



## 50 Days from Resurrection to Pentecost

### COUNTING OF THE OMER WITH ASSOCIATED SCRIPTURE READINGS

#### **Day 1: The Law of Adonai**

*“Blessed are those whose ways are blameless, who walk according to the law of the LORD. Blessed are those who keep his statutes and seek him with all their heart – they do no wrong but follow his ways. You have laid down precepts that are to be fully obeyed. Oh, that my ways were steadfast in obeying your decrees! Then I would not be put to shame when I consider all your commands. I will praise you with an upright heart as I learn your righteous laws. I will obey your decrees; do not utterly forsake me.” Psalm 119:1-8 NIVUK*

#### **Day 2: Obedience to the Law of Adonai**

*“How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Praise be to you, LORD; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.” Psalm 119:9-16 NIVUK*

### **Day 3: Happiness in the Law of Adonai**

*“Be good to your servant while I live, that I may obey your word. Open my eyes that I may see wonderful things in your law. I am a stranger on earth; do not hide your commands from me. My soul is consumed with longing for your laws at all times. You rebuke the arrogant, who are accursed, those who stray from your commands. Remove from me scorn and contempt, for I keep your statutes. Though rulers sit together and slander me, your servant will meditate on your decrees. Your statutes are my delight; they are my counsellors.” Psalm 119:17-24 NIVUK*

### **Day 4: Determination to Obey the Law of Adonai**

*“I am laid low in the dust; preserve my life according to your word. I gave an account of my ways and you answered me; teach me your decrees. Cause me to understand the way of your precepts, that I may meditate on your wonderful deeds. My soul is weary with sorrow; strengthen me according to your word. Keep me from deceitful ways; be gracious to me and teach me your law. I have chosen the way of faithfulness; I have set my heart on your laws. I hold fast to your statutes, LORD; do not let me be put to shame. I run in the path of your commands, for you have broadened my understanding.” Psalm 119:25-32 NIVUK*

### **Day 5: A Prayer for Understanding**

*“Teach me, LORD, the way of your decrees, that I may follow it to the end. Give me understanding, so that I may keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight. Turn my heart towards your statutes and not towards selfish*

*gain. Turn my eyes away from worthless things; preserve my life according to your word. Fulfil your promise to your servant, so that you may be feared. Take away the disgrace I dread, for your laws are good. How I long for your precepts! In your righteousness preserve my life.”*  
*Psalm 119:33-40 NIVUK*

### **Day 6: Trusting the Law of Adonai**

*“May your unfailing love come to me, LORD, your salvation, according to your promise; then I can answer anyone who taunts me, for I trust in your word. Never take your word of truth from my mouth, for I have put my hope in your laws. I will always obey your law, for ever and ever. I will walk about in freedom, for I have sought out your precepts. I will speak of your statutes before kings and will not be put to shame, for I delight in your commands because I love them. I reach out for your commands, which I love, that I may meditate on your decrees.”* Psalm 119:41-48 NIVUK

### **Day 7 (1 Week): Confidence in the Law of Adonai**

*“Remember your word to your servant, for you have given me hope. My comfort in my suffering is this: your promise preserves my life. The arrogant mock me unmercifully, but I do not turn from your law. I remember, LORD, your ancient laws, and I find comfort in them. Indignation grips me because of the wicked, who have forsaken your law. Your decrees are the theme of my song wherever I lodge. In the night, LORD, I remember your name, that I may keep your law. This has been my practice: I obey your precepts.”* Psalm 119:49-56 NIVUK

### **Day 8: Devotion to the Law of Adonai**

*“You are my portion, LORD; I have promised to obey your words. I have sought your face with all my heart; be gracious to me according to your promise. I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands. Though the wicked bind me with ropes, I will not forget your law. At midnight I rise to give you thanks for your righteous laws. I am a friend to all who fear you, to all who follow your precepts. The earth is filled with your love, LORD; teach me your decrees.” Psalm 119:57-64 NIVUK*

