



**Pearls
From The
Psalms
Book 1**

Man and Creation

Richard A. Hindmarsh

Pearls From The Psalms Book 1

Richard A. Hindmarsh, MD



FRACTURED
RESILIENCE

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Published in Lebanon, Oregon, by Fractured Resilience Publishing.

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ISBN: 9798386324520

Library of Congress Catalog Number: 2023903778

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INTRODUCTION

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Joshua 1:8

The Psalms are a treasured collection of poems penned by various authors, each with a unique voice and style. David, Solomon, Asaph, the prophetic singers of Korah's clan, and even Moses have contributed to this glorious work. Though these poems were originally intended for the children of Israel, they continue to speak to all of humanity. Indeed, the Psalms are a valued part of God's word that provide wisdom, insight into human anguish, prayer, praise, blessing, guidance for public worship, and a prophetic message regarding a coming Savior.

The Psalms are divided into five books, each one corresponding to the first five books of the Bible. Psalms 1-41 correspond to Genesis and deal with man and creation. Psalms 42-72 correspond to Exodus and deal with humanity's suffering and redemption. Psalms 73-89 correspond to Leviticus and deal with worship and God's house. Psalms 90-106 correspond to Numbers and deal with humanity's pilgrimage on earth. Finally, Psalms 107-

150 correspond to Deuteronomy and deal with praise and God's Word.

Let us not forget the pearls of truth that are contained within the Psalms. Each one is a precious gem, a glimmering light in the darkness of this present world. With the power of the Holy Spirit, we can meditate on these pearls and find comfort, rest, and joy. In these troubled times, we need the wisdom and encouragement the Psalms provide.

Indeed, the Psalms are a book of a heart on fire for God. Within these pages, the poet's heart cries out to God, expressing raw and honest emotions. At times, the poet even questions God. But this cry is not one of rebellion or disbelief. It is an expression of trust and a recognition of God's worthiness to receive praise. The Psalms also reveal the heart of God, a God who loves and cares for His people, a mighty redeemer God.

We should never forget the unbreakable spirit bond formed when a sincere human heart is wrapped together with the heart of God. Let us take a moment to pause and meditate on God's words to our hearts. May we find comfort, rest, and joy as we meditate on the Psalms, and may the Holy Spirit guide us as we seek to draw closer to God.

*He will be standing firm like a flourishing tree
planted by God's design,
deeply rooted by the brooks of bliss,
bearing fruit in every season of life.
He is never dry, never fainting,
ever blessed, ever prosperous.*

Psalm 1:3

Finish Strong

Do not be deceived
Do not be led astray,
Do not become distracted
No matter what others say.

The days are getting darker
Fear is in the air,
Uncertainty is rising
Nothing seems to be fair.

The earth has started shaking
No solid place to stand,
Reach for the loving Master
He will take you by the hand.

With trust and respect gone missing
It is hard for love to flow,
Abandon selfish ambition
If you want that love to grow.

Run towards the Savior
Bathe daily in His Word,
Praise Him in the moment
Your prayers to Him are heard.

In weakness this journey started
But now you must finish strong,
The Master is returning
And it won't be very long.

What delight comes to the one who follows God's ways! He won't walk in step with the wicked, nor share the sinner's way, nor be found sitting in the scorner's seat.

Psalms 1:1

Two Paths

Two paths stretch out before you
There's a choice for you to make,
Your decision is important
Which one will you take?

One path is very crowded
Moving at quite a pace,
It promises fulfillment
But ends in fear and disgrace.

The other path is hidden
It is taken by just a few,
But it takes you to the Master
The one who died for you.

Don't get pulled along by others
Ponder carefully your path,
The consequences are eternal
You can do the math.

His truths are precious jewels
You mine them from His Word,
And if you humbly listen
His still small voice is heard.

So, stand up strong
On bended knee,
Seek Him daily
His gift is free.

*Listen to me, all you rebel kings
and all you upstart judges of the earth.
Learn your lesson while there's still time.
Serve and worship the awe-inspiring God.
Recognize his greatness and bow before him,
trembling with reverence in his presence.
Fall facedown before him and kiss the Son
before his anger is roused against you.
Remember that his wrath can be quickly kindled!
But many blessings are waiting for all
who turn aside to hide themselves in him!*

Psalm 2:10-12

Hide in Him

Hide in Him all you rebels
He patiently waits for you,
His Son has paid the price
Come join the faithful few.

Hide in Him all you selfish
Set aside your pride,
For you know that all your boasting
Is just another way to hide.

Hide in Him you lost and lonely
He is a faithful friend,
Pray when you're discouraged
He'll keep you to the end.

Hide in Him all you faithful
Though the journey may be long,
He will be your comfort
As you sing His given song.

Hide in Him through meditation
Ponder His Holy Word,
Humbly seek Him daily
In prayer His voice is heard.

Hide in Him through praise and worship
Let His presence fill the room,
Raise your hands to heaven
He is coming back real soon.

*How dare the nations plan a rebellion.
Their foolish plots are futile!
Look at how the power brokers of the world
rise up to hold their summit
as the rulers scheme and confer together
against Yahweh and his Anointed King, saying:
“Let’s come together and break away from the Creator.
Once and for all let’s cast off these controlling chains
of God and his Christ!”*

Psalms 2:1-3

Schemes and Scams

Schemes and scams a plenty
They're not something new,
It's been going on for ages
A simmering rebellious stew.

They know not whom they're mocking
With their god-like claims,
But we will know their ending
Is in a pit of flames.

Secret but quite simple
Watch their plan evolve,
They birth a scary problem
That only they can solve.

The schemes they have no power
So, be careful what you hear,
Their power is in knowing
When you are full of fear.

The cure for all this fear
To find it is a must,
Is found in where you're leaning
It is found in whom you trust.

The God who loves and made you
He is there for you,
In the midst of all the turmoil
He will pull you through.

*So now I'll lie down and sleep like a baby—
then I'll awake in safety, for you surround me with your glory.
Even though ten thousand dark powers prowl around me,
I won't be afraid.*

Psalm 3:5-6

Awake in Safety

Sleep is an important measure
And consider it you must,
For it will clearly tell you
Where you place your trust.

What is it that sustains you
In the midst of a cold dark night,
Is it anxious thoughts or worries
Or monsters that cause fright.

The sheep that you are counting
Do they ever go astray?
To tasks not yet completed
Or the troubles of the day.

Do you lie there waiting
For the sun to crest the hill,
Or do you drink a potion?
Or pop a little pill?

If the Lord sustains you
No matter how you feel,
You will sleep like a little baby
If your trust in Him is real.

Awake to all the dangers
Yet, no need to fear,
Surrounded by His glory
Knowing He is near.

*Even though ten thousand dark powers prowl around me,
I won't be afraid.*

Psalms 3:6

If Fear Would Vanish

If fear would forever vanish
What would you do?
Would you pause confused
Or, would you walk on through.

If fear would forever vanish
What would you say?
Would you open up your heart
Or, would you wait another day?

If fear would forever vanish
Would you take the risk,
And follow your heart's leading
Into the cold dark mist.

And follow your calling
No matter the cost
And live with passion
To reach the struggling lost.

If fear would forever vanish
How would you be
Would you drag your feet
Or, jump with glee.

Fear should forever vanish
For the Lord is very near
As He says in His Word
You have no need to fear.

*But in the depths of my heart I truly know
that you, Yahweh, have become my Shield;
You take me and surround me with yourself.
Your glory covers me continually.
You lift high my head.*

Psalm 3:3

Your Glory – My Shield

Surrounded by fear and darkness
When mockers do prevail,
I need you Lord to save me
I fear my heart will fail.

On those days I'm feeling hopeless
I know my love is weak,
I need Your presence with me
I need to hear You speak.

My honor has been tarnished
There are haters all around,
You can taste their vial mumbles
It is an awful sound.

I feel I've been defeated
I bow my head in shame,
But still, I know You're with me
And those troubles You will tame.

I feel the world around me
Looks at me with scorn,
But I know You hear me calling
As I pray to You this morn.

You are my shield and glory
No need to fear the foe,
For You are here to guide me
The protector of my soul.

*Now, because of you, Lord, I will lie down in peace and sleep
comes at once,
for no matter what happens, I will live unafraid!*

Psalm 4:8

Fear and Faith

Fear and faith don't mingle
Though you'd think they were friends,
They arrive at the party together
And determine how it ends.

They show themselves most clearly
When dangers do prevail,
One will give you courage
The other will leave you pale.

They both can send a message
Directly to your heart,
Should you move on forward
Or stop before you start?

When it comes to planning
Their presence will deeply cut,
With one the doors will open
And with the other they will shut.

They can both appear together
In the middle of the night,
One to calm and sooth you
The other to bring you fright.

So, Lord I sit before You
I know I learn so slow,
Drive fear into the shadows
Help my faith to grow.

The intense pleasure you give me surpasses the gladness of harvest time, even more than when the harvesters gaze upon their ripened grain and when their new wine overflows.

