

21 Days of Prayer

August 7-27, 2022



Author - GARY ROHRMAYER



Gary Rohrmayer was born in Waukesha, Wisconsin. Growing up in a family of entrepreneurs, he turned his entrepreneurial energy into starting new churches throughout the Midwest after experiencing a dramatic conversion. As a pastor, author, speaker, coach, trainer, and leader, he has a unique focus in mobilizing and mentoring leaders in the mission of Jesus. He specializes in equipping leaders in areas of spiritual formation, church planting, and church health. Gary has been a force in church planting since 1987. During this time, he has been involved in over 161 new church plants and trained thousands of church planters across the country. He currently is serving as the president and executive minister of Converge MidAmerica, overseeing its business and ministry interests that support regional church planting and ongoing care of its partner churches. Gary's vision is to see "that no leader travels their ministry journey alone." Gary and his wife, Mary, have three grown children and live in the greater Chicago area.

21 Days of Prayer Praying the Psalms

Praying the Psalms

How to Use the Prayer Guide

Daily Devotions

1. *The LORD Is My King (Psalm 5:1-2)*
2. *The LORD Is My Rock (Psalm 18:2, 46)*
3. *The LORD Is My Portion (Psalm 73:25-26)*
4. *The LORD Is My Joy (Psalm 43:4)*
5. *The LORD Is My Cup (Psalm 16:5)*
6. *The LORD Is My Savior (Psalm 51)*
7. *The LORD Is My Refuge (Psalm 46:1-2)*
8. *The LORD Is My Sun (Psalm 84:11)*
9. *The LORD Is My Hiding Place (Psalm 32:7)*
10. *The LORD Is My Strength (Psalm 18:1)*
11. *The LORD Is My Fortress (Psalm 46:7)*
12. *The LORD Is My Redeemer (Psalm 19:14)*
13. *The LORD Is My Helper (Psalm 30:10)*
14. *The LORD Is My Shield (Psalm 7:10)*
15. *The LORD Is My Sovereign Lord (Psalm 109:21)*
16. *The LORD Is My Stronghold (Psalm 9:9-10)*
17. *The LORD Is My Sustainer (Psalm 55:22)*
18. *The LORD Is My Counselor (Psalm 16:7)*
19. *The LORD Is My Light (Psalm 27:1)*
20. *The LORD Is the Horn of My Salvation (Psalm 18:2)*
21. *The LORD Is My Shepherd (Psalm 23:1)*

Conclusion

Notes

PRAYING THE PSALMS

There is a struggle that every genuine follower of Jesus, every pastor, every Christian worker or missionary faces: a spasmodic devotional life.

Oswald Chambers wrote, "The battle of prayer is against two things in the earthlies: wandering thoughts, and lack of intimacy with God's character as revealed in His word. Neither can be cured at once, but they can be cured by discipline."³

Praying through the Psalms will help you overcome these two obstacles in your prayer life by focusing your scattered thoughts and by expanding your view of who God is and what He wants to accomplish in and through you.

For the next 21 days I will be taking you on an introductory journey through the book of Psalms.

**"The battle of prayer is against two things in the earthlies: wandering thoughts, and lack of intimacy with God's character."
- Oswald Chambers**

Why the Book of Psalms?

Praying the Psalms will expand our worship and affection for God.

In the Psalms, we have a divinely inspired songbook. They were songs to be sung in public worship and private prayer closets. They were to be sung around a family meal, during celebrations, or as people journeyed together on pilgrimages. In these God songs, we learn how to express our love and wonder of God through personal adoration.

Praying the Psalms will bring focus to our prayers. When our minds are cloudy from an informational overload, the prayers of the Bible can remove the clouds like a brisk afternoon wind clears the skies. The Psalms were the book of the Old Testament most quoted by Jesus. Jesus used Psalm 22 to keep himself focused as he hung on the cross and experienced the pain of our sins and the judgment of God (Matthew 27:46). We see this again in the last words of Jesus, "Into your hands I commit my spirit" (Luke 23:46), which come from Psalm 31:5.

Praying the Psalms will help us to wrestle through the questions

of life. The Psalms are filled with leaders struggling with fear, anxiety, doubts, and failure. They bring us insight into souls stressed by the depth of their sin, feelings of rejection by God, and the real threat of being attacked by others. Yet, through these internal struggles we see the psalmists experience a defining moment where God's greatness is discovered, confidence is gained, and courageous faith is declared. Tim Keller refers to the Psalms as "a medicine chest for the heart and the best possible guide for practical living." ⁴

Praying the Psalms will enable us to talk with God with greater

intimacy. Charles Spurgeon wrote, "The sweetest word of the whole is that monosyllable, 'My.'" ⁵ During our journey through the Psalms, we are going to discover 21 "mys" to help us gain a deeper intimacy with God's character and how to bring that into our daily experiences. What did it mean to the psalmists in claiming that God is my King, my Portion, and my Redeemer, and how did it impact the way they prayed and lived their lives?

Finally, praying the Psalms can be fuel for courageous prayer.

They help us process our fear, doubt, and anger and give us a bigger picture of God in the midst of our concerns. They help us see God for who He is and not who we want Him to be. They infuse our prayers with appropriate confession, a renewed perspective, and courageous confidence in the God who loves us, gave His Son Jesus to die for us, and fills us with the power of the Holy Spirit.

MY HOPE FOR YOU

I pray that when the world hits you in the face with feelings of inferiority, you will face it with courage and declare, "The Lord is my Portion!" I pray that when your life is collapsing around you, you will find courage to declare, "The Lord is my Rock!" Finally, I pray that when the clouds of confusion cause your heart to be anxious, you will courageously call on the Lord as your Light to bring clarity and perspective into your life.

HOW TO USE THIS PRAYER GUIDE

First, find a place to study and pray.

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you" (Matthew 6:6).

We see Jesus often demonstrate this by withdrawing to a place of solitude to seek the Father's heart. "But Jesus often withdrew to lonely places and prayed" (Luke 5:16).

The movie *War Room* depicts the mentoring relationship between an older Christian woman, Miss Clara, and a younger Christian woman, Elizabeth, who is struggling with a marriage that is faltering. Miss Clara teaches Elizabeth that she needs to have a secret place to pray, where she battles for her family through the spirit of prayer. She calls it her "War Room."

