

**DAILY**  
—  
**DEVOTIONS**  
—  
from  
—  
**PSALMS**

365 DAILY INSPIRATIONS

**JOYCE MEYER**



New York • Nashville

# INTRODUCTION

The Book of Psalms is amazing. It helps us know and understand God, it teaches us how to worship Him, it instructs us in wisdom, it encourages us, and it offers practical advice for our everyday life. It also shows us that we can be completely honest with God about how we feel, because we see the psalm writers pouring out their hearts to Him in its pages, whether they felt joyful, confident, hopeful, angry, frightened, discouraged, lonely, or depressed. As they expressed their hearts to God, they received strength and comfort, they realized that He is utterly trustworthy, they reaffirmed their faith in Him, and they gave Him thanks and praise. Biblestudytools.com defines praise as “a description of value or worth.” So when we praise God, we let Him know how much He means to us, which is more than we could ever express.

I hope this devotional will help you relate to God as the psalmists did and that you will share your heart with Him freely and in new ways while you go through it and for the rest of your life. As you do, I believe you will discover fresh and wonderful qualities about Him and be strengthened in your faith and trust in Him. No matter what you face in life, God wants to be involved in it. He wants you to tell Him how you feel, and He wants to help you.

Psalms is the longest book of the Bible, with 150 chapters that were originally written as worship songs or poems during the time period from 1000 to 300 BC. The Old Testament shepherd who became King David wrote most of the Book of Psalms, and others, including Moses, Asaph, and the sons of Korah, wrote psalms as well.

I pray that the Book of Psalms will comfort you and that you will grow closer to God and understand His love for you in a whole new way as this devotional leads you through the year ahead of you.

## DAY 1

# CHOOSE YOUR FRIENDS CAREFULLY

*Blessed is the one who does not walk in step with the wicked.*

PSALM 1:1

The company we keep is important because we tend to take on the traits of those with whom we spend a lot of time. Choose to spend time with people who will make you a better person, not with those who tempt you to lower your standards or compromise your morals.

Ask God to arrange divine connections for you, so you will continually be influenced by the very best of people. Don't choose your friends based merely on a desire to be in the most popular social group or because you think they can help you climb the ladder of success. Choose people with proven godly character.

Getting to know people takes time, and we need to see them in all kinds of situations and watch how they respond. How do they treat other people—especially those they might consider to be “unimportant”? Everyone is equally important to God, and each person should be important to us also.

As you begin this new year, take an inventory of the people who are influencing you. If they are not helping you be a better person, you may need to pray about whether or not spending so much time with them is wise.

*Father, help me make good choices about the people I allow to influence my life, and help me be a good influence on everyone I am around.*

## DAY 2

# DELIGHT IN THE WORD OF GOD

*Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night.*

PSALM 1:1-2

God wants us to delight in His ways and to think about His Word over and over in order to understand it fully. The more we study, think about, and talk about God's Word, the more we will benefit from it. People who give God's Word a place of importance in their lives will be like trees planted by a stream of water, trees that never stop yielding good fruit, no matter how things are going in their life (Psalm 1:3). They will be steadfast and steady.

God's Word is food for our spirit, and it keeps us strong. It enables us to go through difficulties yet continue walking in love and doing what we should be doing. It is important for us to not allow our circumstances to rule our behavior. We should always be guided by the Holy Spirit. Psalm 1 teaches us that this type of person will prosper in whatever they do. But the wicked are like chaff that blows away in the storms of life (vv. 3-4). They have no strength to stand firm when they are inconvenienced or suffering.

*Father, I want to be a strong, spiritually mature Christian who brings glory and honor to Your name through my behavior. Help me stay strong in Your Word and keep You first in my life.*

*The One enthroned in heaven laughs; the Lord scoffs at them.*

PSALM 2:4

The first part of Psalm 2 says that people and nations come together and rise up against the Lord, determined to walk in their own ways instead of following His ways. They are rebellious and resist God's authority in their lives. The Bible teaches us that God laughs at this. He doesn't laugh because He thinks their behavior is funny; He laughs because their actions are futile. God rules and always wins in the end.

God is not an angry God, but He can become angry and rebuke those who refuse to walk in His ways. He will give us the nations as our inheritance (v. 8) and make our lives wonderful if we will simply love and obey Him. But if we choose not to obey, our lives will be unhappy, and we will be like a piece of pottery dashed against the ground and broken in many pieces (v. 9).