Psalms 4:7

God-given Gladness

Gladness is that notion
That all is well and good,
Everything is aligning
Just like you thought it should.

What is the source of gladness
That you seek throughout the day,
Is it real and lasting
Does it have the strength to stay?

Do you search for gladness
In all your work and toil,
Or by hanging on to things
You know will one day spoil.

Do you search for gladness
In what you eat or wear,
Living with the delusion
That someone else might care.

If you want true gladness
A gladness that will last,
Seek the Lord and serve him
Stop clinging to your past.

To live in His presence
Where gladness overflows,
Where you taste His grace and mercy
As the gladness grows.

*Tremble in awe before the Lord, and do not sin against him.
Be still upon your bed and search your heart before him.
Pause in his presence.*

Psalms 4:4

Stand in Awe

Stand in awe and tremble
At the end of every day,
There is someone listening
To every word you say.

It is not just your neighbor
Google or your phone,
For He is carefully listening
When you are all alone.

Be serious and silent
As you lie upon your bed,
Don't be bitter towards others
Or make excuses in your head.

Take time to pause and ponder
Look at the direction of your day,
Be quiet and be humble
Or your mind will start to stray.

Be angry with the affections
The secret, selfish sin,
That give your life direction
Instead of seeking Him.

Lay it on the alter
In the silence of the night,
For He is there to hear you
And He will treat you right.

*At each and every sunrise you will hear my voice as I
prepare my sacrifice of prayer to you. Every morning I lay
out the pieces of my life on the altar and wait for your fire to
fall upon my heart.*

Psalms 5:3

I Give It All Back

With hands raised up to heaven
I give it back to you,
All that You have given
The many and the few.

I know that there are dangers
That I'll face throughout the day,
I give them to You
So from Your path I will not stray.

I sit here in the darkness
At the start of a brand new day,
To seek Your plan and guidance
To ponder and to pray.

Here are the pieces of my life
Disordered and amiss,
Take them and arrange them
In the order that You wish.

I lift my head expecting
An answer I will hear,
From Your Word or from Your Spirit
For I know that You are near.

Yahweh, lead me in the pathways of your pleasure just like you promised me you would, or else my enemies will conquer me. Smooth out your road in front of me, straight and level, so that I will know where to walk.

Psalms 5:8

Lead Me

Lead me Lord
As I start this day,
There are many paths
On which to stray.

Lead me Lord
Your way is true,
When times are dark
You will see me through.

Lead me Lord
In what to speak,
To those who hate
Or to those who seek.

Lead me Lord
The way is tough,
On those exhausting days
When I have had enough.

Lead me Lord
When things go well,
Give me a nudge
If it is the path to hell.

Lead me Lord
You know what's best,
For with You alone
Is where I'll rest.

*Yahweh, turn to me and rescue my life because I know your
faithful love will never fail me.*

Psalms 6:4

Faithful Love

God's faithful love
Is what we need,
We need His guidance
We need His lead.

God's faithful love
Is free for all,
His Son paid the price
Give Him a call.

I know in my heart
Even when frail,
That Your faithful love
Will never fail.

When the day's filled with danger
And enemies hover,
It is Your faithful love
That will give me cover.

In times of doubting
Awaken the past,
When You showed me Your love
And how it would last.

In times of trouble
When I think You are gone,
Show me Your love
Give me a song.

My eyes of faith won't focus anymore, for sorrow fills my heart. There are so many enemies who come against me!

Psalms 6:7

Weakened Faith

My enemies seem mighty
Troubles fill the day,
My faith is getting weaker
My body's in decay.

Hope and dreams have vanished
I don't know where to turn,
Confused and uncertain
As my stomach starts to churn.

I thought I had the answers
For the problems of the day,
But here I sit exhausted
And the problems seem to stay.

I know that other faithful
Will look at me and claim,
That it is my sin that makes me troubled
And I deserve to drown in shame.

When my eye of faith is blinded
Oh, Lord please help me see,
That the answer You provided
Was nailed to the tree.

In the midst of pain and trouble
Lord reach out Your hand,
For You are true and faithful
And on this I choose to stand.

Every pit-digger who works to trap and harm others will be trapped by his own treachery.

Psalms 7:16

My Name is Treachery

Hello, my name is treachery
I want to be your friend,
Through subtle lies and mockery
I will bring you to your end.

Treachery is that notion
That I can cause you harm,
With an attitude or action
Or a word that sounds alarm.

Data stealthily gathered
From those who hold you dear,
When you think I like you
I am fashioning a spear.

I sneak in and out unnoticed
Hidden, but in plain view,
Heart set on destroying
Some of the chosen few.

The spear is sharp and deadly
Thrown with a mighty thrust,
Into the minds of others
To destroy your hard earned trust.

I know my days are numbered
God's justice will prevail,
And at the end of my mighty spear
I will eventually be the one to flail.

*Yahweh, my God, I turn to hide my soul in you. Save me
from all those who pursue and persecute me.*

Psalms 7:1

My Soul Is Safe

I hide my soul in You Lord
My savior and my friend,
I know You love me dearly
And will be with me to the end.

I hide my soul in You Lord
Life has been a twisted trail,
So I hide my soul in You Lord
As my body starts to fail.

I hide my soul in You Lord
When life is looking bleak,
I hide my soul in You Lord
When my mind is feeling weak.

I hide my soul in You Lord
I am thankful for Your Son,
I hide my soul in You Lord
When my emotions are undone.

I hide my soul in You Lord
The giver of my life,
I hide my soul in You Lord
Amid this daily strife.

I hide my soul in You Lord
In You alone I rest,
I hide my soul in You Lord
What You have for me is best.

*But I will give my thanks to you, Yahweh,
for you make everything right in the end.
I will sing my highest praise to the God of the Highest Place!*

Psalm 7:17

Pray Expecting

Pray expecting that He knows you
Better than yourself,
And He has a plan and purpose
Not to leave you on a shelf.

Pray expecting that He hears you
And understands what you meant,
When you cry to Him for guidance
Or are confused by your intent.

Pray expecting that He cares
When turmoil comes your way,
He hears your prayer of anguish
And will be with you through the day.

Pray expecting He will answer
That your prayer to Him is heard,
The answer may be a nudging
Or a passage in His Word.

Pray expecting you have a purpose
For you and your clan,
He chose you for His pleasure
You have a role in His eternal plan.

Pray knowing that He loves you
And for you He wants the best,
So trust His holy guidance
And in Him you'll find your rest.

Why would you bother with puny, mortal man or care about human beings? Yet what honor you have given to men, created only a little lower than Elohim, crowned with glory and magnificence.

Psalms 8:4-5

Puny Mortals

In a world of wonder
You made to explore,
What is man?
But a puny little bore.

You gave us honor
And placed us above,
Not based on merit
But because of Your love.

Why would you send
Your Son to save,
Those who rebel
Or try to enslave?

Why would You honor
We who are mean,
Sinful and selfish
A disgrace to be seen?

Why would You bring
A redemption plan,
And whisper to the heart
Of a puny man?

If we follow Your way
You give certainty,
That there is a place in Your kingdom
For all of eternity.

*You have built a stronghold by the songs of children.
Strength rises up with the chorus of infants.
This kind of praise has power to shut Satan's mouth.
Childlike worship will silence
the madness of those who oppose you.*

Psalm 8:2

Worship as a Child

We must worship as a child
In this dark oppressive world,
Rejoicing in our Creator
As His splendor is unfurled.

From coos of deep contentment
To cries expressing need,
In a language that's universal
The intent not hard to read.

The delightful little giggle
When playing peak-a-boo,
Is how I feel this moment
As I catch a glimpse of You.

The words may not have meaning
But the message still is clear,
Worship is in their music
They know that You are near.

Yahweh, our Sovereign God, your glory streams from the heavens above, filling the earth with the majesty of your name! People everywhere see your splendor.

Psalms 8:1

Your Glory Streams

Your glory streams
From the mouth of a child,
With giggles of glee
That may sound wild.

Your glory streams
From the rocks and hills,
From the brooks that babble
And the soil that tills.

Your glory streams
From Your living Word,
A love letter from You
That needs to be heard.

Your glory streams
From Your plan to save,
The life of Your Son
The life that He gave.

Your glory streams
From the stars and moon,
From the birds that sing
With their melodic tune.

Your glory streams
As You make men whole,
When praise and worship
Fill their soul.

*For everyone who knows Your wonderful name
keeps putting their trust in You.
They can count on You for help no matter what.
O Lord, You will never, no never,
neglect those who come to You.*

Psalm 9:10

Know His Name

More than just a label
On a ledger or a tag,
A name denotes an essence
A unique and colorful flag.

Your name is Lord Jehovah
The giver of all life,
The keeper of Your promises
A comforter amidst all strife.

To know You is to trust You
Keeper of my soul,
A place of peace and refuge
When troubles take their toll.

So now, for just a moment
I'll pause to seek Your name,
And embrace Your holy presence
And ponder on Your fame.

I will worship you, Yahweh, with extended hands as my whole heart erupts with praise! I will tell everyone everywhere about your wonderful works!

