mark the seasons,  
and the sun knows when to go down.  
20 You bring darkness, it becomes night,  
and all the beasts of the forest prowl.  
21 The lions roar for their prey  
and seek their food from God.  
22 The sun rises, and they steal away;  
they return and lie down in their dens.  
23 Then people go out to their work,  
to their labor until evening.  
24 How many are your works, Lord!  
In wisdom you made them all;  
the earth is full of your creatures.  
25 There is the sea, vast and spacious,  
teeming with creatures beyond number—  
living things both large and small.  
26 There the ships go to and fro,  
and Leviathan, which you formed to frolic there.  
27 All creatures look to you  
to give them their food at the proper time.  
28 When you give it to them,  
they gather it up;  
when you open your hand,  
they are satisfied with good things.  
29 When you hide your face,  
they are terrified;  
when you take away their breath,  
they die and return to the dust.  
30 When you send your Spirit,  
they are created,  
and you renew the face of the ground.  
31 May the glory of the Lord endure forever;  
may the Lord rejoice in his works—  
32 he who looks at the earth, and it trembles,  
who touches the mountains, and they smoke.  
33 I will sing to the Lord all my life;  
I will sing praise to my God as long as I live.  
34 May my meditation be pleasing to him,  
as I rejoice in the Lord.  
35 But may sinners vanish from the earth  
and the wicked be no more.  
Praise the Lord, my soul.  
Praise the Lord.

When we think of creation accounts, our first thoughts go to Genesis. But in this psalm, we see another account of creation. God's creative work is seen through setting the earth on its foundations (v. 5) and creating boundaries for the waters (a picture of chaos - v. 7-10).

God also sustains creation. The waters that were seen as chaotic, dangerous and uncontrollable are sent by God to water the earth and the animals (v. 10-14). And notice that God does not simply create life, his creation is lavish! It brings joy (v. 14-15)! God is the one who gives and takes life (v. 27-30).

A few years ago I got the privilege of going on a school hiking trip to New Zealand. We walked up mountains and looked down on lakes. It's very easy to live in the suburbs and think that you're big and important, because we rarely get a sense of how small we are. But when I was standing on a mountain, looking out across valleys and lakes, I felt so small. I felt in awe of how big and beautiful God's creation is. I

was reminded that that He is the one who made and sustains everything and He is the who deserves all my praise. My feeble efforts to impress Him and others seem silly when confronted with the grandeur and sheer size of the world. It seems to me that one of God's aims in the generosity and beauty of creation is to make us take our eyes off of ourselves, and lift our gaze towards Him. Certainly, that's where the Psalm ends. The Psalmist pledges to spend his days in praise.

We know that creation is flawed and broken by sin and our lack of care. But there is still so much beauty around us. May creation move us to awe and praise of the One who made it and sustains it.

*Lord God, you are very great! The glory we see in creation is but a tiny glimpse of your true glory. We praise you for creating and sustaining all life. May creation humble us and move us to praise. Forgive us for thinking ourselves big and you small. Thank you that one day, we know all of creation will be redeemed and restored. As we wait for that day, may our lives be marked by praise. Amen*

James

## Tuesday 25th August - Psalm 105

Give praise to the Lord, proclaim his name;  
make known among the nations what he has done.  
2 Sing to him, sing praise to him;  
tell of all his wonderful acts.  
3 Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.  
4 Look to the Lord and his strength;  
seek his face always.  
5 Remember the wonders he has done,  
his miracles, and the judgments he pronounced,  
6 you his servants, the descendants of Abraham,  
his chosen ones, the children of Jacob.  
7 He is the Lord our God;  
his judgments are in all the earth.  
8 He remembers his covenant forever,  
the promise he made, for a thousand generations,  
9 the covenant he made with Abraham,  
the oath he swore to Isaac.  
10 He confirmed it to Jacob as a decree,  
to Israel as an everlasting covenant:  
11 "To you I will give the land of Canaan  
as the portion you will inherit."  
12 When they were but few in number,  
few indeed, and strangers in it,  
13 they wandered from nation to nation,  
from one kingdom to another.  
14 He allowed no one to oppress them;  
for their sake he rebuked kings:  
15 "Do not touch my anointed ones;  
do my prophets no harm."  
16 He called down famine on the land  
and destroyed all their supplies of food;  
17 and he sent a man before them—  
Joseph, sold as a slave.  
18 They bruised his feet with shackles,  
his neck was put in irons,  
19 till what he foretold came to pass,  
till the word of the Lord proved him true.  
20 The king sent and released him,  
the ruler of peoples set him free.  
21 He made him master of his household,  
ruler over all he possessed,  
22 to instruct his princes as he pleased  
and teach his elders wisdom.  
23 Then Israel entered Egypt;  
Jacob resided as a foreigner in the land of Ham.