We should have a reverential (respectful) fear and awe of God, knowing that although He is good, there are consequences for continued disobedience. People and nations who love and serve God will be blessed as they take refuge in Him.

*Father, I believe that everything You tell me to do is for my benefit.  
Help me be wise and promptly obedient to You at all times.*

## **GOD IS OUR DELIVERER**

*I call out to the Lord, and he answers me from his holy mountain.*

**PSALM 3:4**

No matter how many people come against us, God is our deliverer. Our enemies try to tell us that God will not deliver us, but He always does. This may not happen in the way we expect, or when we wish it would, but He will not leave us helpless when we cry out to Him and place our trust in Him.

God is a shield around us, and when we are discouraged, He is the lifter of our heads. Even when we could worry about things, God helps us sleep well at night, and when we awaken, we are refreshed and ready to face another day.

We do not need to fear, no matter how many people or things come against us, because God is greater than them all. He will fight our battles for us while we rest in Him. He deals with all our enemies, and our deliverance comes from Him. Be encouraged today that you are not alone and that God is fighting for you.

*Father, thank You that You are with me and fighting for me. Help me not to worry or believe the lies of my enemies.*

## I WILL NOT FEAR

*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

Fear is one of the biggest problems people face, yet God's Word encourages us frequently not to fear. One of the biggest reasons we do not need to fear is that God is with us. He will never fail us or forsake us (Deuteronomy 31:8), and just as He sustained the psalmist David, He sustains us. Therefore, we can say with David, "I will not fear."

Can you try to imagine your life without any fear? I find myself responding in fear much more often than I wish I did, and, perhaps like you, I am still studying God's Word and praying about this area of my life because I want to live by faith and not allow fear to steal my joy. Fear brings torment (1 John 4:18 NKJV), and God does not want us tormented. He sent Jesus to earth so we could have an abundant quality of life and enjoy it (John 10:10).

At one time, I lived with great fears constantly. I am thankful that I have been delivered from most of them, but I want total victory in this area, and I am sure you do too. Don't despair. God delivers us from our enemies "little by little" (Deuteronomy 7:22). Every day, you can get better and better in every way. Keep pressing in, and remember that God sustains you and that you can trust Him.

*Father, I trust You, and I trust that You are sustaining me, working in me, and delivering me from all my fears. I will not fear because I believe You are with me. Thank You.*



## GOD'S RIGHTEOUSNESS

*Answer me when I call, God of my righteousness! You have relieved me in my distress; be gracious to me and hear my prayer.*

PSALM 4:1 (NASB)

In today's verse, David calls upon the Lord as "God of my righteousness." The Bible mentions two types of righteousness. I think most people view righteousness as a quality that comes from right behavior, but a totally different kind of righteousness is available to us as believers in Jesus Christ.

God's righteousness can be simply defined as "right standing with Him," and it is a gift He gives to us when we receive Christ as Lord and Savior. It is a gift of His grace, which we receive through faith. We cannot do anything to earn it or make ourselves worthy of it; it has already been paid for through Jesus' suffering, death, and resurrection.

God views us as righteous in Christ because Jesus has taken our sin and given us His righteousness. Because of this act of love and mercy, God now thinks of us as right with Him in every way. We do not have to think of ourselves as "wrong," but we can be confident that we are in right relationship with God through Christ.

*Father, thank You for sending Your Son to die for my sin and to give me His righteousness.*

## SLEEP WELL AT NIGHT

*In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*

PSALM 4:8

Many people have difficulty sleeping at night, but the psalmist David tells us that our sleep can be sweet, no matter what kind of difficulty we face. Don't ever try to solve your problems by thinking about them over and over; instead, take the time you would spend worrying and pray for what you need while giving thanks to God for all the wonderful things He has already done for you.

As you lie in bed thinking about the goodness of God, you will soon drift off to sleep. God answers prayers, but He doesn't answer worries and complaints. The Lord has set you apart for Himself, and He hears you when you call to Him. He gives us release from our distress and has mercy on us when we pray.

If you are not sleeping well, search your heart and ask God to show you if you have done anything for which you need to repent. If so, then repent and go to sleep with a clean conscience. We are not able to hide anything from the Lord, so it is best not to try to do so. Talk to Him openly and honestly about whatever is on your mind, receive His forgiveness and mercy, and don't worry about it any longer.

*God, You are so good and merciful, and I am grateful for Your forgiveness and for all the ways You help me. Thank You.*