



# Summer in the Psalms

**4 Week Prayer Guide**

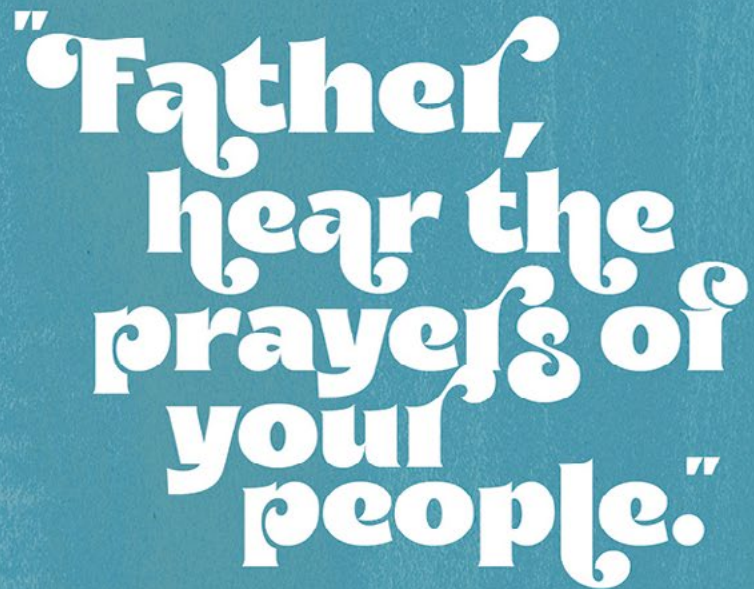
THE CHURCH AT STATION HILL

# Instructions

**The Psalms** were the songs and prayers of Jesus. They poured out of Him as He was pressed, tempted, and crucified.

The book of Psalms gives us the opportunity to pray persistently and honestly about our pain and brokenness. It also provides a way for us to glorify and honor God for who He is. We can look to the Psalms as a guide for how to *pray* and *praise* in every season of our soul.

For the **next 4 weeks**, we invite you to meditate on the chosen passage, pray the written prayer, and use the space provided to write anything the Holy Spirit is saying to you through His Word.



"Father,  
hear the  
prayers of  
your  
people."

\*All Scriptures referenced are from the CSB version.



## ‘Wisdom: Two Ways • Psalm 1

**Psalm 1** serves as the gateway to the entire collection of poems and prayers. It sets the stage for understanding the worldview of the authors of the Psalms. Echoing the theme of the Old Testament wisdom books, Psalm 1 helps us to clearly see that there are two ways to walk through life.

**Which will you choose?**

**Action step**

**COMMIT TO READ & PRAY THROUGH THE PSALMS THIS MONTH.**

### SERMON NOTES

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## Wisdom • DAY 1

"How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers. Instead, his delight is in the Lord's instruction, and he meditates on it day and night."

**Psalm 1:1-2**

### Prayer

*Lord, help me to look to You and You alone for wisdom. Draw me to Your Word, and remind me of it in each and every circumstance of my life.*

### Personal Time of Reflection & Prayer

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## DAY 2 • Wisdom

"Taste and see that the Lord is good. How happy is the person who takes refuge in him! You who are his holy ones, fear the Lord, for those who fear him lack nothing."

**Psalm 34:8-9**

### Prayer

*Lord, open my mouth in praise and open my eyes in wonder. May I experience Your goodness as I worship You. Let me run to You—first and only. Let me find all I could ever need—Your kind, generous, and perfect love.*

### Personal Time of Reflection & Prayer

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"God, create a clean heart for me and renew a steadfast spirit within me." **Psalm 51:10**

### Prayer

God, You created me. You know everything about me. May my words become Your words, my thoughts become Your thoughts, and my ways become Your ways. Through the empowering presence of Your Spirit in my life, conform me to the image of Christ.

### Personal Time of Reflection & Prayer

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"May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer." **Psalm 19:14**

### Prayer

Through Your Holy Spirit, sanctify me so that Your words might be my words and Your thoughts might be my thoughts. May I do this in faith, without which it is impossible to please You.