24 The Lord made his people very fruitful;  
he made them too numerous for their foes,  
25 whose hearts he turned to hate his people,  
to conspire against his servants.  
26 He sent Moses his servant,  
and Aaron, whom he had chosen.  
27 They performed his signs among them,  
his wonders in the land of Ham.  
28 He sent darkness and made the land dark—  
for had they not rebelled against his words?  
29 He turned their waters into blood,  
causing their fish to die.  
30 Their land teemed with frogs,  
which went up into the bedrooms of their rulers.  
31 He spoke, and there came swarms of flies,  
and gnats throughout their country.  
32 He turned their rain into hail,  
with lightning throughout their land;  
33 he struck down their vines and fig trees  
and shattered the trees of their country.  
34 He spoke, and the locusts came,  
grasshoppers without number;  
35 they ate up every green thing in their land,  
ate up the produce of their soil.  
36 Then he struck down all the firstborn in their land,  
the firstfruits of all their manhood.  
37 He brought out Israel, laden with silver and gold,  
and from among their tribes no one faltered.  
38 Egypt was glad when they left,  
because dread of Israel had fallen on them.  
39 He spread out a cloud as a covering,  
and a fire to give light at night.  
40 They asked, and he brought them quail;  
he fed them well with the bread of heaven.  
41 He opened the rock, and water gushed out;  
it flowed like a river in the desert.  
42 For he remembered his holy promise  
given to his servant Abraham.  
43 He brought out his people with rejoicing,  
his chosen ones with shouts of joy;  
44 he gave them the lands of the nations,  
and they fell heir to what others had toiled for—  
45 that they might keep his precepts  
and observe his laws.  
Praise the Lord.

This Psalm calls people to worship God for all his amazing acts in human history and our own lives. As we read through the wonderful acts of God in history we can see that faith is not primarily about imitating great moral examples in the bible, since history is a consistent story of God offering his grace to people who don't deserve it or seek him and never really appreciate it. God is our provider, our healer, our righteousness, our peace, and many other things, all of which are reflected in His name.

Just like this psalm says, "...make known among the nations what he has done" (v. 1) - Jesus commanded his disciples: "Go into all the world and preach the gospel to every creature" (Mark 16:15). We need to respond by sharing the truth of what Jesus has done for us on the cross.

Code Blue is a hospital term for a life-and-death emergency. When there is a Code-Blue emergency, everyone drops what he or she is doing to respond to the crisis. We are surrounded every day by people caught up in a life-and-death struggle against the power of Satan, as he tries to steal their very lives. God has called us to be his ambassadors to this generation. As believers, we must tell others about Jesus Christ with the intensity of a Code-Blue response.

*Lord thank you that you came into our lives and changed everything. We thank you for your gift of salvation, won for us at the cross by Jesus Christ. Thank you that you are a God of grace. Let this be the motivation to love you and tell others about you more. Amen.*

Martin

# Wednesday 26th August - Psalm 106

Praise the Lord.

Give thanks to the Lord, for he is good;  
his love endures forever.

2 Who can proclaim the mighty acts of the Lord  
or fully declare his praise?

3 Blessed are those who act justly,  
who always do what is right.

4 Remember me, Lord, when you show favour to your  
people,

come to my aid when you save them,

5 that I may enjoy the prosperity of your chosen ones,  
that I may share in the joy of your nation  
and join your inheritance in giving praise.

