Hello Valley Heights Ladies!

Today being August 31st marks our last day of our summer reading plan of praying and praising God through the 150 Psalms. What a sweet and precious time with the Lord in His Word! I pray that your heart like mine has become intimately acquainted with the Psalm writer’s hearts as they teach us how to come to our heavenly Father with our predicaments and our proclamations of praise and thanksgiving.

So often these distressed souls, cried out in child-like faith, “Abba, Father,” “Daddy, daddy, I’m hurting, help me, hold me.” So often these doubting souls, came weary saying, “Daddy, I’m scared, I don’t know what to do.” So often these discouraged souls, clamoured, “Daddy how long is this going to keep going on?” So often these depressed souls called out, ”Daddy, is there any way out of this?” Whether these dear souls were distressed, doubting, discouraged or depressed, they always came to their “Daddy” with child-like faith and found their comfort, their peace, their trust, and their hope in their heavenly Father. If they learned to talk to their “Daddy” who was always with them and if they learned to praise Him in the midst of their distractions and difficult circumstances then we can too!

Paul E. Miller in his book “A Praying Life” says, “When it comes to prayer, we, too just need to get the words out. Feel free to stop and pray now. It’s okay if your mind wanders or your prayers get interrupted. Don’t be embarrassed by how needy your heart is and how much it needs to cry out for grace. Just start praying. Remember, the point of Christianity isn’t to learn a lot of truths so you don’t need God anymore. We don’t learn God in the abstract. We are drawn into His life.

Become like a little child ---ask, believe, and yes, even play (…when talking with old friends, the conversation bounces from subject to subject. It has a fun, meandering, play-like quality. Why would our prayer time be any different? After all, God is a person… Pg.40”) When you stop trying to be an adult and get it right, prayer will just flow because God has done something remarkable. He’s given you a new voice. It is His own. God has replaced your badly damaged prayer antenna with a new one ----the Spirit. He is in you praying. Paul told us that the Spirit puts the praying heart of Jesus in you. “God has sent the Spirit of His Son into our hearts, crying, ‘Abba! Father!” (Galatians 4:6). You’ll discover your heart meshing with God’s.

You’ll discover that prayer is a feast. As you get the clutter off your heart and mind, it is easy to be still in God’s presence. You’ll be able to say with David, “I have calmed and quieted my soul, like a weaned child with its mother” (Psalm 131:2)” (pg.’s 41-42)

Ladies, we have so much to thank the Lord for, don’t we? Your “Abba, Father”, your “Daddy, daddy” who has lavished His love upon you eagerly awaits to not only hear your daily predicaments but eagerly anticipates your daily proclamations of praise and thanksgiving for who He is and for what He has done for your soul!

Here are some of my final reflections and responses as I studied and meditated upon the last 30 psalms of the 150! May your hearts be encouraged and blessed as mine was!

**Praying and praising God through Psalm 121 to Psalm 150:**

Psalm 121 – “My help comes from the LORD, who made heaven and earth.” Lord, I find great comfort in knowing that Your eye is always upon me, caring for me and carrying me through life’s trials and troubles. Thank You, for faithfully protecting me and providing me with divine courage to press on.

Psalm 122 – O Lord, it is good to gather with Your people on Sundays to not only worship You in praise and prayer but to worship You as the Word of God is faithfully preached!

Psalm 123 – Help me to keep my eyes fixed on You, Lord. In this world where there are so many things that can easily distract and discourage me, give me Your divine grace to direct my thoughts towards delighting in You alone.

Psalm 124 – Lord, every day I am helpless and powerless to accomplish anything apart from You. I am so very thankful that I can lean hard into Your everlasting arms of love to strengthen me and support me in all that You have called me to be and do for Your honour and glory!

Psalm 125 – Though there is much insecurity and instability in these days, thank You Lord that You are my security. So thankful that You cause me to stand strong and that You give me the desire to trust You and to rest in Your Sovereign protection in these evil days.

Psalm 126 – Though I have wept many tears over the years as I have ministered to hurting souls, thank You that You have continued to fill my heart each day with gladness, joy and laughter. O how You have done great things for my soul. Give me the grace, Lord, that I need to persevere in serving You in the days ahead.

Psalm 127 – “Behold, children are a gift of the LORD, the fruit of the womb is a reward.” Thank You, Lord, for the gift of children and for giving us the perfect “parenting manual”, the Bible! O the joy and rich blessing that comes from raising our children in Your Word and in Your ways by the enablement of Your Spirit!

Psalm 128 – “How blessed is everyone who fears the LORD, who walks in His ways.” Lord, help us to teach our children to fear You above all else. Help us to faithfully point our children to love You, to know that they can be forgiven by You, to delight in You, to obey You, to hope in You, and to serve You all the days of their lives.

Psalm 129 – Lord, we know that when our children put their confident faith in You alone and are resolved to live godly lives pleasing to You, they will be persecuted. Because You are good and righteous, Lord, I trust that Your blessing will be upon them as You give them the joy, courage and strength to persevere to the end.

Psalm 130 -- O Lord, with You there is much mercy, forgiveness of sins, and abundant hope in Your redeeming work. Thank You that the transforming grace of Your glorious Gospel will bear holy fruit in my life. To You be all the glory!