### Personal Time of Reflection & Prayer

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“Teach me your way, Lord, and I will live by your truth. Give me an undivided mind to fear your name. I will praise you with all my heart, Lord my God, and will honor your name forever.”

**Psalm 86:11-12**

**Prayer**

*Lord, teach me Your ways so that I may walk in them with wholehearted devotion. I praise You for Your faithfulness to me. May I fear you and honor you.*

**Personal Time of Reflection & Prayer**

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“God—his way is perfect; the word of the Lord is pure. He is a shield to all who take refuge in him. For who is God besides the Lord? And who is a rock? Only our God.”

**Psalm 18:30-31**

**Prayer**

*Father, lead me into a lifestyle that is defined by seeking Your will, Your Word, and Your way...always. They are a firm foundation—a sure and steadfast anchor for my soul.*

**Personal Time of Reflection & Prayer**

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**Wisdom • DAY 7**

**Meditate on this past week's Psalms.**

Focus on the **ultimate wisdom** and **authority of God**, who grants us wisdom and understanding as we seek Him.

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# Praise: Rock & Redeemer • Psalm 19

How can we truly know God? The psalmist points us to God’s glory in creation and His revealed truth in Scripture, calling for us to respond with both our words and our whole hearts. True praise is response to God’s revelation!

## Action step

**MAKE A LIST OF REASONS TO PRAISE GOD. ASK HIM TO RESTORE OUR HEARTS & ENCOURAGE US TO MAKE DISCIPLES.**

### SERMON NOTES

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“The heavens declare the glory of God, and the expanse proclaims the work of his hands.”  
**Psalm 19:1**

### Prayer

*Lord, we acknowledge You as our mighty Creator. You are sovereign over all things. Today, and every day, give us eyes to witness Your glory and perfection. Give us words to profess the things You reveal to us as we share the gospel with others.*

### Personal Time of Reflection & Prayer

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“You turned my lament into dancing; you removed my sackcloth and clothed me with gladness, so that I can sing to you and not be silent. Lord my God, I will praise you forever.” **Psalm 30:11-12**

**Praise**

God, You anoint me with joy in the midst of my despair. You turn my tears and sorrow into song and dance. May my lips continually praise Your name.

**Personal Time of Reflection & Praise**

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“So I gaze on you in the sanctuary to see your strength and your glory. My lips will glorify you because your faithful love is better than life.” **Psalm 63:2-3**

**Praise**

You have demonstrated Your love. You have shown me Your power and glory. I am humbled before You, Father. May my life forever praise You and my lips never stop glorifying Your name.

**Personal Time of Reflection & Praise**

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“So I will bless you as long as I live; at your name, I will lift up my hands. You satisfy me as with rich food; my mouth will praise you with joyful lips.”

**Psalm 63:4-5**

**Prayer**

*As long as I have life and breath, I will thank You for all You have done for me. I look to You and worship You alone. You fill my longings, like no one else can. I will praise You through music and song.*

**Personal Time of Reflection & Prayer**

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“The Lord is great and is highly praised; his greatness is unsearchable. One generation will declare your works to the next and will proclaim your mighty acts.”

**Psalm 145:3-4**

**Prayer**

*With a shout of praise, we declare that You alone are worthy of all blessing, honor, and glory. Bring to my heart one person that I share Your awesome kindness with this day.*

**Personal Time of Reflection & Prayer**

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"Hallelujah! Praise God in his sanctuary. Praise him in his mighty expanse. Praise him for his powerful acts; praise him for his abundant greatness."

**Psalms 150:1-2**

### Prayer

*Lord, You are completely and wholly worthy of my praise. Today, I praise You for the powerful ways You've shown up when I needed You most. I praise You also in the moments when I haven't seen You moving. Even then, You are still sovereign and abundantly great.*

### Personal Time of Reflection & Prayer

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### Meditate on this past week's Psalms.