Where is your War Room? Do you have a place where you can pray and not be interrupted?

Second, make this the first thing you do in your day, if possible.

King David wrote, "In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly" (Psalm 5:3). Another psalmist continues this theme, "I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning" (Psalm 130:6).

Andrew Murray wrote, "The student who has made personal devotion to Christ his watchword will find in the morning hour the place where day by day the insight into his holy calling is renewed; where his will is braced up to walk worthy of it; and his faith rewarded by the presence of Christ waiting to meet him, and take charge of him for the day. . . . A living Christ waits to meet us!"⁶

Let us learn to start our days with Jesus. He is waiting!

Third, do it with a spouse or close Christian friend. Don't do it alone.

"And let us consider how we may spur one another on toward love and good deeds" (Hebrews 10:24). There is no such thing as being a solo Christian; Christianity is a team sport. We need others to cheer us on, as we in turn encourage others in their walk of faith. Finding a fellow believer to join you on this 21-day journey might be just the thing you need to take your prayer life to a new level, and it might be just the thing your friend needs too.

We are called to walk through this life together, not alone. Find a friend or a loved one and text each other words of encouragement and prayers of love and concern. Share what you are learning and share what you are struggling with during this journey.

Fourth, write down your thoughts and prayers.

Over 30 years ago I was introduced to the concept of writing out my prayers and journaling my thoughts to God. It has brought such focus and clarity to my prayers that I try never to miss a day. Something amazing happens when you start writing things down. It unclutters your mind. It helps you sort out your emotions. It increases gratefulness. It crystallizes your goals. It records God's mercies. It tells a story of God at work in your life. The psalmist wrote, "I gave an account of my ways and you answered me" (Psalm 119:26).

Fifth, share what you are learning with those around you.

King David wrote, "I proclaim your saving acts in the great assembly; I do not seal my lips. LORD, as you know, I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help. I do not conceal your love and your faithfulness from the great assembly" (Psalm 40:9-10).

Sharing what you are learning has a way of solidifying it in your heart and in turn can be a blessing to others. Your God story could unlock the God story in others. Your understanding could provide just the right insight that people are looking for in their lives. Your testimony could be used to fill their weary hearts with winds of encouragement to carry them through whatever they are facing. So let us heed David's words, "I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help" (Psalm 40:9).

21 DAYS of PRAYER

DEVOTIONS

Day 1 *THE LORD IS MY KING!*

Scripture Reading: Psalm 5

"Listen to my words, LORD, consider my lament. Hear my cry for help, **my King and my God**, for to you I pray. In the morning, LORD, you hear my voice; in the morning, I lay my requests before you and wait expectantly." (Psalm 5:1-3)

Life can be hard at times. When the challenges of life come, that is when we need to be courageous in our prayers. King David, experiencing a personal crisis, runs to his King and forcefully seeks God's attention. He prays, "Listen to me! Understand my pain! Pay attention to my cries for help!"

When was the last time you prayed like this? When was the last time you courageously sought the King's attention?

The soul of this courageous prayer is found in the phrase "my King and my God." There is something profoundly personal and intimate in this word *my*. King David reveals the very personal nature of his relationship with God as he lays his requests before his King. Every morning he pleads "my King, my God" with a great sense of hope that the Sovereign Ruler of the universe would hear his cries and move upon his requests.

**Because I am
God's child, He is
now my King!**

Why should the King of Kings pay attention to our appeals? Because we are one of His subjects. Kings were expected to hear the petitions of their own people. God hears the prayers of those who submit to His reigning authority and who trust in His sovereign decisions.

The good news is that we are not just His subjects, but through Jesus' death and resurrection we are now God's children (Galatians 3:26). Because I am God's child, He is now my King! "Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen" (1 Timothy 1:17).

Let us with humble hearts courageously bring our concerns to our King.

Day 2 *THE LORD IS MY ROCK!*

Scripture Reading: Psalm 18

"The LORD is my rock. . . . The LORD lives! Praise be to my Rock! Exalted be God my Savior!" (Psalm 18:2, 46)

In times of danger, when under attack from enemies or even large predators, people in the ancient world sought out large rocks for safety and security. Because of their massive size and elevation, these rocks provided perspective. They offered a clear view of the enemy's approach. They also provided protection, a firm place to stand while the enemy struggled to access the rock face.

King David, remembering God's deliverance from his enemies, declares out of a heart of worship that God is his living rock! God is the rock who gives us a clear vantage point when life does not go our way, and God is the rock who provides a place of sure footing so we can stand with confidence when our world gets shaky. "And who is the Rock except our God? It is God who arms me with strength and keeps my way secure. He

There is nothing more powerful than when the Lord our Rock provides a rock-solid viewpoint from a safe place.

makes my feet like the feet of a deer; he causes me to stand on the heights" (Psalm 18:31-33). There is nothing more powerful than when the Lord our Rock provides a rock-solid viewpoint from a safe place.

King David prays a courageous prayer: "Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I" (Psalm 62:1-2).

Do you need perspective? Do you seek protection? You can find it from the Lord our Rock!

Day 3 *THE LORD IS MY PORTION FOREVER!*

Scripture Reading: Psalm 73

"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever." (Psalm 73:25-26)

There is a fear that strikes at the heart of every human being, and that is the fear of missing out. Psychologists have labeled this FoMO (Fear of Missing Out) and offer this definition: "The uneasy and sometimes all-consuming feeling that you're missing out—that your peers are doing, in the know about, or in possession of more or something better than you."⁷

Psalm 73 reveals Asaph's own struggle with FoMO. He writes, "But as for me, my feet had almost slipped; I had nearly lost my foothold. For I envied the arrogant when I saw the prosperity of the wicked" (Psalm 73:2-3)

As Asaph works through this issue, we see his heart mourned bitterly. He writes, "When my heart was grieved and my spirit embittered, I was

senseless and ignorant; I was a brute beast before you" (Psalm 73:21-22). This confession leads Asaph—a Levitical priest who devoted his life to God's service and lived off the tithes and offerings of God's people—to realize that God had provided for him just as he promised

"The Lord is my only possession that will satisfy my soul in this world."

(Numbers 18:19-21). Asaph admits, "Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory" (Psalm 73:23-24).