Psalm 131 – As a newborn is totally dependant and content with it’s mother’s nearness for much needed nourishment, may I too as Your child, Lord, be totally dependant and content upon Your nearness and be constantly nourished on the words of faith and of sound doctrine.

Psalm 132 – “Let Your priests be clothed with righteousness, and let Your godly ones sing for joy.” Thank You, Lord, that when I repented of my sin, and put my trust in Christ’s finished work of salvation on the cross, You clothed me with Your righteousness. You are my joy and my song and my resting place forever!

Psalm 133 – “Behold, how good and how pleasant it is for brothers to dwell together in unity!” How refreshing and revitalizing it is Lord to dwell together in unity with Your children and to joyfully worship You in spirit and in Truth!

Psalm 134 – Lord, I thank You that You are my Master. What love You have lavished upon me, Your slave. Give me the strength and the stamina to serve You from a heart that loves You and desires to be fully devoted to You day and night.

Psalm 135 – For I know, LORD, that You are good and that You are great and that You are above all gods. How I praise You, Lord, for choosing me to be Your child. Teach me and help me to humbly submit to Your authority and to Your perfect plans and purposes for my life.

Psalm 136 – I give thanks to You, Lord, the God of heaven, because Your lovingkindness is everlasting. Thank You, that Your unfailing love for me is intentional and is fully committed to change me more into Your likeness for Your own glory!

Psalm 137 – Lord, no matter how fierce the enemies of the cross are all around me, may my heart not give in to fear of man but to fear You and to remember to declare Your faithfulness fearlessly.

Psalm 138 – “I will bow down toward Your holy temple and give thanks to Your name for Your lovingkindness and Your truth; for You have magnified Your word according to all Your name.” Lord, continue to teach me to pray boldly and to stand firm in the faith that You have graced me with.

Psalm 139 – O Lord, what a comfort it is to me to know that You are all-powerful, all-knowing, and ever-present. You are the One who created me and knows me better than anyone else. And because of these beautiful realities I can come to You and pray, “Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”

Psalm 140 – “I said to the LORD, “You are my God; Give ear, O LORD, to the voice of my supplications.” Thank You, Lord, that even when the proud have desired to hurt and to harm us, You have always produced praise in our hearts because of Your powerful presence and promises!

Psalm 141 – “Set a guard, O LORD, over my mouth; keep watch over the door of my lips.” Quickly convict me when I sin against You or others with my unedifying words. Teach me to speak Your truth in love and to influence others towards Christlikeness.

Psalm 142 – “I cried out to You, O LORD; I said, “You are my refuge, My portion in the land of the living. Give heed to my cry, For I am brought very low; Deliver me from my persecutors, For they are too strong for me.” Thank You, Lord, that You have always provided me with much grace to glorify You in the midst of persecution.

Psalm 143 – “Teach me to do Your will, For You are my God; let You good Spirit lead me on level ground.” Lord, I long to live a life in joyful obedience to Your commands. I thank You that Your commands are not oppressive and demanding but delightful obligations that the Spirit of God helps me to fulfill!

Psalm 144 – “How blessed are the people whose God is the LORD!” Lord, though I can feel so very weak and helpless at times, I thank You that You are my Rock in whom I can cling and find eternal safety, strength and security.

Psalm 145 – “The LORD is gracious and merciful; slow to anger and great in lovingkindness.” Lord, help me to magnify You in all that I do and say because of the magnitude of Your love, grace and mercy in my life!

Psalm 146 – “I will praise the LORD while I live; I will sing praises to my God while I have my being.” Lord, no matter what circumstances I find myself in, may my heart and mind be filled with hope in You, and may my praise of You always be purposeful and intentional!

Psalm 147 -- You are a compassionate God who “heals the broken hearted” both physically and spiritually. Lord, in the midst of trials, may You always be the object and source of my song-filled heart because You alone are my Helper and my Healer.

Psalm 148 – Lord, You are Majestic, Mighty and Magnificent in all that You have created in the heavens and on the earth! Your eternal power and divine nature shouts to the world that You are God, the Creator of all things seen and unseen. May we who know You and love You purposefully praise You all the days of our life.

Psalm 149 – O Lord, there should be no room for complaining and grumbling in the hearts of godly believers but instead, confession of sin and great gratitude for who You are and for all that You have done.

Psalm 150 – “Let everything that has breath praise the LORD. Praise the LORD!” Lord, wherever I go and whatever I am doing, even the most mundane tasks that I face each day, teach my heart to continually prayer to You and praise You. You alone, Lord, are worthy of my wonder and worship!

Ladies, do you want your heart to mesh with God’s heart? Keep praying the scriptures.

As Paul Miller stated, “You’ll discover that prayer is a feast. As you get the clutter off your heart and mind, it is easy to be still in God’s presence. You’ll be able to say with David, “I have calmed and quieted my soul, like a weaned child with its mother” (Psalm 131:2)” (pg.’s 41-42)

Even though our summer reading plan through the Psalms is over, I would encourage you to continue to develop the discipline of being in the Psalms on a regular basis. We need to do this for the growth of our own souls!

Please know that if there is anything that I can do to encourage you, bless you, pray for you or serve you, please don’t hesitate to ask!

With love and prayers and gratitude filling my heart for you all,

Christyn