Focus on how we can **praise God daily**, whether it's on a Sunday morning or during the mundane moments of our week.

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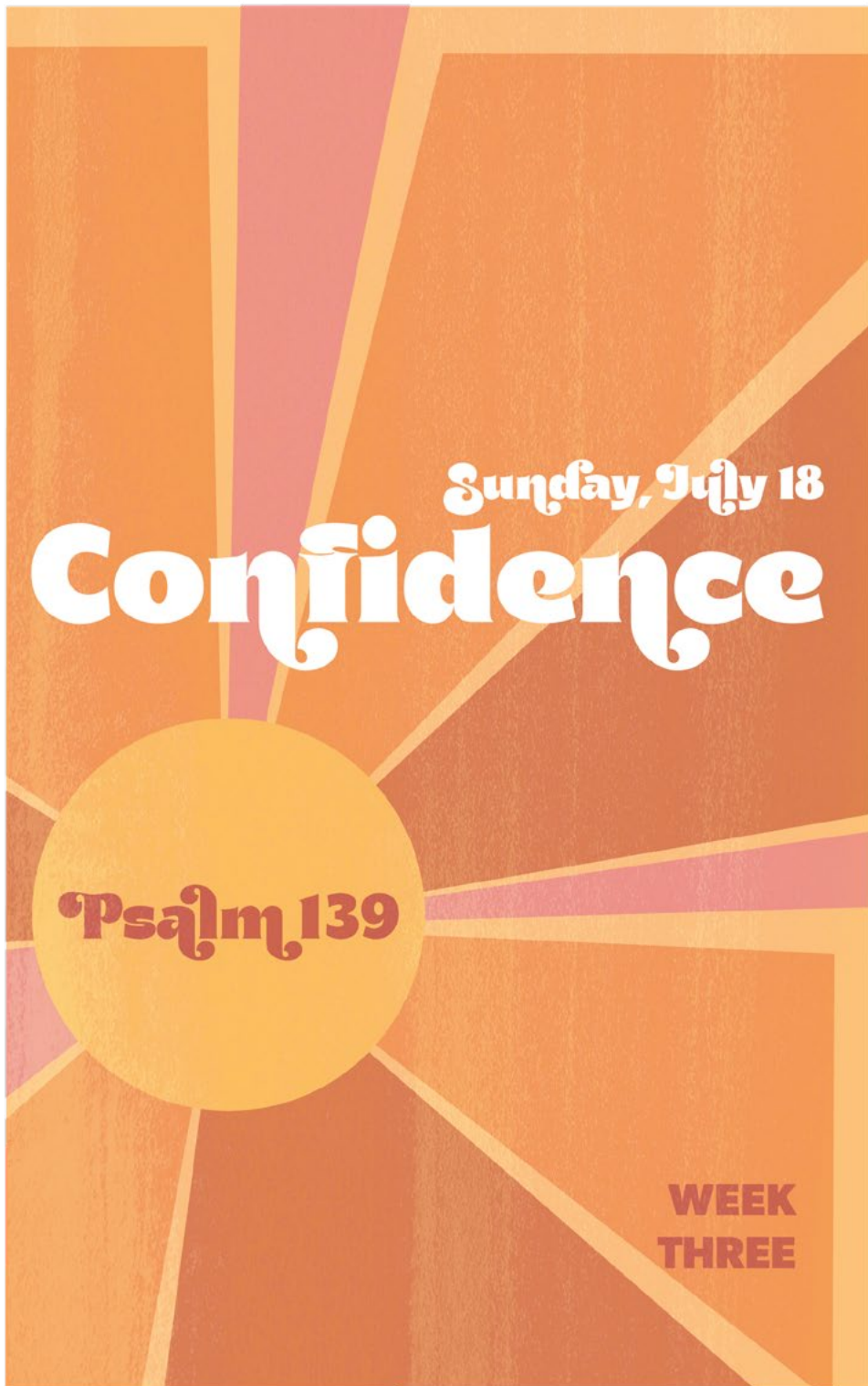
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# Confidence: Fearfully & Wonderfully Made • Psalm 139

Our world is suffering from an identity crisis. **Psalm 139** teaches that our value is derived from who God is and who He says we are. The psalmist declares that we can both know God and be known by Him. Every life matters because we bear the image of our Creator.