Psalms 9:1

Path to Victory

Praise is the path to victory.
It is faith that you can hear,
Don't listen to other voices!
With praise your sight will clear.

Praise is the path to victory.
Don't hide away in fear,
Call upon the Master
For He is always near.

Praise is the path to victory.
Don't stumble on offense,
Leave the past behind you
To carry it makes no sense.

Praise is the path to victory.
Don't drown in guilt and shame,
He has given you freedom
And those monsters He will tame.

If you praise your way to victory
With Jesus by your side,
Though your path be filled with troubles
He is a faithful guide.

So, praise your way to victory.
Keep eternity in sight,
Though the battle is not over
He has won the fight.

For when you appear, I worship you while my enemies run in retreat. They stumble and perish before your presence.

Psalms 9:3

Power of Your Presence

What is your problem
Who is your foe,
What are the factors
That can bring you low?

Is it a man with a gun
Or internal strife,
Are you cocky and arrogant
Or fear for your life?

Our most dangerous foes
Come from within,
The way that we live
The embracing of sin.

No matter their source
Do you have a plan,
To defeat those foes
As fast as you can?

It is not with a sword
Or the power of your fist,
Will you see those foes
Turn into a mist.

Those enemies will flee
In the presence of the Lord,
To praise Him out loud
Is better than a sword.

All who are oppressed may come to Yahweh as a high shelter in the time of trouble, a perfect hiding place. For everyone who knows your wonderful name keeps putting their trust in you. They can count on you for help no matter what. O Lord, you will never, no never, neglect those who come to you.

Psalms 9:9-10

The Hiding Place

Do you have a hiding place
A place where you are safe,
A place where you can run
When trouble you must face?

Are you oppressed
Do you feel crushed,
Can you worship
Are your praises hushed?

When your life is in ruins
Where do you go,
To pull it together
To start to grow?

When you need safety
Here's what you do,
Run to the Lord
He has a place for you.

God is our refuge
The place we can hide,
When there is trouble and anguish
And storms outside.

The troubles and trials
That we have to face,
Will teach us to trust Him
And strengthen our faith.

How dare the wicked think they'll reject God and escape judgment. They say to themselves, "God won't hold me accountable."

Psalms 10:13

Arrogant Deception

The deception of the arrogant
Is thinking they are strong,
But one day in the future
All their stuff will be gone.

Their castles built with sand
Their tower oh so tall,
Will one day face God's judgement
And one day they will fall.

As the eagle watches the flock at night
Planning who he will eat,
So the rich and mighty plan
How to profit from the oppressed's defeat.

Oh wicked you are so lucky
That God withholds His wrath,
You've been given time to ponder
The course of your sinful path.

Judgement day is coming
Your treasures are no good,
Diamonds, gold and jewels
Will all be burned like wood.

But the humble weary believer
Thou tired and oppressed,
That day will bring new meaning
When in Him you have your rest.

Yahweh, you have heard the desires of the humble and seen their hopes. You will hear their cries and encourage their hearts.

Psalms 10:17

Humble Hope

The hope of the humble
Is that the Lord will provide,
A place of safety and comfort
If they have to escape and hide.

He gives them a song
In the darkest night,
And gives a taste
Of eternal delight.

He knows their heart
He knows what is true,
He guides their prayers
He will see them through.

He will stand for them
Amid the fight,
Injustice delivered
He will make right.

So seek ye the Lord
Though lowly of state,
One day your oppressors
Will be given their fate.

The Lord is righteous
So be righteous too,
In good times and bad times
He is there for you.

My faith shelters my soul continually in Yahweh. Why would you say to me: "Run away while you can! Fly away like a bird to hide in the mountains for safety.

Psalms 11:1

Faith Shelters

Faith shelters my soul
When it is raining defeat,
When I know I should stand
But want to retreat.

Faith shelters my soul
When storms bring despair,
When I lose my direction
And there is fog in the air.

Faith shelters my soul
When the mockers blow in,
And those close around me
Believe in their sin.

Faith shelters my soul
When relationships chill,
When I am abandoned by others
I will trust You still.

Faith shelters my soul
In the flood of regret,
When reminded of sins
That I try to forget.

Faith shelters my soul
Because You know me best,
And only in You
Will my soul be at rest.

But remember this: Yahweh is the Righteous One who loves justice, and every godly one will gaze upon his face!

Psalms 11:7

Godly Ones

Are you righteous
Are you pure of heart,
When you need answers
Where do you start?

Are you truly humble
Do you seek the Lord,
Or are you content
As part of the hoard?

Do you praise Him
Do you know your place,
Are you excited
That you will see His face?

To see the Lord more fully
You must be like Him,
Seeking to be righteous
Not bathing in selfish sin.

For the day is approaching
When all we see will end,
God's judgement is righteous
We will be unable to pretend.

So pause for a moment
In light of eternity,
One thousand years from now
Where will you be?

*What can the righteous accomplish
when truth's pillars are destroyed
and law and order collapse?*

Psalm 11:3

Truth's Pillars Destroyed

Truth's pillars have eroded
Some been blown apart,
Progress is not possible
When blocked at the very start.

Don't be caught in the cellar
As the building starts to fall,
Cry out to the Savior
He will hear your call.

They say there's no creator
We got here with a bang,
A cleverly crafted deception
Promoted by Satan's gang.

Peace is only found
When you follow His command,
Do justly and love mercy
Humbly hang on to His hand.

You will know the Lord is with you
When it's dark and cold outside,
But in you there's a warmth
And a light you cannot hide.

*Everyone lies, everyone flatters, and everyone deceives.
Nothing but empty talk, smooth talk, and double-talk.*

Psalms 12:2

Liars

Has truth has gone missing?
Does everyone lie?
Is there anyone worth trusting?
Should I even try?

Deception's running rampant
As all strive to achieve,
A place for their advantage
While loved ones they will leave.

If the adage still is true
It's flames we would see,
Coming from their pants
As they try to flee.

Your requests for me to trust you
Should scream to me, beware,
For trust is gained on merit
Your words I'll take with care.

Gaslighting as an art-form
Is taught at the finest schools,
And following their instruction
Will turn you into fools.

Your words are slick and cunning
And just to hear you talk,
I understand immediately
How you convince the flock.

*Help, Lord!
Save us!
For godly ones are disappearing.
Where are the dependable, principled ones?
Everyone lies, everyone flatters, and everyone deceives.
Nothing but empty talk, smooth talk, and double-talk.*

Psalm 12:1-2

Where Have The Godly Gone?

Where have the godly gone?
The ones who point to You,
Are they shopping at the market?
Or sitting in a pew?

Where have the godly gone?
The ones that hear Your voice,
Have they left their godly calling?
To follow another choice.

Where have the godly gone?
The ones who humbly walk,
Not seeking self-promotion
With pretentious idle talk.

Where have the godly gone?
The ones whose compass is true,
Have they wandered off to heaven?
Why are there just a few?

Where have the godly gone?
The ones who really care,
The ones who act with kindness
Whose judgements are right and fair.

Am I a godly one?
Where do I stand with You?
It's time for some reflection
Before this day is through.

I will sing my song of joy to you, Yahweh, for in all of this you have strengthened my soul. My enemies say that I have no Savior, but I know that I have one in you!

Psalms 13:6

A Sure Savior

I trust in Your kindness
When all hope seems gone,
For You give me the courage
To sing You this song.

I trust in Your strength
When I feel weak,
When I am hobbled by pain
And my bones start to creak.

I trust in Your love
When I feel alone,
That You'll protect my heart
So it will not turn to stone.

You show me the path
When no path can be found,
When the footing is risky
You show me solid ground.

You strengthen my soul
When all those around,
State their conclusion
That no savior can be found.

I sing You this song
With hands lifted high,
Without You as my savior
I would surely die.

*Take a good look at me, Yahweh, my God, and answer me!
Breathe your life into my spirit. Bring light to my eyes in this
pitch-black darkness or I will sleep the sleep of death.*

Psalms 13:3

Shadows

Despair does cast a shadow
It's fingers do extend,
Deep into your life
A shadow without end.

Guilt does cast a shadow
A darkness in your soul,
Tearing you apart
No chance of feeling whole.

Greed does cast a shadow
While striving for a toy,
A pressured heavy shadow
Chasing away all joy.

Fear does cast a shadow
Make everything look bleak,
A message to your heart
A shadow that does speak.

Bitterness casts a shadow
It will blind you on your path,
Hope and joy will leave you
As you shiver in it's wrath.

Into this world of shadows
God did send His light,
To drive away the darkness
Deep into the night.

They live in luxury while exploiting my people! Won't these workers of wickedness ever learn? They don't ever think of praying to God.

Psalms 14:4

Deceitful Riches

The sweet melody of riches
Is another weed I see
It gives pleasure for a moment
But no security.

It feeds a hungry passion
Always wanting more
And when I have enough
There is no room on my floor.

So then I must get busy
Build a much, much bigger house
To store those precious treasures
And chase out every mouse.

But as I sit there quiet
In the midst of all this stuff
There is a deep and haunting feeling
That there'll never be enough.