6 We have sinned, even as our ancestors did;  
we have done wrong and acted wickedly.

7 When our ancestors were in Egypt,  
they gave no thought to your miracles;  
they did not remember your many kindnesses,  
and they rebelled by the sea, the Red Sea.

8 Yet he saved them for his name's sake,  
to make his mighty power known.

9 He rebuked the Red Sea, and it dried up;  
he led them through the depths as through a desert.

10 He saved them from the hand of the foe;  
from the hand of the enemy he redeemed them.

11 The waters covered their adversaries;  
not one of them survived.

12 Then they believed his promises  
and sang his praise.

13 But they soon forgot what he had done  
and did not wait for his plan to unfold.

14 In the desert they gave in to their craving;  
in the wilderness they put God to the test.

15 So he gave them what they asked for,  
but sent a wasting disease among them.

16 In the camp they grew envious of Moses  
and of Aaron, who was consecrated to the Lord.

17 The earth opened up and swallowed Dathan;  
it buried the company of Abiram.

18 Fire blazed among their followers;  
a flame consumed the wicked.

19 At Horeb they made a calf  
and worshiped an idol cast from metal.

20 They exchanged their glorious God  
for an image of a bull, which eats grass.

21 They forgot the God who saved them,  
who had done great things in Egypt,

22 miracles in the land of Ham  
and awesome deeds by the Red Sea.

23 So he said he would destroy them—  
had not Moses, his chosen one,

stood in the breach before him  
to keep his wrath from destroying them.

24 Then they despised the pleasant land;  
they did not believe his promise.

25 They grumbled in their tents  
and did not obey the Lord.

26 So he swore to them with uplifted hand  
that he would make them fall in the wilderness,

27 make their descendants fall among the nations  
and scatter them throughout the lands.

28 They yoked themselves to the Baal of Peor  
and ate sacrifices offered to lifeless gods;

29 they aroused the Lord's anger by their wicked deeds,  
and a plague broke out among them.

30 But Phinehas stood up and intervened,  
and the plague was checked.

31 This was credited to him as righteousness  
for endless generations to come.

32 By the waters of Meribah they angered the Lord,  
and trouble came to Moses because of them;

33 for they rebelled against the Spirit of God,  
and rash words came from Moses' lips.

34 They did not destroy the peoples  
as the Lord had commanded them,

35 but they mingled with the nations  
and adopted their customs.

36 They worshiped their idols,  
which became a snare to them.

37 They sacrificed their sons  
and their daughters to false gods.

38 They shed innocent blood,  
the blood of their sons and daughters,

whom they sacrificed to the idols of Canaan,  
and the land was desecrated by their blood.

39 They defiled themselves by what they did;  
by their deeds they prostituted themselves.

40 Therefore the Lord was angry with his people  
and abhorred his inheritance.

41 He gave them into the hands of the nations,  
and their foes ruled over them.

42 Their enemies oppressed them  
and subjected them to their power.

43 Many times he delivered them,  
but they were bent on rebellion

and they wasted away in their sin.

44 Yet he took note of their distress  
when he heard their cry;

45 for their sake he remembered his covenant  
and out of his great love he relented.

46 He caused all who held them captive  
to show them mercy.

47 Save us, Lord our God,  
and gather us from the nations,

that we may give thanks to your holy name  
and glory in your praise.

48 Praise be to the Lord, the God of Israel,  
from everlasting to everlasting.

Let all the people say, "Amen!"

Praise the Lord.

What happens when you can no longer believe in the goodness of God?

The people of God in the Old Testament failed to understand the goodness of God. Other gods seemed better, their goodness seen as they promised power over enemies, fertility for livestock and great crops.

The other nations prospered under the hands of their idols.

The psalmist is calling Israel back; to come back from exile to remember, see and worship, to come to God through the retelling of their history.

As you read this psalm can you see the goodness of God? Thinking through your life how has God shown you His goodness?