**Action step**

**DECONSTRUCT FALSE IDENTITIES AND EMBRACE YOUR IDENTITY AS A CHILD OF GOD.**

**SERMON NOTES**

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“For it was you who created my inward parts; you knit me together in my mother’s womb. I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well.” **Psalm 139:13-14**

**‘Prayer’**

*Lord, forgive me for when I have viewed or treated others as if they were not wondrously made by You. Remind me that You have purposefully created me, as well as others around me. Lead me to love other people, who are fearfully and wonderfully made.*

**‘Personal Time of Reflection & Prayer’**

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“When I am filled with cares, your comfort brings me joy.”  
**Psalm 94:19**

**‘Prayer’**

*Identity, security, and freedom are completely found in You, Lord. May the delight I find in You during the day be evident during my darkest nights. As I lean into You for refuge, may I bring others into this great truth of who You are.*

**‘Personal Time of Reflection & Prayer’**

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“The Lord is near all who call out to him, all who call out to him with integrity.” **Psalm 145:18**

### ‘Prayer’

*God, you are all-powerful. And yet, you are so near. Be with me in my loneliness. In the absence of human companions, may I know more fully Your presence. In the silence—where there is no conversation—may I more clearly hear Your voice.*

### ‘Personal Time of Reflection & Prayer’

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“Taste and see that the Lord is good. How happy is the person who takes refuge in him! You who are his holy ones, fear the Lord, for those who fear him lack nothing.” **Psalm 34:8-9**

### ‘Prayer’

*Lord, may I experience Your goodness as I worship with a pure heart. I find my shelter and safety in You alone. Let me discover all I could ever need in You.*

### ‘Personal Time of Reflection & Prayer’

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“Though an army deploys against me, my heart will not be afraid; though a war breaks out against me, I will still be confident.” **Psalm 27:3**

**‘Prayer’**

*Lord, You know the madness in my life. I need You. Please be my confidence, my strength, and my sustainer today. I trust You.*

**‘Personal Time of Reflection & Prayer’**

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“Lord, you are my portion and my cup of blessing; you hold my future.” **Psalm 16:5**

**‘Prayer’**

*Remind me of this: You are my everything. You are the origin of every blessing and the One who holds every day of my life. Help me to live in light of this truth. May my life be a living testimony of Your forever faithfulness.*

**‘Personal Time of Reflection & Prayer’**

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## Confidence • DAY 21

### Meditate on this past week's Psalms.

Focus on the **promises of God** and how our confidence **comes from Him alone.**

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# Lament, : Crying Out • Psalm 77

We all struggle with the paradox of pain and the promises of God’s goodness. The Bible teaches us to run to God in our pain through lament. Lament is a prayer in pain that leads to trust. We can’t be right with God until we get honest—brutally honest—about our brokenness and our inability to fix ourselves.

**Action step** WRITE OUT A PRAYER OF LAMENT & BRING IT TO THE LORD’S SUPPER.

**SERMON NOTES**

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**“I cry aloud to God, aloud to God, and he will hear me.”**  
**Psalm 77:1**

**‘Prayer’**

*Lord, I know that You are the maker of heaven and earth. My help only comes from You. Please hear my prayers. Remember me in Your compassionate mercy, and help me in my time of need.*

**‘Personal Time of Reflection & Prayer’**

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“Answer me when I call, God, who vindicates me. You freed me from affliction; be gracious to me and hear my prayer.”

**Psalm 4:1**

**‘Prayer’**

God, Your Word says that when I pray to You with impure motives I will not receive from You (James 4:3). Today, I confess my sin to You and trust that You will forgive me, purify my heart, and hear my prayers.