The pleasures that are fleeting
Have now just flit away
And I am left here grieving
With only bills to pay.

The answer is in resting
In the protection of Your hold
To know that You love me
Is worth more than all the gold.

Only the withering soul would say to himself, "There is no God." Anyone who thinks like this is corrupt and callous, devoid of what is good.

Psalms 14:1

Withering Soul

In a godless world
All hope is lost,
So ponder your life
And count the cost.

In a godless world
In what do you hope,
In reason or fear
Or a pile of dope.

In a godless world
What is morally right,
It is not the humble
But the one who will fight.

In a godless world
Where do you turn,
When you need direction
When your stomach does churn.

In a godless world
And you feel buried in a hole,
Where is there comfort
What strengthens your soul?

In a godless world
There's no meaning to life,
It is gaining and losing
And a mountain of strife.

*Yahweh, who dares to dwell with You?
Who presumes the privilege of being close to You,
living next to you in Your shining place of glory?*

Psalm 15:1

Full of Yourself

When you are full of yourself
The truth you will hide,
It's not your feelings that hurt
It's a matter of pride.

When you are full of yourself
You see others with disdain,
You will use their faults
To build up your name.

When you are full of yourself
There is no room for God,
If you claim, He is with you
You're only a fraud.

When you are full of yourself
You will feel alone,
Compassion will fade
As your heart turns to stone.

When you are full of yourself
There is no place for trust,
With selfish ambition
That is fueled by lust.

So, empty yourself
Make room for the Lord,
Dwell in His presence
And value His Word.

They are passionate and wholehearted, always sincere and always speaking the truth— for their hearts are trustworthy.

Psalms 15:2

Trustworthy Hearts

A heart that is trustworthy
Will not come from a sleuth,
Not cunning or sneaky
It will speak the truth.

A heart that is trustworthy
Will not create fear,
It will always be humble
And always sincere.

A heart that is trustworthy
Is not blind to sin,
But when it is tempted
It will not join in.

A heart that is trustworthy
Oh what a grind,
For a heart that is trustworthy
Is hard to find.

A heart that is trustworthy
His treasures are stored,
In a place most secure
For he walks with the Lord.

A heart that is trustworthy
Is selfless and secure,
Serving the Master
With a heart that is pure.

*Keep me safe, O mighty God.
I run to You, my safe place.*

Psalm 16:1

Home

Have you found your way?
Are you now at home?
Or wandering and restless
Continuing to pace and roam.

Oh, weary restless soul
When will you find your home,
A place to rest your head
Beside the Master's throne.

A home is not a house
With fence and fancy yard,
It's a place of peace and quiet
Even when life is hard.

Home is a place of safety
Tranquility and peace,
In the presence of the Almighty
A place of full release.

It's a place that's found by seeking
The One who knows you best,
Abandoning life's clutter
A place of calm and rest.

*Because of you, I know the path of life,
as I taste the fullness of joy in Your presence.
At Your right side I experience
divine pleasures forevermore!*

Psalm 16:11

Pause in His Presence

In the quiet of the morning
Before the songbirds sing,
I bring my life before You
To give You everything.

Made for just one purpose
To worship at Your feet,
And to bathe in Your glory
Will make my life complete.

To pause in His presence
And whisper a prayer of praise,
To speak words of heartfelt gratitude
Will give strength for troubled days.

*Protect me from harm,
keep an eye on me
as You would a child who is reflected
in the twinkling of Your eye.
Yes, hide me within the shelter of Your embrace,
under Your outstretched wings.*

Psalm 17:8

Blurred Vision

I ask you Lord, in earnest
Remove the scales from my eyes,
Help me see more clearly
Through deception and cruel lies.

Fear and worry confuse me
Making it hard to see,
The dangers all around me
To know when I should flee.

I feel like I am running
With a target on my back,
But I know You go before me
Suppling where I lack.

Outside the storms are raging
Inside I'm tasting fear,
How can I move forward
When my vision is not clear?

I know there are many places
In my heart that are not right,
Remove the self-deception
Equip me for the fight.

Help me see the log of pride
That blinds me to Your will,
Wash me daily with Your Word
Your purpose to fulfill.

*Following your word has kept me from wrong. Your ways
have molded my footsteps, keeping me from going down the
paths of the violent.*

Psalms 17:4

Your Word

Thy word and my word
Both must be true,
No use pretending
In my prayers to You.

If I expect You to hear
The cry of my heart,
I need to be honest
Right from the start.

Prayer that is pretentious
Will close the door,
It won't ascend to heaven
It will fall to the floor.

To walk with You daily
And follow Your Word,
Will keep me on Your path
When trouble is heard.

Your Word is a light
That shows me the way,
And reset my course
When tempted to stray.

You help me see more clearly
The paths that others take,
And ponder their direction
And not make the same mistake.

His love broke open the way, and he brought me into a beautiful, broad place. He rescued me—because his delight is in me!

Psalms 18:19

God's Delight

God delights in His children
The ones whose hearts are pure,
The ones who know His Word
The ones whose faith is sure.

God delights in His children
The ones who seek to serve,
Not selfish in desire
Or arrogant in what they deserve.

God delights in His children
The ones who do what is right,
Not only when it's known
But in the cover of the night.

God delights in His children
The ones who stay on His path,
Not just when times are easy
But when facing the enemy's wrath.

God delights in His children
The ones whose sin is seen,
Washed daily by His Word
The ones whose hearts are clean.

God delights in His children
Even if there is just a few,
The question now worth asking
Does God delight in You?

His love broke open the way, and he brought me into a beautiful, broad place. He rescued me—because his delight is in me!

Psalms 18:19

The Light Of His Love

His love is a light bright shining
Beauty it does reveal,
In wonders and miraculous
A beauty you can feel.

His love is a light bright shining
Showing you His plan,
When you believe you can't
He whispers "you can."

His love is a light bright shining
Sending a message to your heart,
That He is the one who loves you
And knew you from the start.

His love is a light bright shining
Giving you a home,
A place of His selection
Never again to roam.

His love is a light bright shining
In a dark and twisted world,
Look for Him this moment
His banner has been unfurled.

His love is a light bright shining
More than a little spark,
For His love is a light bright shining
Dispelling all the dark.

*When I was at my weakest, my enemies attacked— but the
Lord held on to me.*

Psalms 18:18

Time of Vulnerability

When you are at your weakest
Drowning in confusion and fright,
The enemy will see you limping
And launch his biggest fight.

When you are at your weakest
Groaning in great pain,
You may count it all as loss
Not willing to try again.

When you are at your weakest
Attacked by those who mock,
And when you seek for justice
All you hear is double-talk.

When you are at your weakest
And feel all alone,
Your prayers don't have answers
And your spirit starts to groan.

When you are at your weakest
And peace and joy are stale,
It is easy to be tempted
And for bitterness to prevail.

When you are at your weakest
The Lord will hear your call,
He will hold you closely
So you will not fall.

*God's splendor is a tale that is told,
Written in the stars.
Space itself speaks His story
Through the marvels of the heavens.
His truth is on tour in the starry vault of the sky,
Showing His skill in creation's craftsmanship.*

Psalm 19:1

Eloah – God the Prominent

We have a glimpse of Your prominence
In all that You have made,
The splendor of a sunset
As the light begins to fade.

When I look up to the heavens
Where the moon and stars reside,
I am filled with awe and wonder
That You are by my side.

You are God the Prominent
The creator of the world,
And as the sun is rising
Beauty is unfurled.

Forgive me Lord, I pray
For making You so small,
I cannot capture Your majesty
With just a plaque on the wall.

But to see You in Your prominence
That you reign supreme,
Is to see You as much more
Than the captain of my team.

Worthy of praise and worship
Just for who You are,
Eloah the prominent
Who does not dwell afar.

*The rarest treasures of life are found in His truth.
That's why God's Word is prized
like others prize the finest gold.
Sweeter also than honey are His living words.
Sweet words dripping from the honeycomb!*

Psalm 19:10

God's Word

His Word is perfect
In every way,
It will revive your soul
And brighten your day.

His Word is sure
It cuts like a knife,
Exposing the places
That will destroy your life.

If you want to be wise
It is found in His Word,
And if you are quiet
His voice will be heard.

Hidden flaws that will harm you
His Word will reveal,
To shelter your soul
That the enemy would steal.

His Word is a light
That will guide your way,
It will keep you safe
When storms fill the day.

His Word was written
For people to see,
The source of their burdens
The path to be free.

*Keep cleansing me, God,
and keep me from my secret, selfish sins,
may they never rule over me!
For only then will I be free from fault
and remain innocent of rebellion.*

Psalm 19:13

Just a Glove

I am just a glove
Made from clay,
Needing to be filed
The Master's way.

A glove that is made
To fit His hand,
Not to be filled
With what I have planned.

I've stored inside each finger
What I think I need,
Habits, beliefs, and attitudes
Selfishness and greed.

But if this glove
Remains this way,
The stuff inside
Will cause decay.

The glove must be emptied
Of all this stuff,
For the Master's hand
Is more than enough.