After this holy moment of confession and repentance, Asaph courageously declares the Lord is his portion forever. The idea of a portion in the Bible is similar to the idea of an inheritance in today's language. It's something we look forward to possessing and enjoying. Asaph says, "The Lord is my only possession that will satisfy my soul in this world."

Have you experienced the fear of missing out or envying those in your world? Courageously declare this truth today that God is your portion forever and ever.

Father in heaven, You are all I have and want in this fading world. Everything else in this world will fail me and fade away, but You are my rock who strengthens me and You are my portion who satisfies me forever and ever. In Jesus' name. Amen.

Journal Your Thoughts & Prayers

Day 4 *THE LORD IS MY CUP*

Scripture Reading: Psalm 16

“LORD, you alone are my portion and my cup; you make my lot secure.”
(Psalm 16:5)

There is nothing more invigorating than a cool drink of mountain spring water after a long day of hiking in arid and mountainous conditions. It refreshes and rejuvenates our bodies.

In this psalm, King David reflects on life, death, security, and fulfillment. When he writes about God being his portion and cup, he sees God as the only one who can satisfy his soul and completely refresh his spirit.

This world trains us to be or find our own source of satisfaction. In essence, we try filling up our cups with entertainment and activities that leave us empty and thirsting for more.

Yet we are made by God to find our satisfaction and fulfillment in Him alone.

Albert Barnes describes it this way: “The cup that I drink—that cheers, refreshes, and sustains me—is the Lord. I find comfort, refreshment, happiness, in him alone; not in the intoxicating bowl; not in sensual joys; but in God—in his being, perfections, friendship.”⁸

“The cup that I drink—that cheers, refreshes, and sustains me—is the Lord. I find comfort, refreshment, happiness, in him alone.”

Albert Barnes

Speaking to a woman whose life was parched with sin, Jesus said, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life” (John 4:12-14).

When the Lord is my cup, my thoughts are filled with God (v. 7), my eyes are focused on the Lord, my life is secure (v. 8), my words are filled with worship (v. 9), my future is filled with hope (v. 10), my path is sure, my joy is complete, and my heart is eternally satisfied (v. 11).

A soul filled with God is the fuel for praying courageously.

Day 5 *THE LORD IS MY JOY*

Scripture Reading: Psalm 43

"Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! Then I will go to the altar of God, to **God my exceeding joy.**" (Psalm 43:3-4 ESV)

There is a big difference between joy and happiness. Happiness is a response to one's external circumstances. Joy is a contentment based on an internal state of well-being.

The writer of this psalm was deeply conflicted. His circumstances were seeking to rob him of his joy and fill his mind with doubt and fear. You can feel the tension in his words, "You are God my stronghold. Why have you rejected me?" (Psalm 43:2).

"The final goal of life is God himself, experienced as your exceeding joy."

John Piper

His head and heart are divided. His head says, "God is my stronghold"; his heart says, "God is rejecting me."

We have all experienced this tension in our lives, but what do we do when our head and heart are in conflict? We pray courageously!

Let me paraphrase the psalmist's courageous prayer: "Flood my mind with Your clarifying truth so that my mind and my feelings would be rightly centered on God, the source of true joy and divine contentment."

John Piper writes, "The final goal of life is God himself, experienced as your exceeding joy."⁹ Jesus wants us to experience His joy (John 15:11). The Holy Spirit wants to fill us with His joy (Galatians 5:22). The Lord wants us to find strength in His joy (Nehemiah 8:10).

Courageously seek God as your joy today.

Day 6 *THE LORD IS MY SAVIOR*

Scripture Reading: Psalm 51

"Deliver me from the guilt of bloodshed. O God, **you who are God my Savior**, and my tongue will sing of your righteousness." (Psalm 51:14)

Cyril Evans repeatedly warned other ships about the impending danger of the large ice fields in the North Atlantic Ocean. His warnings were received by every ship except one: Titanic. The reason his warnings went unheeded was because an angry radio operator, who was so annoyed by the extreme loudness of these warnings, turned off his radio and went to bed. The rest is history ¹⁰

How often do we turn off our conscience or push off the weight of our guilt because we are angry, frustrated, or overwhelmed?

This is exactly what King David did after his horrific sins of adultery and murder (read 2 Samuel 11-12).

Those who experience the richness of God's love and redemption will sing with the greatest intensity.

In Psalm 51 we see King David's reaction when God pierces his conscience and exposes his sin through the prophet Nathan. We get a personal glimpse into how he experiences God as his Savior, not from his enemies but from his own sin and guilt. This is one of the penitential psalms or psalms of confession and repentance (Psalms 6, 32, 38, 51, 102, 130, 143). In these psalms, we learn about the radical nature of sin, the depth of sin's effect on our emotional state, the power of real confession, and the impact of true repentance

There is nothing more powerful than seeing someone come to grips with the evil in their own heart and throw themselves on God as their Savior. Those who experience the richness of God's love and redemption will sing with the greatest intensity

Day 7 *THE LORD IS MY REFUGE*

Scripture Reading: Psalm 25

"Guard my life and rescue me; do not let me be put to shame. **for I take refuge in you.** May integrity and uprightness protect me, because my hope, LORD, is in you" (Psalm 25:20-21)

Shame is a debilitating emotion that attacks us at our core.

Theologically, "Guilt is judicial in character; shame is relational. Though related to guilt, shame emphasizes sin's effect on self-identity." ¹¹ Author John Bradshaw states it this way: "Guilt says I've MADE a mistake; shame says I AM a mistake. Guilt says what I DID was not good; shame says I AM no good."¹²

In Psalm 25 we see King David wrestle with his internal demons. Four times he asks God to rescue him from shame (vv. 2-3, 20). You can feel the soul pain that shame has caused in these words: "Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. Look on my affliction and my distress and take away all my sins" (Psalm 25:16-18)

Prayer is more about aligning our hearts with God than just expressing our feelings.

This powerful emotion of shame triggered King David to courageously pray for God to "guard" him from himself and to "rescue"

him from his enemies because God was his refuge. The Psalms contain over 40 references to God being our refuge. When we seek God as our refuge, we are aligning our lives with His holy desires, and in this He protects or shelters us from external threats and internal demons such as loneliness and shame. Charles Spurgeon commented on this passage, "To pretend to wait on God without holiness of life is religious hypocrisy, and to trust to our own integrity without calling upon God is presumptuous atheism."¹³

Prayer is more than just expressing our feelings. It is about aligning our hearts with God. God shelters us with His truth, righteousness, and love; let us courageously walk in them.