### **Day 9: The Value of the Law of Adonai**

*“Do good to your servant according to your word, LORD. Teach me knowledge and good judgment, for I trust your commands. Before I was afflicted I went astray, but now I obey your word. You are good, and what you do is good; teach me your decrees. Though the arrogant have smeared me with lies, I keep your precepts with all my heart. Their hearts are callous and unfeeling, but I delight in your law. It was good for me to be afflicted so that I might learn your decrees. The law from your mouth is more precious to me than thousands of pieces of silver and gold.” Psalm 119:65-72 NIVUK*

### **Day 10: The Justice of the Law of Adonai**

*“Your hands made me and formed me; give me understanding to learn your commands. May those who fear you rejoice when they see me, for I have put my hope in your word. I know, LORD, that your laws are righteous, and that in faithfulness you have afflicted me. May your unfailing love be my comfort, according to your promise to your servant.*

*Let your compassion come to me that I may live, for your law is my delight. May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts. May those who fear you turn to me, those who understand your statutes. May I wholeheartedly follow your decrees, that I may not be put to shame.” Psalm 119:73-80 NIVUK*

### **Day 11: Prayer for Deliverance**

*“My soul faints with longing for your salvation, but I have put my hope in your word. My eyes fail, looking for your promise; I say, ‘When will you comfort me?’ Though I am like a wineskin in the smoke, I do not forget your decrees. How long must your servant wait? When will you punish my persecutors? The arrogant dig pits to trap me, contrary to your law. All your commands are trustworthy; help me, for I am being persecuted without cause. They almost wiped me from the earth, but I have not forsaken your precepts. In your unfailing love preserve my life, that I may obey the statutes of your mouth.” Psalm 119:81-88 NIVUK*

### **Day 12: Faith in the Law of Adonai**

*“Your word, LORD, is eternal; it stands firm in the heavens. Your faithfulness continues through all generations; you established the earth, and it endures. Your laws endure to this day, for all things serve you. If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have preserved my life. Save me, for I am yours; I have sought out your precepts. The wicked are waiting to destroy me, but I will ponder your statutes. To all perfection I see a limit, but your commands are boundless.” Psalm 119:89-96 NIVUK*

### **Day 13: Love of the Law of Adonai**

*“Oh, how I love your law! I meditate on it all day long. Your commands are always with me and make me wiser than my enemies. I have more insight than all my teachers, for I meditate on your statutes. I have more understanding than the elders, for I obey your precepts. I have kept my feet from every evil path so that I might obey your word. I have not departed from your laws, for you yourself have taught me. How sweet are your words to my taste, sweeter than honey to my mouth! I gain understanding from your precepts; therefore I hate every wrong path.”*  
Psalm 119:97-104 NIVUK

### **Day 14 (2 weeks): Light from the Law of Adonai**

*“Your word is a lamp for my feet, a light on my path. I have taken an oath and confirmed it, that I will follow your righteous laws. I have suffered much; preserve my life, LORD, according to your word. Accept, LORD, the willing praise of my mouth, and teach me your laws. Though I constantly take my life in my hands, I will not forget your law. The wicked have set a snare for me, but I have not strayed from your precepts. Your statutes are my heritage for ever; they are the joy of my heart. My heart is set on keeping your decrees to the very end.”* Psalm 119:105-112  
NIVUK

### **Day 15: Safety in the Law of Adonai**

*“I hate double-minded people, but I love your law. You are my refuge and my shield; I have put my hope in your word. Away from me, you evildoers, that I may keep the commands of my God! Sustain me, my God, according to your promise, and I shall live; do not let my hopes be*

*dashed. Uphold me, and I shall be delivered; I shall always have regard for your decrees. You reject all who stray from your decrees, for their delusions come to nothing. All the wicked of the earth you discard like dross; therefore I love your statutes. My flesh trembles in fear of you; I stand in awe of your laws.” Psalm 119:113-120 NIVUK*