Inhabited by His presence
The glove will finally see,
Its purpose and its meaning
What it was designed to be.

*Yahweh's Word is perfect in every way;
how it revives our souls!*

Psalm 19:7

More Than a Glimpse

The Master's skill
Is on display,
Just look at the stars
On a cloudless day.

Catch a glimpse of His might
In a fierce summer storm,
Or a glimpse of His mercy
In the sun's rays that warm.

The glimpses are many
They are all around,
And if you look
They are easily found.

For more than a glimpse
Look to His Word,
It was spoken to you
And needs to be heard.

If you want your spirit
To awaken and shine,
Embrace His Word
Give Him some time.

If you are looking for treasure
It's found in His truth,
If you seek Him in earnest
He will give you the proof.

So may the words of my mouth, my meditation-thoughts, and every movement of my heart be always pure and pleasing, acceptable before your eyes, Yahweh, my only Redeemer, my Protector.

Psalms 19:14

Words And Thoughts

May the words of my mouth
The sentences I speak,
Come from a heart
That is pure and meek.

May my thoughts be pure
Reflecting Your Word,
So in moments of need
Your voice will be heard.

May my feet trod securely
In the path of Your will,
So when my time here has ended
I'll be walking with You still.

May these hands You have given
Serve those You desire,
Please give the strength
To serve and not tire.

May the desires of my heart
And the passions I pursue,
Serve to build Your great kingdom
And be pleasing to You.

May my life be lived holy
And pleasing to You,
As You guide and protect
Your will, I will do.

I know Yahweh gives me all that I ask for and brings victory to his anointed king. My deliverance cry will be heard in his holy heaven. By his mighty hand miracles will manifest through his saving strength.

Psalms 20:6

Gifts From Heaven

With dangers all around me
He guides me on His path,
Avoiding unseen troubles
Amid the enemy's wrath.

With unfaithful all around me
He remains faithful and true,
And even when I waver
He will see me through.

With mocking all around me
He gives me strength to fight,
The battle that's worth fighting
Not to prove that I am right.

With fear all around me
He gives courage for the day,
When facing present terrors
He gives me strength to stay.

With temptation all around me
He frees me from the snare,
Giving me the wisdom
When others don't care.

With hopelessness all around me
He is the living hope,
Not caught up by distraction
He gives the power to cope.

Some find their strength in their weapons and wisdom, but my miracle-deliverance can never be won by men. Our boast is in Yahweh our God, who makes us strong and gives us victory!

Psalms 20:7

Strength And Wisdom

On what do you trust
To be made whole,
Where do you turn
To achieve your life's goal.

Do you look for strength
In your cunning ways,
By deceiving others
All of your days.

Do you look for strength
In what you posses,
In a garage full of toys
That now is a mess.

Do you look for wisdom
In all that you know,
Oh my what a feat
Watch your library grow.

Do you look for wisdom
On the face your phone,
The face that looks back
When you're all alone.

Can you find wisdom
In the people you know,
Do you trust their advice
Can they help you grow?

He wanted life —you have given it to him and more! The days of his blessing stretch on one after another, forever!

Psalms 21:4

What Is Life

How can a seed
That is so hard to see,
Be dropped in the dirt
A become a great tree.

Can you take a few atoms
Place them in a row,
Blow on them gently
And then see them grow?

Life is a mystery
We have to agree,
Just look at a flower
Or the stance of that tree.

We are but humble
Creations of God,
With poor understanding
A mind full of fog.

So what should we do
With this life we've been given,
But to embrace it fully
And carry on a live'n.

Thank you Lord
Your blessings are many,
For life and Your love
That don't cost a penny.

*Yahweh, because of your strength the king is strong. Look
how he rejoices in you! He bursts out with a joyful song
because of your victory!*

Psalms 21:1

Where Does Your Strength Come From?

Is there a song in your heart
Can you sing it with glee,
Or are you defeated
With no sense of victory.

The Lord has promised
The battle is His,
Don't be discouraged
Or let your hope fizz.

The strength that we need
For the battles today,
Are found in His mercies
To people of clay.

Don't give up too quickly
Don't run and hide,
The Lord has promised
To be right by your side.

Strength so divine
Will ensure your success,
It comes from the Lord
In spite of your mess.

If your enemy is strong
You know what to do,
Trust in the Lord
He will see you through.

*Like ravenous, roaring lions tearing their prey, they pour
curses
from their mouths.*

Psalms 22:13

Fear Is A Lion

Fear is a lion
Inside your chest,
And with one loud roar
You will not rest.

Fear is a lion
With long sharp claws
He will shred your plans
With just one of his paws.

Fear is a lion
And when he gnaws,
He will bring to the surface
All of your flaws.

Fear is a lion
Who likes to roam,
So now there's no place
For you to call home.

Fear is a lion
Who is hard to tame,
He will bring you to ruin
With a breath of shame.

Fear is a lion
Who needs a cage,
Especially when weak
Or feeling your age.

God, my God! Why would you abandon me now? Let all the poor and broken eat until satisfied. Bring Yahweh praise and you will find him. May your hearts overflow with life forever!

Psalms 22:1&26

Where Is God Found?

Where is God
When you need Him most?
Is He on vacation
Or is He a ghost?

Will you find Him in heaven
Will you find Him on earth,
Do you have to go searching
For all you're worth?

Is He in the forest
Behind a tree,
Is He under the water
Or lost at sea?

To find Him you'll see
Is found in His Word,
If you call out to Him
Your voice will be heard.

No need to go running
Or searching for days,
The God who loves you
Is found when you praise.

God is not missing
He is not a ghost,
He is right there with you
When you need Him most.

Yahweh is my best friend and my shepherd. I always have more than enough.

Psalms 23:1

Sheep Without A Shepherd

Sheep without a shepherd
You see them in the mix,
Downtrodden and disheveled
Looking for a fix.

Sheep without a shepherd
Found but feeling lost,
Looking for some comfort
No matter what the cost.

Sheep without a shepherd
Hear the masters call,
Forget about your past
He has room for all.

Sheep without a shepherd
When you hear His voice,
Accept His invitation
It is the right choice.

Sheep without a shepherd
He is looking for you,
The ones who are lost
The needy, the few.

He is the restorer
The giver of life,
He is there for you
In the midst of all strife.

*That's where he restores and revives my life.
He opens before me the right path
and leads me along in his footsteps of righteousness
so that I can bring honor to his name.*

Psalm 23:3

Stolen Moments

Stolen moments are those seconds
Even when times are bleak,
A witness to my spirit
When I hear You briefly speak.

Stolen moments when it is quite
In the stillness of the night,
When memories are haunting
You bring peace instead of fright.

Stolen moments in the morning
As I stop to pray,
Grateful for each blessing
At the start of a brand-new day.

Stolen moments amid the turmoil
Of conflict unresolved
You show the path of peace
And how the issue can be solved.

Stolen moments when I hear You
Whisper to my heart,
That I am Your child
And You knew me from my start.

Stolen moments filled with wonder
When I see what You have made,
The mountains and the meadows
The rivers and the glade.

*Those who are clean—whose works and ways are pure,
whose hearts are true and sealed by the truth,
those who never deceive, whose words are sure.*

Psalms 24:4

God's Holy Place

God lives in a place
That He calls holy,
In the hearts of His children
The meek and the lowly.

God's Word tells us clearly
How to walk with Him,
For those He desires
Will run from sin.

Your heart must be clean
Your ways must be pure,
And if your hearts are true
Your place is secure.

Don't be a deceiver
A spiller of lies,
When you deliver such falsehood
It is the truth that dies.

Your words, thoughts and actions
Must conform to His Word,
So when others do struggle
Your heart will be stirred.

To dwell with the Lord
Will show in your treasure,
Is it silver and gold
Or to live with Him forever?

So wake up, you living gateways! Lift up your heads, you doorways of eternity! Welcome the King of Glory, for he is about to come through you.

Psalms 24:7

The King of Glory

Wake up you sleepy people
The day is nearly here,
The King is getting ready
And soon He will appear.

Wake up you sleepy people
Raise your weary head,
You might miss His glorious appearing
Hiding in your bed.

Wake up you sleepy people
He has chosen just a few,
To show the world His glory
He has a plan for you.

Wake up you sleepy people
You are a living gate,
To spread His love to others
And help them see their fate.

Wake up you sleepy people
Open up your heart,
He has defeated sin and death
Given you a new start.

Through you He is coming
To redeem the world,
Through you He is coming
His glory unfurled.

Direct me, Yahweh, throughout my journey so I can experience your plans for my life. Reveal the life-paths that are pleasing to you .

Psalms 25:4

God Lights Your Path

God's light displaces darkness
When you are troubled and confused,
He will give you guidance
When you feel hopeless and abused.

God's light will give direction
It will show His path for the day,
He will keep you safe
Even when you stray.

God's light can be convicting
When you wander off the path,
He is so kind and gracious
When what you deserve is His wrath.

God's light will show you purpose
Your purpose within His plan,
To find it is quite simple
Stay as close to Him as you can.