Day 8

THE LORD IS MY SUN

Scripture Reading: Psalm 84

"For **the LORD God is a sun** and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless." (Psalm 84:11)

When we ponder the greatness of our sun, we cannot help being overwhelmed by its brilliance and benevolence. Its brilliance exposes and its benevolence comforts.

J. Hudson Taylor eloquently writes of the sun's glory and goodness: "The natural sun is inconceivably great, we cannot grasp its magnitude; it is inconceivably glorious, we cannot bear to gaze for one moment on its untempered light. The source to us of all heat, we have to shield ourselves from its tropical power though millions of miles from its surface: the sustainer of the essential conditions of physical life, and the great ruler and centre of the solar system—how great and glorious is the natural sun! And yet it

We create a daily longing for God's presence just like we experience the wonder and warmth of the sun every day of our lives.

may be the very smallest of all the countless suns that GOD has made! What of the glorious MAKER of them all!"¹⁵

Just as we marvel at the sun's provision, we are reminded that the Creator has both grace and glory in infinite abundance and that God withholds no good thing for those whose hearts are rightly aligned with Him.

The prophets referred to Jesus as the "Sun of Righteousness": "But for you who revere my name, the sun of righteousness will rise with healing in its rays" (Malachi 4:2). He is like the sun, lighting up the world with His truth and grace. Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" (John 8:12).

As we courageously declare the Lord as our Sun, we acknowledge that our lives are in full exposure of God's light and glory, driving us to be fully dependent on His goodness and grace. We create a daily longing for God's presence just like we experience the wonder and warmth of the sun every day of our lives.

Father in heaven, You are my Sun: the brilliance of Your holiness humbles me by exposing my deepest needs and darkest secrets. Jesus is the Sun of Righteousness who brings healing and forgiveness and who leads my life out of darkness with the light of His truth. Amen.

Journal Your Thoughts & Prayers

Day 9

THE LORD IS MY HIDING PLACE

Scripture Reading: Psalm 32

"Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them. **You are my hiding place**; you will protect me from trouble and surround me with songs of deliverance." (Psalm 32:6-7)

We were created with a deep need for belonging, to live in community with God and with each other. And yet the fear of rejection and alienation strikes terror in our hearts.

In light of his sinful actions, King David lived under the terrorizing thought that God was going to reject him forever: "Do not cast me from your presence or take your Holy Spirit from me" (Psalm 51:11). So he begged God to be merciful to him, to blot out his sins and restore his relationship with God his Savior.

God is our safe place, the One who knows everything about us from our darkest sins to our deepest needs.

In Psalm 51 we see David's cry for forgiveness, but in Psalm 32 we see his experience of forgiveness. "Blessed is the one whose transgressions are forgiven, whose sins are covered.

Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit" (Psalm 32:1-2)

In the midst of his own soul being overwhelmed with God's merciful love, David calls God's people to reach out to God in the same way so that they may be rescued from the powerful effects of sin.

King David courageously declares the Lord is his hiding place, a safe place where complete security and total acceptance is found. God is our safe place, the One who knows everything about us, from our darkest sins to our deepest needs. In that hiding place, we are protected from the troubles of our own sins and our hearts are filled with songs of victory.

Day 10 *THE LORD IS MY STRENGTH*

Scripture Reading: Psalm 18

"I love you, LORD, **my strength**" (Psalm 18:1)

The words "I love you" are strong words. They are deep words, words rich with emotion reflecting the sincerity of one's affection. These are the words of a son, a shepherd, a warrior, and a king who knew how to express his devotion to God. These are words of intimate warmth and expressive worship. These are the words of a man who was attacked, pursued, and harassed by all his enemies and finally delivered by the hand of God. These are the opening words to a victory song from a man who escaped death, who was reflecting on God's triumphant conquest over his evil foes.

These are the words of a man looking back on his life—a life filled with joys and sorrows, victories and defeats, doubts and hopes. These are words that reveal a grateful heart and a mind deeply intimate with God's character. These are words of a man experiencing the hand of God on his life and God's strength deep in his soul.

Our level of devotion reveals the depth of our strength.

King David found a strength that was not his own in the God he loved (vv. 7-19). A strength that gave him moral courage and kept him from violating his conscience (vv. 21-23). An enduring strength that carried him through dark nights on the run from his enemies (v. 28). A humble strength that saved him from self-reliance and kept him dependent on God (vv. 32-35). A spiritual strength that gave him peace of mind and courage in the face of fear. "The LORD is the strength of my life; of whom shall I be afraid?" (Psalm 27:1)

Our level of devotion reveals the depth of our strength. Let's worship the Lord who is our strength and courage.

Day 11 *THE LORD IS MY FORTRESS*

Scripture Reading: Psalm 91

"I will say of the LORD, 'He is my refuge and **my fortress**, my God, in whom I trust.'" (Psalm 91:2)

"Do you always look this white?" a utility worker asked me after witnessing me survive what could have been a fatal car accident. With the blood drained from my face, I responded, "I guess God isn't finished with me yet."

I was driving home on a four-lane highway I was in the passing lane when another car came at me head-on from the wrong direction. At the last moment, I turned the steering wheel to avoid the head-on collision. But the car hit my rear quarter panel and caused me to spin out of control. The other driver was a disoriented 84-year-old woman who never braked. We both survived. After the police arrived and took

**"Because he loves me
... I will rescue him;
I will protect him, for he
acknowledges my name."**

Psalm 91:14

our statements, the utility worker came to me and said, "You must have someone looking out for you, because I saw you both heading toward each other and I closed my eyes because I knew someone was going to die today." Being in shock, all I could say was, "God must not be

finished with me yet; I still have more work to do."

How many life-threatening situations did Moses survive? As the author of this psalm, he knew in a very real sense that God was his refuge and fortress!

"If you say, 'The LORD is my refuge,' and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways' (Psalm 91:9-11)

I have no doubt that I survived that accident because of angelic intervention. That day I understood in a new way that God is my refuge and my fortress! The Lord said to Moses, "Because he loves me . . . I will

Day 12

THE LORD IS MY REDEEMER

Scripture Reading: Psalm 19

"May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and **my Redeemer.**" (Psalm 19:14)

At the very end of this powerful psalm, which declares the glory of God through creation (vv. 1-6) and the greatness of His revealed Word (vv. 7-13), we find this sweet prayer of surrender

King David surrenders his words and his thoughts to God. Seeking to please God with his whole being, he wants his words to be in line with his thoughts. All too often our words reveal what fills up our hearts.

"Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good."

Titus 2:13-14

This is why we need a God who is our Rock, our place of divine perspective and protection. We also need a God who is our Redeemer the one who saves us from ourselves.

This word *redeemer* offers a powerful picture for us to meditate on, a picture of a kinsman-redeemer. A kinsman-redeemer is someone who has the privilege or responsibility to rescue or buy back relatives who have been forced into slavery or who have suffered total loss and are unable to care for their material needs. This was beautifully demonstrated in the life of Boaz and his care for Ruth (Ruth 4:1-14).

King David knew he needed a God who could rescue him from his circumstances and redeem him from the brokenness in his own heart. May our words and our thoughtful ponderings be filled with worship, for we have a Savior who has bought us back to be His very own people. "Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good" (Titus 2:13-14).

Day 13 *THE LORD IS MY HELPER*

Scripture Reading: Psalm 118

"The LORD is with me; **he is my helper**. . . . I was pushed back and about to fail, **but the LORD helped me**" (Psalm 118:7, 13)

Nothing strikes fear in our hearts like helplessness.

As a young parent, I found myself alone in the hospital with our six-month-old baby boy, Danny, who just a few days earlier had been diagnosed with a life-threatening congenital heart defect. Mary went home to be with our other son and to get a good night's sleep before Danny's 11:00 a.m. surgery, which gave her plenty of time so she could be there to see him off. But the next morning, nurses came into Danny's room very early and started to get him ready for surgery, which was abruptly moved up to 7:00 a.m., making it impossible for Mary to get there in time. I put Danny on the gurney, walked with him to the surgery doors, prayed over him, and said good-bye. As I watched this helpless baby go through the operating room doors, a wave of utter

As I turned my tears into prayers I experienced God's presence, power and peace.

helplessness washed over my life and crushed me with a relentless pounding like I have never experienced before.

This fear of helplessness is what I believe King David was remembering when he wrote, "When hard pressed, I cried to the LORD. . . . The LORD is with me; I will not be afraid. What can mere mortals do to me? The LORD is with me; he is my helper" (Psalm 118:5-7).

There was nowhere for King David to go but to God. He could not defeat his enemies by himself. He could not quiet his fears by himself. His helplessness drove him into the arms of an all-present, all-caring, and almighty God.

In that hospital hallway, I discovered God as my helper in the midst of my helplessness. As I turned my tears into prayers, I experienced God's presence, power, and peace. Danny is now 32 years old. After dozens of

procedures and two open heart surgeries in his past, his future is bright. But when I see him, I am reminded that the Lord is my helper, and I sing in my heart. "You are my God, and I will praise you; you are my God, and I will exalt you" (Psalm 118:28).

Father in heaven. You are my helper! You meet me in my distress. You carry me through my troubles. You quiet my fears and replace them with courage. You are an ever-present help, and no matter what I face I will praise and exalt You! In Jesus' name. Amen.

Journal Your Thoughts & Prayers

Day 14

THE LORD IS MY SHIELD

Scripture Reading: Psalm 3

"But you, LORD, **are a shield around me**, my glory, the One who lifts my head high" (Psalm 3:3)

Nothing so wounds one's soul as the sting of betrayal.

King David was being attacked physically, emotionally, and spiritually. Not only was his life being threatened but he was also being taunted for his faith in God's deliverance. His enemies attacked his identity, his character, and his dignity. What made these attacks and taunts even worse is that they were led by his own son, Absalom (see 2 Samuel 15-18).

Yet King David's courageous response is to declare that God is his shield. Being a warrior, David knew how to use a shield to protect himself. There are two types of shields in the Bible. The first is a smaller shield that is strapped to the wrist for hand-to-hand combat. The second is a full body-length shield used for advancing into unparalleled dangers. This shield only works when we are moving forward in God's mission. It is a shield that surrounds us completely and protects us from every angle "Surely, LORD, you bless the righteous; you surround them with your favor as with a shield" (Psalm 5:12).

King David's dignity was protected because his identity was in God's glory.

No matter how personal the attacks get, God's protection shields our emotional and spiritual dignity. King David's dignity was protected because his identity was in God's glory as he declares, "You are my glory." His spirit was encouraged because God was "the One who lifts my head high." Charles Spurgeon wrote, "What a divine trio of mercies is contained in this verse! Defense for the defenseless, glory for the despised, and joy for the comfortless."¹⁶

Special Article

SLOWING DOWN TO HEAR GOD'S VOICE

How does one slow down enough to hear God's voice. to listen to His heart and His affirming words of guidance and wisdom?

One thing I have learned over the years is that practicing spiritual disciplines forces us to slow down the restlessness in our spirits and puts us into a better position to listen.

When we practice the discipline of studying God's Word (Ezra 7:10: Acts 17:11). it forces us to stop, focus, and think.

The discipline of meditating on God's Word (Psalm 1:1-3) forces us to go to another level of quietness. As we ponder God's truth and delight in all He says. we experience stability. comfort. and refreshment in our inner being

The habit of prayer (Philippians 4:4-7) helps us change gears and moves us to a level of serenity that only God can produce. It is a supernatural level that Paul describes as "the peace of God. which transcends all understanding" (Philippians 4:7).

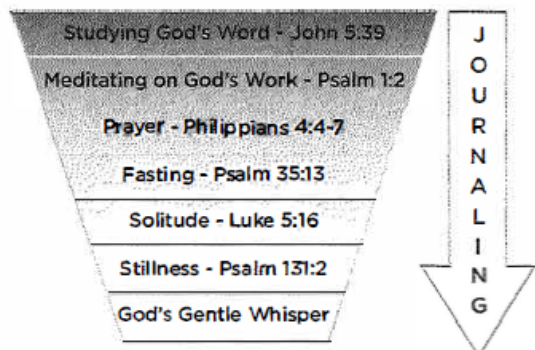
When we engage in the discipline of fasting (Psalm 35:13) it quiets our pride and opens our hearts because it has a humbling effect on our lives. We consider fasting as breaking a normal routine to focus our attention on God and His desires, thus expressing our dependence on God.