Phil

# Thursday 27th August - Psalm 107

- Give thanks to the Lord, for he is good;  
his love endures forever.
- 2 Let the redeemed of the Lord tell their story—  
those he redeemed from the hand of the foe,  
3 those he gathered from the lands,  
from east and west, from north and south.  
4 Some wandered in desert wastelands,  
finding no way to a city where they could settle.  
5 They were hungry and thirsty,  
and their lives ebbed away.  
6 Then they cried out to the Lord in their trouble,  
and he delivered them from their distress.  
7 He led them by a straight way  
to a city where they could settle.  
8 Let them give thanks to the Lord for his unfailing love  
and his wonderful deeds for mankind,  
9 for he satisfies the thirsty  
and fills the hungry with good things.  
10 Some sat in darkness, in utter darkness,  
prisoners suffering in iron chains,  
11 because they rebelled against God's commands  
and despised the plans of the Most High.  
12 So he subjected them to bitter labor;  
they stumbled, and there was no one to help.  
13 Then they cried to the Lord in their trouble,  
and he saved them from their distress.  
14 He brought them out of darkness, the utter darkness,  
and broke away their chains.  
15 Let them give thanks to the Lord for his unfailing love  
and his wonderful deeds for mankind,  
16 for he breaks down gates of bronze  
and cuts through bars of iron.  
17 Some became fools through their rebellious ways  
and suffered affliction because of their iniquities.  
18 They loathed all food  
and drew near the gates of death.  
19 Then they cried to the Lord in their trouble,  
and he saved them from their distress.  
20 He sent out his word and healed them;  
he rescued them from the grave.  
21 Let them give thanks to the Lord for his unfailing love  
and his wonderful deeds for mankind.  
22 Let them sacrifice thank offerings  
and tell of his works with songs of joy.
- 23 Some went out on the sea in ships;  
they were merchants on the mighty waters.  
24 They saw the works of the Lord,  
his wonderful deeds in the deep.  
25 For he spoke and stirred up a tempest  
that lifted high the waves.  
26 They mounted up to the heavens and went down to  
the depths;  
in their peril their courage melted away.  
27 They reeled and staggered like drunkards;  
they were at their wits' end.  
28 Then they cried out to the Lord in their trouble,  
and he brought them out of their distress.  
29 He stilled the storm to a whisper;  
the waves of the sea were hushed.  
30 They were glad when it grew calm,  
and he guided them to their desired haven.  
31 Let them give thanks to the Lord for his unfailing love  
and his wonderful deeds for mankind.  
32 Let them exalt him in the assembly of the people  
and praise him in the council of the elders.  
33 He turned rivers into a desert,  
flowing springs into thirsty ground,  
34 and fruitful land into a salt waste,  
because of the wickedness of those who lived there.  
35 He turned the desert into pools of water  
and the parched ground into flowing springs;  
36 there he brought the hungry to live,  
and they founded a city where they could settle.  
37 They sowed fields and planted vineyards  
that yielded a fruitful harvest;  
38 he blessed them, and their numbers greatly  
increased,  
and he did not let their herds diminish.  
39 Then their numbers decreased, and they were  
humbled  
by oppression, calamity and sorrow;  
40 he who pours contempt on nobles  
made them wander in a trackless waste.  
41 But he lifted the needy out of their affliction  
and increased their families like flocks.  
42 The upright see and rejoice,  
but all the wicked shut their mouths.  
43 Let the one who is wise heed these things  
and ponder the loving deeds of the Lord.

When you read this psalm you will notice four different scenarios introduced by verses 4, 10, 17 and 23, and then followed in each case by these words: "Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind."

The first is a scenario of people wandering in the wilderness, lost and homeless.

They are hungry, lonely, thirsty and cry out to the Lord for help. The Lord hears their cry and answers their prayer. He leads them to a place of safety and security. They are invited to remember that God alone satisfies the thirsty and fills the hungry with good things.

The second is a scenario of prisoners suffering in deepest darkness and bound by chains. When they cry out to the Lord, he hears their cry and releases them from captivity.