God's light will show you others
Their desires and their pain,
And how to love with clarity
For their eternal gain.

God's love is the light He shows you
No need to walk in fear,
So humbly seek Him daily
So His path for you will clear.

Until you lift this burden, the burden of all my sins, my troubles and trials will be more than I can handle. Can't you feel my pain?

Psalms 25:18

The Burden Of Sin

Lord I come before You
Burdened by guilt and shame,
I should have done much better
Rescue me in Jesus name.

Lift the burden of rebellion
Demanding my own way,
Bring me into Your presence
For there I want to stay.

Lift the burden of self-centeredness
So other I can serve,
To love them as Your children
To give what they deserve.

Lift the burden of long held bitterness
Towards those who did me wrong,
And restore Your joy and peace
So I can sing Your song.

Lift the burden of greed and desire
That goes against Your will,
Show me Your path and purpose
And the promises You fulfill.

Thank you Lord for showing
That Your way is the best,
For lifting all these burdens
And allowing me to rest.

*I won't keep company with tricky, two-faced men, nor will I
go the way of those with hidden motives.*

Psalms 26:4

Pretenders

The world is full of pretenders
Claiming who they are not,
Hiding their plans in secret
Believing they won't get caught.

There are pretenders in the market
Selling you a lie,
Giving you a product
That they would never try.

There are pretenders in your family
Oh what a hurtful bunch,
Claiming that they love you
But only there for lunch.

There are pretenders in your place of worship
Some with hands raised high,
Stating they have the answers
While their soul remains bone dry.

Pretenders live in darkness
Where motives remain unclear,
They may be smiling on the inside
While outside you see a tear.

Are you a sly pretender
Building a life on worthless stuff,
You think you're strong and mighty
When all you are is fluff.

Yahweh, you can scrutinize me. Refine my heart and probe my every thought. Put me to the test and you'll find me true.

Psalms 26:2

The Test

I know I am deceptive
Lord, please root it out,
Help me see more clearly
What I'm all about.

Test my thoughts and motives
Demolish the insincere,
Refine my path and passions
Make my purpose clear.

The loving Lord will test you
Be humble as you see,
Who you really are
Not just who you claim to be.

Oh righteous hound of heaven
Be gentle with Your sword,
Remove the core that's rotten
Wash me in Your Word.

I wish the test was painless
With no sense of loss,
But then I must consider
What was suffered on the cross.

No matter how hard the test
I know Your love is sure,
And clinging to Your mercy
I know I will endure.

My heart will not fear even if an army rises to attack. I will not be shaken, even if war is imminent.

Psalms 27:3

Fearful

Fear is a bass drum
With a constant robust beat,
It drives me to seek knowledge
Where to safely plant my feet.

But in a world of endless knowing
What knowledge will there be,
To move safely and securely
Without feeling, I have to flee.

So how can I move forward
Facing all this fear,
When the news is so depressing
And science is unclear.

It's the knowledge that You love me
That brings quiet to my soul,
To rest in that assurance
Is all I need to know.

To know that You love me Lord
When nothing's making sense,
Is to trust in Your protection
Quiet and at rest.

This day will be a blessing
Not conformed to fear,
Even if all seems hopeless
I know that You are near.

Here's the one thing I crave from Yahweh, the one thing I seek above all else: I want to live with him every moment in his house, beholding the marvelous beauty of Yahweh, filled with awe, delighting in his glory and grace. I want to contemplate in his temple.

Psalms 27:4

In His Presence

In the quiet of the morning
Before the songbirds sing,
I bring my life before You
To give You everything.

Made for just one purpose
To worship at Your feet,
And to bathe in Your glory
Will make my life complete.

To pause in His presence
And whisper a prayer of praise,
To speak words of heartfelt gratitude
Will give strength for troubled days.

Free from life's distractions
In the stillness of the day,
To ponder Your grace and beauty
Is where I want to stay.

To live in Your shadow
With the humble and the meek,
Is where I find wholeness
What I desire and I seek.

To know You is to trust You
When all earthly strength is gone,
And to dwell in Your presence
Is what I surely long.

Yahweh is my strength and my wraparound shield. When I fully trust in you, help is on the way. I jump for joy and burst forth with ecstatic, passionate praise! I will sing songs of what you mean to me!

Psalms 28:7

Passionate Praise

There is joy and peace in believing
That God is on your side,
No matter what befalls you
He will be by your side.

So sing Him songs of worship
Sing Him songs of praise,
He alone is worthy
Praise Him all your days.

My heavy heart's been lifted
For this I thank you Lord,
My heart has been renewed
The place where angst was stored.

When my soul was hungry
You fulfilled my every need,
Your Word brought strength and courage
Oh what a holy creed.

You saved us, blessed us, and fed us
You guide us on our path,
And when we need correction
You nudge us with Your staff.

You raised us from the ashes
I lift my hands to You,
To live a life of praises
Until my time is through.

Don't allow me to be punished along with the wicked— these hypocrites who speak sweetly to their neighbors' faces while holding evil against them in their hearts.

Psalms 28:3

Sweet Speak

Sweet speak are words of kindness
From a heart that is full of rage,
Words with missing meaning
A statement from a stage.

Sweet speak is in the office
From those who want your job,
They praise you to your face
But curse you to the mob.

Sweet speak is found in commerce
From those who want your cash,
They promise you a mountain
But all you get is ash.

Sweet speak in a house of worship
Is more than just plain bad,
You give all that you've been given
Then find out you've been had.

Sweet speak within your household
Has the power to drive you mad,
For dishonesty from family
Is oh so very sad.

So if your heart is troubled
And all you feel is rage,
Don't take it out on others
Keep those words within a cage.

Be in awe before his majesty. Be in awe before such power and might! Come worship wonderful Yahweh, arrayed in all his splendor, bowing in worship as he appears in the beauty of holiness. Give him the honor due his name. Worship him wearing the glory-garments of your holy, priestly calling!

Psalms 29:2

Honor

We honor what we value
Where is your treasure stored,
Do you keep it in your pocket
Do you value the risen Lord?

We honor whom we respect
Who has that place for you,
Is it the God who loves you
Or is it something that you view?

We honor what is upright
Full of goodness and is true,
God alone is Holy
Honor for Him is due.

We honor what has position
A place of might and power,
Pause for just a moment
Who sustains you in this hour?

We honor what has majesty
The living King of Kings,
So join creation's chorus
With the honor that it sings.

Give your honor to the Master
He alone is worth your praise,
Rest in His presence
The remainder of your days.

*Above the furious flood, the Enthroned One reigns, the King-
God rules with eternity at his side.*

Psalms 29:10

The Furious Flood

There is a flood of evil
Surging though the land,
It's enough to make you wonder
How much longer can we stand?

Deception is now expected
From those who are in power,
The truth is getting twisted
More confusing by the hour.

Disrespect is now a virtue
Learned in all our schools,
No respect for our parents
They're just older fools.

Experience that once mattered
Now it's left to rot,
Elders placed in small rooms
Single chair and tiny cot.

It's upside down I tell you
I don't know which way to go,
Swim against the current
Or get swept up by the flow.

Dear God please give us wisdom
Before all hope is lost,
We are here to serve You
No matter what the cost.

*O Lord, my healing God, I cried out for a miracle and you
healed me!*

Psalms 30:2

God Is Still Alive

It takes a miracle
For a broken heart to mend,
For resentment to be lifted
God is still alive.

It takes a miracle
For an addicted mind to heal,
To turn away from comfort
God is still alive.

It takes a miracle
To love when you've been hurt,
For forgiveness to be real
God is still alive.

It takes a miracle
To praise in times of pain,
And to lift your hands in worship
God is still alive.

It takes a miracle
To hope in time of fear,
To keep going when exhausted
God is still alive.

It takes a miracle
To save a sinner's soul,
To bring him back to glory
God is still alive.

How could I be silent when it's time to praise you? Now my heart sings out, bursting with joy— a bliss inside that keeps me singing, "I can never thank you enough!"

Psalms 30:12

The Singing Heart

Sing to the Lord a new song
When you see the morning light,
For He has stayed beside you
And brought you through the night.

Sing to the Lord a new song
As you pause to read His Word,
He has a special message
Be still so His voice is heard.

Sing to the Lord a new song
As you start your daily chores,
He has given purpose
It's not just washing floors.

Sing to the Lord a new song
When you pause to take a break,
Thank Him for your coffee
Praise Him for your cake.

Sing to the Lord a new song
As the pillow meets your head,
Thank Him for His mercies
As you go to bed.

Sing to the Lord a new song
In the middle of the night,
Thank Him for protection
There is no need for fright.

*I am totally forgotten, buried away like a dead man,
discarded like a broken dish thrown in the trash.*

Psalms 31:12

Forgotten

Have you ever felt forgotten
Left along the road,
Despised and rejected
With a heavy load?

Are you now forgotten
Where once you walked in fame,
Now your name is tarnished
And all you face is shame?

Do you feel forgotten
As others pass you by,
Treating you like garbage
Have you lost your will to try?