The discipline of solitude (Luke 5:16) slows us down even more because it frees us from the endless number of distractions.

All these disciplines lead us to the discipline of stillness or silence (Psalm 131:1-2). which leads us to a place of safety, rest. and comfort. "Like a weaned child with its mother" (Psalm 131:2). Weaned children come to their mothers not to eat but to rest. Solitude leads us to outward silence, but stillness leads us to an inward silence that allows us to hear God's voice more clearly.

Journaling is a discipline that wraps all these together "Journaling is a place where you write down and record the works and ways of God in your life." Yet journaling is also a way to get us quiet before the Lord so we can hear God speak into our lives.

SPIRITUAL DISCIPLINES FUNNEL



The prophet EliJah is a great example of a frustrated leader struggling deeply with insecurity. real fear, and depression, who finds himself alone with God.

God said to him, "'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind, there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When EliJah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then the voice said to him, 'What are you doing here, Elijah?'" (1 Kings 19:11-13)

For this tired and frustrated leader. God did not speak in the wind, earthquake, or fire, but in a gentle whisper.

How many gentle whispers do we miss because we are traveling too fast to hear them? How many promptings of the Holy Spirit do we not heed because our hearts and minds are overwhelmed with the distractions of this life?

In the summer of 1988, my family and I moved to a small town called Oconomowoc, Wisconsin, to plant a church, working bi-vocationally and sometimes tri-vocationally. We started a Bible study and began seeing people come to Christ and others come back to Christ ... and then we hit December.

Our group was too small to have weekly worship services, and I soon realized that no one wants to talk to a church planter in December, so my efforts to set up meetings with individuals were fruitless. After about two weeks of constant rejection, I decided that I was going to just pray and fast for the rest of the month and get a fresh start in the New Year.

Toward the end of that time, as I was praying in the early hours one morning, I was prostrate on the floor. I was lying on a map of our city, praying that God would show me how to build the church He called us to start, when a deep sense of peace flooded my soul and I heard God's gentle whisper saying, "Gary, I am going to do it! Just trust me. I am going to do it!"

My heart starts to pound just remembering that moment! Even though I've heard God's gentle whisper at other times in my life, this moment was significant in my church planting experience. In December 1988 we had 7 adults; by February 1989 we had 25. On September 10, 1989, we had 110 people at our first public worship service.

Ten years later we had a million-dollar facility built on 55 acres of prime property, three full-time staff, three part-time staff, two daughter churches, and over 400 people attending our services, of which approximately 70% were people who had not been attending church. God did it! And He is still doing it.

Last year we celebrated the twenty-fifth anniversary of that ministry. After the celebration service, a man came up and gave Mary and me a big bear hug, saying, "Thank you for starting this church. It has saved my life, marriage, and family!" Only God can change a human heart, and we were glad to be a part of it.

Day 15 *THE LORD IS MY SOVEREIGN LORD*

Scripture Reading: Psalm 109

"But you, **Sovereign LORD**, help me for your name's sake; out of the goodness of your love, deliver me." (Psalm 109:21)

Max Lucado thoughtfully describes God's sovereignty with these words: "He is king, supreme ruler, absolute monarch, and overlord of all history. An arch of his eyebrow and a million angels will pivot and salute! Every throne is a footstool to his. Every crown is papier-mache next to his. He consults no advisers. He needs no congress. He reports to no one. He is in charge" ¹⁸

We see King David trusting in the Lord's sovereignty in the midst of great personal pain. As we read his words, we can feel his pain:

"For I am poor and needy, and my heart is wounded within me. I fade away like an evening shadow; I am shaken off like a locust. My knees give way from fasting; my body is thin and gaunt. I am an object of scorn to my accusers; when they see me, they shake their heads" (Psalm 109:22-25)

In the midst of this pain, he chose prayer rather than vengeance. "In return for my friendship they accuse me, but I am a man of prayer" (Psalm 109:4). He chose to work out his pain before the Sovereign Lord in what are called imprecatory prayers. Reading verses 6-20 can and should make you cringe, but they reveal the raw and real emotion of a man bringing those who hurt him before God.

"In return for my friendship they accuse me, but I am a man of prayer."

Psalm 109:4

Why did King David choose prayer rather than revenge? Because he knew God was in control: "But you,

Sovereign LORD." He knew God would rescue him not for his own comfort but for God's glory: "help me for your name's sake." When our lives are under God's rule, we seek one thing: the glory of God. David

Day 16 *THE LORD IS MY STRONGHOLD*

Scripture Reading: Psalm 9

"The LORD is a refuge for the oppressed, **a stronghold in times of trouble**. Those who know your name trust in you, for you, LORD, have never forsaken those who seek you." (Psalm 9:9-10)

Safe rooms or panic rooms have grown in popularity over the last decade.

A safe room or panic room is a fortified room that is installed in a home to provide a well-protected place in case of break-ins, tornadoes, hurricanes, terror attacks, or other unforeseen threats.

In New York City, at least 1% of the townhouses have a safe room, because the mega-wealthy are afraid of losing what they have accumulated. They want to protect themselves from dirty bombs, terrorist attacks, and civil unrest and rioting should the economy collapse or a revolution occur.¹⁹

King David was a veteran military commander and knew the advantage of a well-fortified position in battle. He knew his troops would be left vulnerable and under the threat of defeat without a well-protected place of retreat.

Yet when King David writes, "The LORD is . . . a stronghold in times of trouble," he is not thinking about rocks, caves, or bricks and mortar.

He courageously acknowledges that the Lord is his ultimate source of

protection and safety. King David knew the power of God's protection intimately throughout his life. He declared, "For you have been my hope, Sovereign LORD, my confidence since my youth" (Psalm 71:5).

The Lord is my safe room. His protection is a prayer away. His peace is there for the asking.

Day 17 *THE LORD IS MY SUSTAINER*

Scripture Reading: Psalm 55

"Cast your cares on the LORD and **he will sustain you**; he will never let the righteous be shaken." (Psalm 55:22)

The poet William Blake wrote, "It is easier to forgive an enemy than to forgive a friend."

Psalm 55 is a prayer describing in detail how King David, with God's help, handled a friend's betrayal. We can see and feel the brokenness of David's heart: "If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshippers" (Psalm 55:12-14).

