

on the torn paper. I didn't think much of it, until I was putting her to sleep one night and noticed several torn pieces of paper sitting on her desk next to her bed. I asked her what they were, and she said that when there is a verse in a song at church that she really likes, she writes it down. If she ever has trouble sleeping or bad thoughts are in her head, she looks at those verses and they help her calm down and fall asleep.

Wow! Psalm 4:8 says, "when you are on your beds, search your hearts and be silent...trust in the Lord...in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety." How is it that this little child understood that those verses are some of God's words that will help calm her?

Jeremy Skoglund

Day 5: **Wade In** – Psalm 5:1-3, **Jump In** – Psalm 5, **Dive In** – Psalm 5

Ever have days when you just can't? Or as some like to say, "I don't want to adult today." It's a bit tongue-in-cheek, but I think we all reach a point of exhaustion sometimes. Even spiritual exhaustion. The problem is, even when we're spiritually exhausted, the attacks keep coming. We can't run or hide from them as much as we try. During those times, we feel as though God has left us; we no longer feel him close by, protecting us from those slings and arrows, to use a phrase. Mornings can be especially difficult. When stressful times come, sleep eludes us, and as such, mornings feel more like a curse than a hopeful and new beginning. Instead, when the rising sun glints through the curtains, we want to bury our head underneath the blankets and whisper, "Nope. Not today."

Psalm 5 begins with: "Give ear to my words, O Lord; consider my groaning. Give attention to the sound of my cry my King and my God, for to you I pray. O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch" (Ps. 5:1-3, ESV). Other translations of the last verse use "requests" in place of "sacrifice," but I like the use of sacrifice better. When we're feeling overwhelmed, the simple act of prayer does feel like a sacrifice. We're so distracted that to concentrate on God takes near monumental effort.

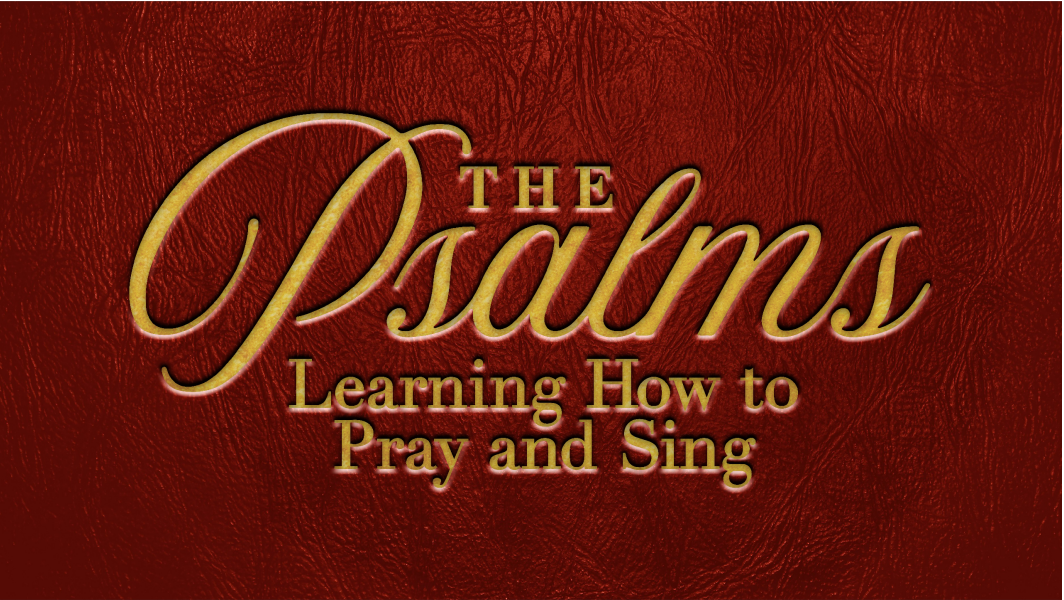
Life is hard and it's unfair. God never said he'd make our lives easier, but he did promise to help us through life's difficulties. One way to assure we get that help, is to pray at the beginning of each day, just like David did.

Andra Marquardt

Many thanks to our writers who made this devotional possible and to our proofreader, Breanna Brothers.

Devotions are also available online at legacyumc.org/connect/devos.

If you are interested in the team, please contact Amanda at Amanda@legacyumc.org.



Week 1 Devotional - Learning How to Sing

LORD God, you are the King of the Universe seen and unseen.

May you eternally be the King of my heart.

Your law is my guide, my light and my confidence.

May your law be my companion, always at my side.

LORD God you are good, powerful and just.

May your Son be my LORD and my life be blessed. Amen.

Colette Leingang

As we study the book of Psalms, you are invited to Dive Deep into God's Word, the Bible. This devotion is structured with three tiers: **Wade In, Jump In, and Dive In**. These tiers will allow every Christ-follower to dive into the word regardless of Bible knowledge or experience with this spiritual discipline.