### **Day 16: Obedience to the Law of Adonai**

*“I have done what is righteous and just; do not leave me to my oppressors. Ensure your servant’s well-being; do not let the arrogant oppress me. My eyes fail, looking for your salvation, looking for your righteous promise. Deal with your servant according to your love and teach me your decrees. I am your servant; give me discernment that I may understand your statutes. It is time for you to act, LORD; your law is being broken. Because I love your commands more than gold, more than pure gold, and because I consider all your precepts right, I hate every wrong path.” Psalm 119:121-128 NIVUK*

### **Day 17: Desire to Obey the Law of Adonai**

*“Your statutes are wonderful; therefore I obey them. The unfolding of your words gives light; it gives understanding to the simple. I open my mouth and pant, longing for your commands. Turn to me and have mercy on me, as you always do to those who love your name. Direct my footsteps according to your word; let no sin rule over me. Redeem me from human oppression, that I may obey your precepts. Make your face shine on your servant and teach me your decrees. Streams of tears flow from my eyes, for your law is not obeyed.” Psalm 119:129-136 NIVUK*

### **Day 18: The Justice of the Law of Adonai**

*“You are righteous, LORD, and your laws are right. The statutes you have laid down are righteous; they are fully trustworthy. My zeal wears me out, for my enemies ignore your words. Your promises have been thoroughly tested, and your servant loves them. Though I am lowly and despised, I do not forget your precepts. Your righteousness is everlasting and your law is true. Trouble and distress have come upon me, but your commands give me delight. Your statutes are always righteous; give me understanding that I may live.” Psalm 119:137-144 NIVUK*

### **Day 19: Prayer for Deliverance**

*“I call with all my heart; answer me, LORD, and I will obey your decrees. I call out to you; save me and I will keep your statutes. I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises. Hear my voice in accordance with your love; preserve my life, LORD, according to your laws. Those who devise wicked schemes are near, but they are far from your law. Yet you are near, LORD, and all your commands are true. Long ago I learned from your statutes that you established them to last for ever.” Psalm 119:145-152 NIVUK*

### **Day 20: Plea for Salvation**

*“Look on my suffering and deliver me, for I have not forgotten your law. Defend my cause and redeem me; preserve my life according to your promise. Salvation is far from the wicked, for they do not seek out your decrees. Your compassion, LORD, is great; preserve my life according to your laws. Many are the foes who persecute me, but I have not turned*



*from your statutes. I look on the faithless with loathing, for they do not obey your word. See how I love your precepts; preserve my life, LORD, in accordance with your love. All your words are true; all your righteous laws are eternal.” Psalm 119:153-160 NIVUK*

### **Day 21 (3 weeks): Dedication to the Law of Adonai**

*“Rulers persecute me without cause, but my heart trembles at your word. I rejoice in your promise like one who finds great spoil. I hate and detest falsehood but I love your law. Seven times a day I praise you for your righteous laws. Great peace have those who love your law, and nothing can make them stumble. I wait for your salvation, LORD, and I follow your commands. I obey your statutes, for I love them greatly. I obey your precepts and your statutes, for all my ways are known to you.” Psalm 119:161-168 NIVUK*

### **Day 22: A Prayer for Help**

*“May my cry come before you, LORD; give me understanding according to your word. May my supplication come before you; deliver me according to your promise. May my lips overflow with praise, for you teach me your decrees. May my tongue sing of your word, for all your commands are righteous. May your hand be ready to help me, for I have chosen your precepts. I long for your salvation, LORD, and your law gives me delight. Let me live that I may praise you, and may your laws sustain me. I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.” Psalm 119:169-176 NIVUK*