Betrayal can break our hearts and crush our spirits. Yet King David teaches us that no matter how deep the pain, difficult the situation, or personal the attack, the Lord is big enough to carry our burdens and sustain us through this agony. It is through prayer that we learn to cast or throw all our hurts, sorrows, and anxieties on the Lord. King David says, "In return for my friendship they accuse me, but I am a man of prayer" (Psalm 109:4).

**God's sustaining presence
in our lives makes us
immovable with a deep
inner strength.**

Having felt the sting of betrayal, we know how it can personally weaken or zap us of inner strength. King David knew the sustaining strength of the Lord. He experienced the nourishing presence of God that held

him together during this painful episode. God's sustaining presence in our lives makes us immovable, giving us a deep inner strength so that we will not be shaken. The apostle Paul prayed this prayer for the discouraged church in Ephesus: "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith" (Ephesians 3:16-17).

Day 18 *THE LORD IS MY COUNSELOR*

Scripture Reading: Psalm 16

"I will praise the LORD, **who counsels me**; even at night my heart instructs me." (Psalm 16:7)

In this beautiful song, King David affirms his confidence in God as his refuge, his Sovereign Lord, his portion, and his cup, which leads him to declare that God is his counselor.

King David's intimate view of God leads him to treasure every word of God. "Your statutes are my delight; they are my counselors" (Psalm 119:24). He knows that because God is perfect, His word is perfect. "As for God, his way is perfect: The LORD's word is flawless" (Psalm 18:30). He sees God's counsel not as rigid commands but as loving direction. "I will

instruct you and teach you in the way you should go; I will counsel you with my loving eye on you" (Psalm 32:8).

If the Lord is our safe place and the ruler of our lives, there is no fear in submitting to His loving counsel.

If the Lord is our safe place and the ruler of our lives, there is no fear in submitting to His loving counsel. If the

Lord is our treasure and our ultimate source of fulfillment, then we will cherish every word of His careful instruction. To love God is to love His Word and think upon it deeply. "Oh, how I love your law! I meditate on it all day long" (Psalm 119:97).

The apostle Paul wrote, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work" (2 Timothy 3:16-17).

How does God counsel us through his Word? First, He teaches us what the path of righteousness looks like and lovingly rebukes us when we get off that path. Next, He graciously corrects us by showing us how to get back on the path. And finally, He trains us by revealing how we can stay on the path, so that as His servants we can fulfill His desires.

Because God was his counselor, King David courageously declared, "You make known to me the path of life; you will fill me with joy in your presence" (Psalm 16:11).

Let us courageously seek God as our counselor today.

Father in heaven, you are my King, my Sovereign Lord, and my safest refuge. I treasure Your Word, I thirst for Your truth, and I cling to every word of Your holy counsel. May the sweetness of Your Word calm my fearful heart and guide me on the path of life. In Jesus' name. Amen.

Journal Your Thoughts & Prayers

Day 19

THE LORD IS MY LIGHT

Scripture Reading: Psalm 27

‘The LORD is my light and my salvation—whom shall I fear?’ (Psalm 27:1)

Early in our marriage, Mary and I toured the cave that Mark Twain wrote about in his classic book *The Adventures of Tom Sawyer*. As our guide was telling us infamous stories about the cave, they shut off all the lights and we were swallowed up by the darkness. It was fun at first, but the longer we were in the dark the more unnerving it became.

Being overwhelmed by darkness can cause us to experience confusion, doubt, and fear.

King David’s life was filled with great moments of darkness. Some came at the hands of his enemies, while others were the result of the darkness

God’s light drives out confusion and brings in clarity; it removes doubt and instills confidence.

in his own soul. Yet he courageously declares, ‘The LORD is my light.’ He declares that God is not just the giver of light but that He is absolute light. An infinite source of light where darkness cannot dwell (1 John 1:5).

We see that beautiful word *my* again, revealing his intimate relationship with God’s character and blessings. In God’s light, King David discovers the Lord as his salvation, strength, and safety (vv. 1–3). Through the wondrous light of God, God reveals His presence, beauty (v. 4), and protection (vv. 5–9).

God’s light drives out confusion and brings in clarity; it removes doubt and instills confidence. This is why David has the courage to pray, “Whom shall I fear?” and he can boldly declare his confidence in God (vv. 3, 13–14).

In every sense God is our light. And because of our faith in Jesus, who is the light of the world (John 8:12), we are now God’s “children of light” (Ephesians 5:8), reflecting the light of His glory to the world around us (Matthew 5:14–16)

Day 20

THE LORD IS THE HORN OF MY SALVATION

Scripture Reading: Psalm 18

"I love you, LORD, my strength. The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and **the horn of my salvation**, my stronghold." (Psalm 18:1-2)

In this beautiful list of metaphors concerning the character of God, King David worships the Lord with great intimacy and personal knowledge. He declares his love and then lists off all the ways God met him in his life. The Lord is my strength, my rock, my fortress, my deliverer, my refuge, my shield, and my stronghold. All of these images reveal the depth of God's protective nature concerning His children. Yet there is one that seems a little puzzling when David refers to God as "the horn of my salvation."

When the Bible speaks of a horn, it is not referring to a trumpet or musical instrument. It is a symbol of power, honor, and majesty that is used for securing victories. It is seen as more of an offensive weapon. In the context of the passage, David sees God not only as his great defender but also as his only means in providing spiritual victory. "With your help, I can advance against a troop; with my God, I can scale a wall" (Psalm 18:29).

The beauty of this imagery is that it is used prophetically in describing Jesus' redemptive mission. "Praise be to the Lord, the God of Israel, because he has come to his people and redeemed them. He has raised up a horn of salvation for us in the house of his servant David . . . to rescue us from the hand of our enemies, and to enable us to serve him without fear in holiness and righteousness before him all our days" (Luke 1:68-69, 74-75). As a horn of salvation, Jesus not only saves us from our enemies (external threats) but He saves us from our fears (internal threats).