Wade In - If you are unfamiliar with the Bible, new to following Jesus or just want to renew your faith, wade into the shallow end with the Bible by reading one or two verses.

Jump In - If you're growing in your faith and getting to know God better through your daily Bible reading plan but you know you still have a lot to learn and experience in God's Word, then jump in with a short passage of the Bible.

Dive In - If you've ready to get in the deep end of the pool, join us in reading longer sections of Scripture.

Day 1: **Wade In** – Psalm 1:3, **Jump In** – Psalm 1, **Dive In** – Psalm 1

When you are on top of a hill overlooking a river, what is one of the first things you notice? Along the riverbank on both sides, many times there are tall trees. Why? Because they are close to the source of nourishment. Their roots are deep, so they can receive this nourishment even in times of drought. Because of this nourishment, their trunks are strong, so they can weather any storm. Do you know God wants you to be one of these tall trees? You might ask, how can I do this? Here are some suggestions:

* **Read your Bible.** Don't just read the words. You can learn how to follow God by meditating on His Word. This means spending time reading and thinking about what you have read. It means asking yourself how you should change so you will live as God wants.

* **Pray to God.** Don't just say the same words over and over each day. Really communicate with God. By limiting the depth of our communication, we become shallow in our relationship with God. Admit that you have sinned and confess your sins. Share with God what is going on in your life. Share your deepest thoughts and concerns. Pray for others as well as yourself.

* **Change your outlook.** Focus on God instead of yourself. The world wants you to do just the opposite. You must choose for yourself...the path of the world or the path of God. The path you choose will determine how you will spend eternity.

God's nourishment is there for you. Drink deeply, drink daily. This nourishment will help you weather the storms that will come your way during your life.

Bruce Walth

Day 2: **Wade In** – Psalm 2:12, **Jump In** – Psalm 2, **Dive In** – Psalm 2

The second Psalm serves as reminder that nations opposing God risk holy wrath. Well, that's a page turner. The words of warning were mostly likely written by David to errant kings and rulers. Word on the street was there was (and is) a universal and eternal king out ranking all other authority. "Why do the nations rage so furiously together" (Ps. 2:1)? David asks this question and George Frederick Handel memorializes it in the Messiah. Despite collective challenges to God's throne, the adversaries always finish broken. Rebelling against the Almighty and his appointed one (Christ) didn't make sense to David as God can never be denied the seat of all power without dire consequences.

This psalm is Messianic as it speaks of a king in David's line, as God's appointed one who will rule over all nations as his inheritance. The Son (Christ) is empowered by the Father to

judge and to crush defiant subjects who deny the eternal reign. David urges rulers of the earth to surrender by celebrating God's superiority with trembling acknowledgment of his amazing world dominion. The result of such response secures blessing. David concludes with "blessed are those who take refuge in him" (Ps. 2:12).

What speaks to me from Psalm 2 is God's mercy sent as a caution against the failure to recognize God as King. (Sorry, Elvis.) In his love, God then offers an opportunity to humble ourselves in joy by confessing that he always rules in all places. Doing so results in God's blessings falling around and on us. May it ever be.

Marilyn Johnson

Day 3: **Wade In** – Psalm 3:5-6, **Jump In** – Psalm 3, **Dive In** – Psalm 3

In Psalm 3 King David expresses concern because thousands of enemies are coming against him. Yet, he is confident that the Lord will deliver him from these enemies and keep him safe while he sleeps. We may not have physical enemies crouching at our doors. We may not fear the invasion of terrorist soldiers coming for our families in the night. Still, enemies of other sorts do threaten to invade our lives. Let us consider our enemy SIN.

S – Self: Are we selfish? Do we fail to think of others as we strive to obtain our own wants and needs? Do we pridefully think our way is God's way even when it's not?

I – Injury: Have we been physically wounded? Do we repeatedly battle the setbacks of chronic disease? Has betrayal or disappointment wounded our hearts?

N – Negativity: Do negative thoughts assail our minds? Does worry keep us from sleep? Do we berate ourselves for our own failings or hopeless circumstances, suffocating in depression?

Whether tangible or intangible, we do have enemies. Yet, our Lord remains faithful to deliver. God is here to rescue us from our enemies and bring us to a place of blessing and peace.

"I lie down and sleep; I wake again, because the LORD sustains me. I will not fear though tens of thousands assail me on every side" (Psalm 3: 5-6 NIV).

Colette Leingang

Day 4: **Wade In** – Psalm 4:8, **Jump In** – Psalm 4, **Dive In** – Psalm 4

When I read Psalm 4, I couldn't help but wonder if my daughter has read and understood the Psalms better than I have. Some time ago, as we were singing in church, my daughter leaned over and tore the corner off a picture she had been coloring. She continued to write something