The forgotten live in shadows
When once their light did shine,
But now that they are older
They are seen as in decline.

You're forgotten when your value
No longer seem to count,
Now they look for wisdom
From another mount.

When you feel forgotten
Don't drown in guilt and shame,
There is one thing for certain
Jesus knows your name.

I despise these deceptive illusions, all this pretense and nonsense, for I worship only you.

Psalms 31:6

Pretense

Pretense is a cymbal
That clangs inside my head,
For to be seen as unworthy
This, I fear and dread.

I'll sacrifice the quiet
Embrace the noise instead,
To project a glowing image
To avoid that awful dread.

But the image isn't perfect
It's full of many holes,
This drives me to work harder
Bragging, buying, primping, clothes.

But I know that the acceptance
I long for, and I seek,
Is only found in you Lord
Given freely to the meek.

So let's pull this weed of pretense
Let meekness grow instead
And then Your rest and quiet
Will chase out all that dread.

What bliss belongs to the one whose rebellion has been forgiven, those whose sins are covered by blood.

Psalms 32:1

Forgiven

It's the gift that keeps on giving
When you chose to forgive,
Letting go of deep resentments
Now you're free to live.

Forgive to be forgiven
Hear the Master's call,
He has grace and mercy
Available for all.

There is a gift that's greater
It makes your life worth live'n,
Is when you have done great harm
And with mercy have been forgiven.

We all deserve His judgement
We are rebels at the core,
But our sins He has covered
Not seen any more.

With the burden of sin now lifted
No longer under that weight,
You can live with purpose
And not the rebel's fate.

My heart explodes with praises
It is a holy flood,
To know my sins are covered
By His precious blood.

Before I confessed my sins, I kept it all inside; my dishonesty devastated my inner life, causing my life to be filled with frustration, irrepressible anguish, and misery.

Psalms 32:3

Misery

There is a kind of misery
That doctors cannot heal,
It comes from deep within
A heart covered with a seal.

If you nurse your cares and worries
Treat them like a friend,
Your soul will start to wither
And you'll face a bitter end.

Bitterness that's concealed
Will eat your very bones,
When you look inside your heart
All you'll see are stones.

Don't think that you are righteous
When all you do is hide,
The fear and rage inside you
Projecting a godly side.

What's kept inside keeps churning
Making a toxic soup,
If you let it have it's way
It'll form a fatal loop.

So be open to the garbage
That you keep inside,
Take it to the Master
In Him you can confide.

It's time to sing and shout for joy! Go ahead, all you redeemed ones, do it! Praise him with all you have, for praise looks lovely on the lips of God's devoted lovers.

Psalms 33:1

Time For A Song

Holy joy is quite becoming
It is the heart of praise,
For God alone is worthy
Weak voices you should raise.

Thankful praise is a language
Heard by God above,
An expression of your heart
Of whom you really love.

If your voice is weak and shaky
Still raise your hands and sing,
For the Master of the chorus
Has given everything.

Sing with volume and with gusto
His promises are true,
For He chose to save you
One of just a few.

Earth is filled with His goodness
Yet void of His praise,
So be the one to praise Him
The rest of your days.

You may bring Him gold and silver
But what He values most,
Are the praises of His children
Come join the heavenly host.

*It's time to sing and shout for joy!
Go ahead, all you redeemed ones, do it!
Praise him with all you have,
for praise looks lovely on the lips of God's devoted lovers.*

Psalm 33:1

Praise Him

Awaking full of worry
Lying on my bed,
I turn to You for comfort
No need for fear or dread.

I'm thankful that You placed me
In this place and at this time,
To see Your many wonders
And to know that You are mine.

To praise You is an honor
To call You by Your name,
To know that You are loving
And righteous just the same.

I need You now to guide me
I want to know Your way,
Please guide me with Your Word
Each and every day.

*Join me, everyone!
Let's praise the Lord together.
Let's make Him famous!
Let's make His name glorious to all.
Listen to my testimony.
I cried to God in my distress,
And He answered me.
He freed me from all my fears.
Gaze upon Him, join your life with His,
And joy will come.
Your faces will glisten with glory.
You'll never wear that shame face again.*

Psalm 34:3-5

Focus on the Master

Don't become distracted
By the troubles of the day,
Thank the Lord you're breathing
Humble yourself and pray.

The devil wants your focus
On things you cannot change,
On the fears, the cares, the worries
That are all within his range.

God's word tells us clearly
Many, many times,
That we are not to fear
Even when turmoil climbs.

He is our rock and shield
He will keep your fears at bay,
You only have to trust Him
And in His arms, you'll stay.

*Gaze upon him, join your life with his, and joy will come.
Your faces will glisten with glory.*

Psalms 34:5

The Face Of Shame

When you look into the mirror
What is it that you see?
Is it shame and constant worry
The struggle to be free?

Are there signs of gladness
Like a twinkle in your eye,
Or do you see a furrow
As you start to cry?

Stop looking in the mirror
Where all you see is dread,
Gaze upon the Master
Seek His face instead.

He gives light when there is darkness
Peace instead of fear,
He gives comfort when it's needed
Knowledge that He is near.

He welcomes you with mercy
No need to feel condemned,
He is the great physician
Your broken spirit He will mend.

To keep you down and defeated
It is the devil's ploy,
But for those who look to Jesus
Their shame will turn to joy.

*When I show them mercy, they bring me misery. I'm
forsaken and forlorn, like a motherless child.*

Psalms 35:12

The Wounded Heart

A broken wounded heart
Mutters words it will regret,
Trying to build a cover
For a scar it can't forget.

A broken wounded heart
Will look anywhere to gain,
A sense of peace and comfort
As they run away from pain.

A broken wounded heart
Has lost all sense of hope,
Feeling lost and abandoned
On a very slippery slope.

A broken wounded heart
Is an orphan in the cold,
With no hope for warmth or comfort
With no one they can hold.

Comfort that's demanded
Leads one to despair,
But if you are in pain
There's a chance you will not care.

For a broken wounded heart
The Master has a place,
He is there to shield you
As you daily seek His face.

*Don't let those who fight me for no reason be victorious.
Don't let them succeed, these heartless haters who come
against me with their gloating sneers.*

Psalms 35:19

Heartless Haters

Heartless haters are not grateful
They're always wanting more,
Their hand is there extended
Standing at your door.

Heartless haters have a passion
To steal and devour,
Those with good intentions
In this they find their power.

Heartless haters are deceivers
They glory in their lie,
They want to be your master
Until the day you die.

Heartless haters are quite common
They are not hard to find,
You can tell when they are present
They leave no peace behind.

Heartless haters may show compassion
As a part of their plan,
To get a little closer
To take more of what they can.

Heartless haters have many partners
Who like to hear their tales,
Of the faults they see in others
And all their crooked trails.

*Their wicked words are nothing but lies.
Wisdom is far from them.
Goodness is both forgotten and forsaken.*

Psalm 36:3

What Happened?

When I awoke this morning
Much to my dismay,
The world was off its axis
Spinning the other way.

Deception is now expected
From those who are in power,
The truth is getting twisted
More confusing by the hour.

And if you point a finger
Expecting to see shame,
You'll become a target
Devoured by their game.

It's upside down I tell you
I don't know which way to go,
Swim against the current
Or get swept up by the flow.

For what you leave your children
Your true legacy,
Is not counted out in dollars
But in the character they see.

Dear God please give us wisdom
Before all hope is lost,
We are here to serve You
No matter what the cost.

*O God, how extravagant is your cherishing love!
All mankind can find a hiding place
under the shadow of your wings.*

Psalm 36:7

In His Shadow

There is no darkness in His shadow
For He alone is light,
When storms rage all around you
He will keep you through the night.

There is no fear in His shadow
If in Him alone you trust,
Let go of all your burdens
Don't rely on things that rust.

There is peace in His shadow
If in His presence you do dwell,
Anguish has been defeated
And misery He will dispel.

There is mercy in His shadow
For those who call His name,
When you have been forgiven
You will never be the same.

There is joy in His shadow
When you praise with heart,
So sing of His kindness
This is the time to start.

There is salvation in His shadow
We cannot save ourselves,
So we can now be living
In the place where Jesus dwells.

*Stay away from anger and revenge.
Keep envy far from you, for it only leads you into lies.*

Psalms 37:8

Controlled By Anger

Bitterness is subtle
You oft don't know it's there,
Until that flame is raging
Licking at your hair.

Let go of all the bitterness
There is nothing you are owed,
That will destroy you more quickly
Than caring that load.

When bitterness exhales
It's best to hold your breath,
Let go of what you're holding
Look to Him for peace and rest.

My pride can do more damage
Than you can wound my pride,
Especially when offended
Or burning up inside.

Guard your words more closely
Bite firmly on your tongue,
Let go of all the churning
There's a new song to be sung.

*It is much better to have little
combined with much of God
than to have the fabulous wealth of the wicked and nothing
else.*

Psalms 37:16

Deceitful Riches

The sweet melody of riches
Is another weed I see
It gives pleasure for a moment
But no security.