They are invited to remember the power of God to break the yoke of bondage and set the prisoner free



The third is a scenario of fools suffering affliction because of their rebellious ways and their iniquities. When they seek God's help he answers their prayer, heals them and even snatches them from the door of death. They are invited to recall the greatness of God and tell others of his glory

The fourth is a scenario of people caught in a terrifying tempest at sea. They cry out to the Lord the waters subside. God brings them into a safe harbour. They are invited to acknowledge and declare the greatness of God in the assembly of his people.

Why are these words repeated: Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind? The answer is found in v.43: Let the one who is wise heed these things and ponder the loving deeds of the Lord. That means we need to be proactive in thinking about application of this psalm to our own situation, and our own lives.

Father God, help me to be wise and to understand the specific application of this text to my life today. We pray for those who are really struggling through the current global crisis. May they know You and experience your power to deliver them. Thank you for sending Your Son into the world, a Redeemer who is faithful and reliable. Thank you for establishing our lives on a firm foundation, and for giving us a hope that can never be taken away. Amen.

When God's people cry out to the LORD, everything changes! He never fails to comfort, strengthen, and deliver those in need.

John

## Friday 28th August - Psalm 108

My heart, O God, is steadfast; I will sing and make music with all my soul.	8 Gilead is mine, Manasseh is mine; Ephraim is my helmet, Judah is my scepter.
2 Awake, harp and lyre! I will awaken the dawn.	9 Moab is my washbasin, on Edom I toss my sandal; over Philistia I shout in triumph."
3 I will praise you, Lord, among the nations; I will sing of you among the peoples.	10 Who will bring me to the fortified city? Who will lead me to Edom?
4 For great is your love, higher than the heavens; your faithfulness reaches to the skies.	11 Is it not you, God, you who have rejected us and no longer go out with our armies?
5 Be exalted, O God, above the heavens; let your glory be over all the earth.	12 Give us aid against the enemy, for human help is worthless.
6 Save us and help us with your right hand, that those you love may be delivered.	13 With God we will gain the victory, and he will trample down our enemies.
7 God has spoken from his sanctuary: "In triumph I will parcel out Shechem and measure off the Valley of Sukkoth.	

Are you a morning person? Do you know others who claimed to be night people? If so, whether a morning person or night person, each of us must ask ourselves if our heart is steadfast upon God (v. 1).

David wrote: my heart, O God, is steadfast; I will sing and make music with all my soul (v. 1). Whether you are a morning person or a night person, the one who knows and loves the Lord God can have a steadfast heart even when he sees the world reeling around him. Our hearts bow to sing and give praise with all our intellect, our skills, our resources, ourselves. It is the call to obey the command of the steadfast heart which causes us to rise in the morning with a song on our lips. David, an early riser, not only resolved to sing and give praises to God with his lips but resolved to employ the use of musical instruments in that same melody of praise. He implores, "Awake, harp and lyre! (v. 2)". Not content with singing the praises of God alone, he will use the well-tuned strings of the harp and lyre and his flying fingers to accompany his vocal cords.

Still, the key to his praise for God is not found in his voice or in the harp and lyre. The key is found in the call to "awake" himself to the lively pursuit of praise to God. David says, I myself will awake early so that His praise to the Lord will precede the dawn. The best and brightest hours of the day will find the psalmist heartily aroused to bless God. Some engage in praise to God in a half-hearted manner as if they were half asleep. They arise early to praise God but do not awaken their minds, their spirits and their bodies in praise to God. Early risers who seek to please the Lord must make certain that they have awakened themselves thoroughly before they begin to praise Him or their practice of predawn praise will be reduced to mere ritualism.

Having a time alone with God early in the morning is a blessed experience. But too often, our prayer life early in the morning is burdened down with weariness, sleepiness, and a half-awake attitude toward God. When we have our morning devotions, we must be certain that we are wide awake and ready to meet with God. Then will our meeting with the Almighty be something enjoyable, something vibrant, alive, and awake.

*Lord help us always to be alert, awake and available to praise you early in the morning. Let your name be exalted O God above the heavens; let your glory be over all the earth.*

Edwin