**‘Personal Time of Reflection & Prayer’**

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“Lord, I seek refuge in you; let me never be disgraced. Save me by your righteousness. Listen closely to me; rescue me quickly. Be a rock of refuge for me, a mountain fortress to save me. For you are my rock and my fortress; you lead and guide me for your name’s sake. You will free me from the net that is secretly set for me, for you are my refuge. Into your hand I entrust my spirit; you have redeemed me, Lord, God of truth.” **Psalm 31:1-5**

**‘Prayer’**

Father, let me always look to You as my protector and my place of safety. You are my God. Teach me to trust You daily with my life.

**‘Personal Time of Reflection & Prayer’**

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"But I call to God and the Lord will save me. Evening and morning and at noon I utter my complaint and moans and he hears my voice." **Psalm 55:16-17**

**Prayer**

*I thank you for hearing me. You are the God who saves. Help me to consistently call upon Your name, Jesus. Even when I am worn and exhausted with the troubles of the day, let me find sweet solace and refreshment in pouring out my soul to You. May I be filled with the power of Your Spirit. You are worthy of my trust and praise.*

**Personal Time of Reflection & Prayer**

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"Out of the depths I call to you, Lord! Lord, listen to my voice; let your ears be attentive to my cry for help."  
**Psalm 130:1-2**

**Prayer**

*Lord, sometimes I wonder if you hear me. Am I so deep in this pit that Your grace no longer reaches me? In Your great mercy, listen to my cries for help. Deliver me from all my fears and help me now.*

**Personal Time of Reflection & Prayer**

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“Lord, hear my prayer. In your faithfulness listen to my plea, and in your righteousness answer me...let me experience your faithful love in the morning, for I trust in you. Reveal to me the way I should go because I appeal to you.”

Psalm 143:1, 8

‘Prayer’

Lord, bring to my mind all the ways You have been faithful. Open my eyes to the new mercies You have for me this day. Your Word lights my path, but I long for the day when Your glory will be the only light I need. I entrust myself to You today.

‘Personal Time of Reflection & Prayer’

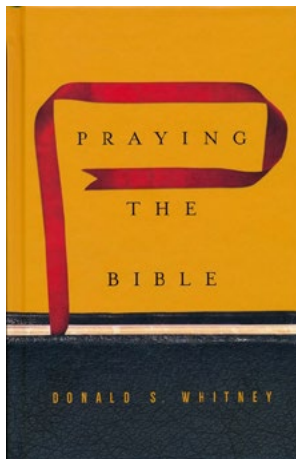
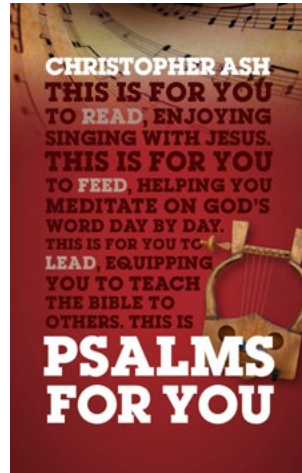
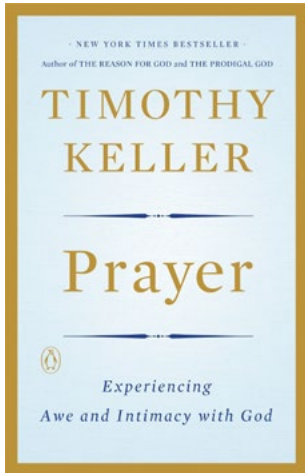
Horizontal lines for reflection and prayer on page 27.

‘Meditate on this past week’s Psalms.’

Focus on putting your trust in the One who always hears your prayers and encourages you to cast all cares on Him.

Horizontal lines for meditation on page 28.

# Additional Resources





**THE CHURCH AT STATION HILL**  
8083 Station Hill Drive, Spring Hill, TN  
[StationHillChurch.com](http://StationHillChurch.com)