It feeds a hungry passion
Always wanting more
And when I have enough
There is no room on my floor.

So then I must get busy
Build a much, much bigger house
To store those precious treasures
And chase out every mouse.

But as I sit there quiet
In the midst of all this stuff
There is a deep and haunting feeling
That there'll never be enough.

The pleasures that are fleeting
Have now just flit away
And I am left here grieving
With only bills to pay.

The answer is in resting
In the protection of Your hold
To know that You love me
Is worth more than all the gold.

*Lord, you know all my desires and deepest longings. My
tears are liquid words, and you can read them all.*

Psalms 38:9

Liquid Words

When overcome with groaning
And don't know what to say,
The tears being a flowing
They speak another way.

They speak in a language
That the Master hears,
Telling Him so clearly
Of all your hopes and fears.

For words can be so feeble
When speaking from the heart,
And at times of grief and anguish
Is when the tears might start.

He hears your every groaning
Knows your thoughts and every loss,
It is why He was so willing
To take them to the cross.

He knows your deepest longings
He sees your every tear,
And because He died to save you
There is no need to fear.

For the day is fast approaching
When He will reappear,
Despair will turn to dancing
He will wipe away every tear.

*For the arrows of your conviction have pierced me deeply.
Your blows have struck my soul and crushed me.*

Psalms 38:2

Arrows Of Conviction

The arrows of conviction
Sink deeply when they hit,
Sent from the throne of mercy
To save you from the pit.

Be thankful for those arrows,
They are there to save your soul,
Giving you direction
On the path to being whole.

The arrows of conviction
Bounce off a heart of stone,
So always remain thankful
When you hear your spirit groan.

The arrows of conviction
Come from His holy hand,
Be humble and responsive
When you feel those arrows land.

Those arrows of conviction
Don't pull them out too fast,
Claiming you are righteous
And your sin is in the past.

The arrows of conviction
Are not aimed at you,
But the sin that keeps you captive
God will see you through.

Here's my life motto, the truth I live by: I will guard my ways for all my days. I will speak only what is right, guarding what I speak. Like a watchman guards against an attack of the enemy, I'll guard and muzzle my mouth when the wicked are around me. I will remain silent and will not grumble or speak out of my disappointment. But the longer I'm silent, the more my pain grows worse!

Psalms 39:1-2

Righteous Silence

Silence the words of bitterness
When all you feel is rage,
Keep those words well hidden
Locked up in a cage.

Silence the words of mocking
They will not make you strong,
To tear down the lives of others
With gossip all day long.

Silence the words of flattery
That you use to get your way,
Be wise in your judgments
But be careful what you say.

Silence the words of boasting
Others will know some day,
That your claims were inflated
You're just a jar of clay.

Silence the words of wisdom
In the company of fools,
They will use those words against you
Like sharp destructive tools.

Silence the words of anguish
Take them to the cross,
He will give you rest
When all you see is loss.

*My heart burned with a fire within me,
and my thoughts eventually boiled over until
they finally came rolling out of my mouth.
“Lord, help me to know how fleeting my time on earth is.
Help me to know how limited is my life
and that I’m only here but for a moment more.*

Psalm 39:3-4

Flaming Indignation

Flaming indignation
I thought you were a friend,
Standing strong together
Fighting to the end.

Flaming indignation
Oh, I felt so strong,
Standing up to evil
Fighting all day long.

A stalwart guard of justice
Of this I took some pride,
Alerted to deception
Ready to collide.

Flaming indignation
Now it's gotten hold of me,
I've lost my sense of purpose
No sense of being free.

Indignation is never righteous
It can eat your very soul,
Stand up for what is right
Don't make the fight your goal.

Forgiveness is important
As You have forgiven me,
Lord, give me strength and courage
I need to be set free.

*A new song for a new day rises up in me
every time I think about how he breaks through for me!
Ecstatic praise pours out of my mouth until
everyone hears how God has set me free.
Many will see his miracles;
they'll stand in awe of God and fall in love with him!*

Psalm 40:3

Songs in the Quiet

These are my simple sonnets
Sung in monotone
The words that You have given
When quiet and alone.

They wake me in the morning
With darkness all around
They call out from the quiet
Simple yet profound.

Your words they give me comfort
Strength and security
For it is Your words that matter
If there is any hope for me.

So Lord I'll keep on pressing
To get to know You more
To walk with You more closely
To hear your voice in every chore.

Thank you for these moments
With clarity of thought
To consider all that matters
And what is easily forgot.

That in Your loving presence
In Your kingdom I will see
To spread Your love and kindness
More like You I want to be.

Blessing after blessing comes to those who love and trust the Lord. They will not fall away, for they refuse to listen to the lies of the proud.

Psalms 40:4

Proud Lies

Proud lies they are a plenty
Sweeping through the land,
Preached to all the masses
“Follow our command.”

Proud lies come from an evil power
The pressure to conform,
And if you do not follow
You will face a vicious storm.

Proud lies can be appealing
When you're full of fear,
When you feel defeated
Or when answers are unclear.

Be discerning and oh so cautious
With the voices that you hear,
Are they speaking peace
Or are they preaching fear?

Their blessings are deception
To those who seek their way,
Empty promises of safety
A secure and happy day.

So live a life of trusting
The one who knows you best,
It is God alone who loves you
He will give you rest.

God always blesses those who are kind to the poor and helpless. They're the first ones God helps when they find themselves in any trouble.

Psalms 41:1

Face Of Kindness

God has made a promise
To those who are kind,
He'll be there to help them
When they are in a bind.

So take time to consider
Those who are in need,
What are their struggles
How can they be freed?

Consider those with weakness
Because their body now is frail,
Sitting in a corner
Shivering, gaunt and pale.

Consider those unable
To care for themself,
Be they young or aged
Don't leave them on a shelf.

Be wise as you show compassion
To those who show their need,
Their outstretched hand of demanding
Many be an act of greed.

God's blessing is a promise
To the humble and the meek,
So ponder and consider
The station of the weak.

*So Lord, please don't desert me when I need you!
Give me grace and get me back on my feet
so I can triumph over them all.*

Psalms 41:10

Lord, I need You!

Covered by a blanket
Weighted down with shame,
There, alone in misery
Embracing all the pain.

On a pillow of self-pity
I will lay my weary head,
But first a cup of worry
Then I'm off to bed.

The burdens that I carry
Are just too much to bear,
Help me Lord I'm calling
Hear my spoken prayer.

Turn Your gaze towards me
Tell me what You see,
The path that I have chosen
Has become my enemy.

The load that I've been under
I give it back to You,
I'm tired and exhausted
Lord, please pull me through.

My heart it has been hardened
By inadequacy and shame,
I need a holy transplant
Heal me, in Jesus' name.

*Everyone praise the Lord God of Israel, always and forever!
For he is from eternity past and will remain for the eternity to
come. That's the way it will be forever. Faithful is our King!
Amen!*

Psalms 41:13

Eternal Praise

Compressed inside a capsule
That we define as time,
No matter how you fight it
Outside it you can't climb.

With Jehovah, there is no beginning
And no temporal end,
Think on that a while
And your mind will start to bend.

My mind begins to fail me
When I try to comprehend,
The essence of Your being
With no beginning and no end.

Caught between two forces
Time and eternity,
I need Your loving guidance
And righteous priority.

Lord, help me keep that flame a burning
Of eternity in my heart,
And count each day as precious
With You, a brand-new start.

CONCLUSION

In this world of bustling activity and ceaseless noise, it can be challenging to slow down and find peace. But let me assure you, it is a challenge worth pursuing. For in the stillness and quietness of our souls, we can find the voice of the Divine speaking to us, offering guidance and wisdom beyond our wildest dreams.

To achieve this stillness, we must learn to wait and be patient. We must cultivate a spirit of openness and humility, willing to accept change and new insights as they come. And we must set aside the many distractions that vie for our attention, focusing our thought on what truly matters.

Remember always that you are alone in this endeavor, so it is vital to be honest and humble. Do not seek to impress or deceive others, but be truthful with yourself and God. And above all, remain grateful for the blessings bestowed upon you, avoiding the traps of guilt, bitterness, anger, and fear.

Our life is short and precious; we must use our time and energy wisely. If you seek wisdom, then turn to the Psalms. There you will find words of comfort and guidance, offering a glimpse into the very heart of God. And if you need encouragement or strength, let these sacred words guide your prayers and praise.

But perhaps most importantly of all, find a time and place for solitude, where you may be still and ponder on the goodness of God. Take up pen and paper, and allow yourself to enjoy the presence of God. This way, you will find the peace and purpose your heart desires.

Books by this Author

Poems From The Still Of The Night

Dismantling Destructive Strongholds

God's Armor For Today's Battles

Our Fractured Image

Godly Grit

Prepared to Stand

Deadly Roots

The Subtle Destructive Power of Bitterness

The Frantic Cry for Comfort

A Christian doctor's look at addiction.

Fodder for Ponder

Poems on pondering.

Stress Undressed

A look at five major causes of stress.

Now I've Gotcha!

A brief overview of the substances causing addiction.