**In Christ, we have
the power to live a
victorious life within
His great mission.**

Day 21 *THE LORD IS MY SHEPHERD*

Scripture Reading: Psalm 23

"The LORD is my shepherd, I lack nothing" (Psalm 23:1)

We end this 21-day journey with one of the most familiar psalms in the Bible. My hope is that you will see this psalm in the context of the last 20 metaphors concerning God's character and care for His people, because they can all be summed up in these eight powerful words: "The LORD is my shepherd, I lack nothing"

Before King David became a ruler, he was first a shepherd. He knew how to tend a flock of sheep; he led them, guided them, protected them, fed them, and disciplined them. The connection between the shepherd and his sheep was deep and intimate because the financial future of his family depended on their care.

David's declaration of God as his shepherd is filled with a lot of emotional intensity and spiritual humility. The king had to admit he was a sheep in need of a shepherd. Any ranch hand will tell you that sheep are the dumbest animals God created. They mindlessly wander from safety, are always getting hurt or lost, and get into life-threatening

situations. It's as if David is saying, "The older I get, the more I need a shepherd to guide me, protect me, and care for me, because I am just as impulsive, senseless, and foolish as the sheep I once cared for."

For God's sheep to experience the Shepherd's care, they must submit, yield, and follow.

For God's sheep to experience the Shepherd's care, they must submit, yield, and follow. Ray Steadman wrote, "If the Lord is my shepherd, then I shall not want; but if I am in want, then it is obvious that the Lord is not my shepherd. It is that simple. If emptiness, loneliness, despair, and frustration exist in our lives, then the Lord is not our shepherd. Or if anyone or anything else is shepherding us, we are never satisfied."²⁰

WHAT'S NEXT?

First, take some time to meditate on and marvel at God's character and concern for you in this short list of 21 "mys" in the Psalms.

- The LORD is my King who hears me.
- The LORD is my Rock who protects me.
- The LORD is my Portion who satisfies me.
- The LORD is my Joy who fulfills me.
- The LORD is my Cup who refreshes me.
- The LORD is my Savior who forgives me.
- The LORD is my Refuge who accepts me.
- The LORD is my Sun who guides and comforts me.
- The LORD is my Hiding Place who keeps me safe.
- The LORD is my Strength who empowers me.
- The LORD is my Fortress who guards me.
- The LORD is my Redeemer who redeems my life.
- The LORD is my Helper who helps me in my helplessness.
- The LORD is my Shield who defends me.
- The LORD is my Sovereign Lord who rules my life.
- The LORD is my Stronghold who preserves me.
- The LORD is my Sustainer who cares for me.
- The LORD is my Counselor who instructs me.
- The LORD is my Light who enlightens me.
- The LORD is the Horn of my salvation who gives me victory.
- The LORD is my Shepherd who is the sum of all I need and all I want.

Second, through personal study, start building and expanding your own list of "mys" from the rest of Scripture. A. W. Tozer wrote, "To know Him is to love Him, and to know Him better is to love Him more."²¹

Third, turn this practice into a daily habit. The goal of this 21-day journey is to introduce you to the spiritual discipline of reading, meditating, and praying through the book of Psalms in hopes that it will turn into a 365-day spiritual habit.

NOTES

1. A. W. Tozer, "Courageous Prayer," The Alliance Tozer Devotional, May 25, 2017, <https://www.cmalliance.org/devotions/tozer?id=822>.
2. A. W. Tozer, *The Knowledge of the Holy* (New York: HarperCollins, 2006), 1.
3. Oswald Chambers, "Oswald Chambers Quotes." oChristian Quotes (accessed December 2017), <http://christian-quotes.ochristian.com/Oswald-Chambers-Quotes/page-8.shtml>, page 8 of 9.
4. Timothy Keller, *The Songs of Jesus: A Year of Daily Devotions in the Psalms* (New York: Viking, 2016), 1.
5. Charles H. Spurgeon, *Treasury of David*, vol. 1 (McLean, VA: MacDonald Publishing Company, 1988), 354.
6. Andrew Murray, *The Inner Chamber and the Inner Life* (London: Hodder & Stoughton, 1905), 15-16.
7. Eric Barker, "This Is The Best Way to Overcome Fear of Missing Out," *Time*, June 7, 2016, <http://time.com/4358140/overcome-fomo/>.
8. Albert Barnes, *Notes on the Bible* (1834), <http://www.sacred-texts.com/bib/cmt/barnes/psa016.htm>.
9. John Piper, "I Will Go to God, My Exceeding Joy" (sermon), February 26, 2006, <http://www.desiringgod.org/messages/i-will-go-to-god-my-exceeding-joy>.
10. Patrick Weidinger, "10 People Whose Warnings Went Unheeded," Listverse, February 9, 2012, <http://listverse.com/2012/02/09/10-people-whose-warnings-went-unheeded/>.
11. Bradford A. Mullen, "Shame," *Baker's Evangelical Dictionary of Biblical Theology*, ed. Walter A. Elwell (Grand Rapids: Baker Books, 1996), <http://www.biblestudytools.com/dictionary/shame/>.
12. Quoted in Greg Weber, "Anxiety and Shame: The Fear of Being Totally Inadequate," Driving Peace (website), <http://www.drivingpeace.com/anxiety-and-shame/#.Wa6aGNOGPPA>.
13. Spurgeon, *Treasury of David*, vol. 1, 397.
14. Charles H. Spurgeon, "The Joy of the Lord, The Strength of His People" (sermon), December 31, 1871, <http://www.spurgeongems.org/vols16-18/chs1027.pdf>.
15. J. Hudson Taylor, "All Sufficiency," http://biblehub.com/sermons/auth/taylor/all_sufficiency.htm.
16. Spurgeon, *Treasury of David*, vol. 1, 23.
17. Donald Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs: NavPress, 1991), 205.
18. Max Lucado, "Rejoice in the Lord's Sovereignty," MaxLucado.com, September 11, 2017, <https://maxlucado.com/listen/rejoice-lords-sovereignty>.
19. Sheila Anne Feeney, "Safe Rooms Grow More Popular in High-End NYC Real Estate," amNewYork, January 18, 2016, <http://www.amny.com/real-estate/safe-rooms-grow-more-popular-in-high-end-nyc-real-estate-1.11338514>.
20. Ray Steadman, "No Want," RaySteadman.org, October 15, 2006, <https://www.raysteadman.org/daily-devotions/psalms/no-want>.
21. A. W. Tozer, "To Know God Is to Love Him," The Alliance Tozer Devotional, December 23, 2016, <https://www.cmalliance.org/devotions/tozer?id=669>