### **Day 23: True Happiness**

*“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.” Psalm 1:1-6  
NIVUK*

### **Day 24: Confidence in Adonai**

*“In the LORD I take refuge. How then can you say to me: ‘Flee like a bird to your mountain. For look, the wicked bend their bows; they set their arrows against the strings to shoot from the shadows at the upright in heart. When the foundations are being destroyed, what can the righteous do?’ The LORD is in his holy temple; the LORD is on his heavenly throne. He observes everyone on earth; his eyes examine them. The LORD examines the righteous, but the wicked, those who love violence, he hates with a passion. On the wicked he will rain fiery coals and burning sulphur; a scorching wind will be their lot. For the LORD is righteous, he loves justice; the upright will see his face.” Psalm 11:1-7  
NIVUK*

## **Day 25: What Adonai Requires**

*“LORD, who may dwell in your sacred tent? Who may live on your holy mountain? The one whose way of life is blameless, who does what is righteous, who speaks the truth from their heart; whose tongue utters no slander, who does no wrong to a neighbour, and casts no slur on others; who despises a vile person but honours those who fear the LORD; who keeps an oath even when it hurts, and does not change their mind; who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.”*  
*Psalm 15:1-5 NIVUK*

## **Day 26: The Law of Adonai**

*“The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple. The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes. The fear of the LORD is pure, enduring for ever. The decrees of the LORD are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; in keeping them there is great reward. But who can discern their own errors? Forgive my hidden faults. Keep your servant also from wilful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.”* *Psalm 19:7-14 NIVUK*

## **Day 27: A Prayer for Guidance**

*“Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long. Remember, LORD, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, LORD, are good. Good and upright is the LORD; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way. All the ways of the LORD are loving and faithful towards those who keep the demands of his covenant.” Psalm 25:4-10 NIVUK*

## **Day 28 (4 weeks): Longing for Adonai**

*“You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me. Those who want to kill me will be destroyed; they will go down to the depths of the earth. They will be given over to the sword and become food for jackals. But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.” Psalm 63:1-11 NIVUK*

## **Day 29: A Song of Thanksgiving**

*“May God be gracious to us and bless us and make his face shine on us – so that your ways may be known on earth, your salvation among all nations. May the peoples praise you, God; may all the peoples praise you. May the nations be glad and sing for joy, for you rule the peoples with equity and guide the nations of the earth. May the peoples praise you, God; may all the peoples praise you. The land yields its harvest; God, our God, blesses us. May God bless us still, so that all the ends of the earth will fear him.” Psalm 67:1-7 NIVUK*

## **Day 30: Adonai and His People**

*“My people, hear my teaching; listen to the words of my mouth. I will open my mouth with a parable; I will utter hidden things, things from of old – things we have heard and known, things our ancestors have told us. We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the LORD, his power, and the wonders he has done. He decreed statutes for Jacob and established the law in Israel, which he commanded our ancestors to teach their children, so that the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget his deeds but would keep his commands. They would not be like their ancestors – a stubborn and rebellious generation, whose hearts were not loyal to God, whose spirits were not faithful to him. The men of Ephraim, though armed with bows, turned back on the day of battle; they did not keep God’s covenant and refused to live by his law. They forgot what he had done, the wonders he had shown them. He did miracles in the sight of their ancestors in the*

*land of Egypt, in the region of Zoan. He divided the sea and led them through; he made the water stand up like a wall. He guided them with the cloud by day and with light from the fire all night. He split the rocks in the wilderness and gave them water as abundant as the seas; he brought streams out of a rocky crag and made water flow down like rivers.” Psalm 78:1-16 NIVUK*

### **Day 31: Adonai and His People**

*“But they continued to sin against him, rebelling in the wilderness against the Most High. They wilfully put God to the test by demanding the food they craved. They spoke against God; they said, ‘Can God really spread a table in the wilderness? True, he struck the rock, and water gushed out, streams flowed abundantly, but can he also give us bread? Can he supply meat for his people?’ When the LORD heard them, he was furious; his fire broke out against Jacob, and his wrath rose against Israel, for they did not believe in God or trust in his deliverance. Yet he gave a command to the skies above and opened the doors of the heavens; he rained down manna for the people to eat, he gave them the grain of heaven. Human beings ate the bread of angels; he sent them all the food they could eat. He let loose the east wind from the heavens and by his power made the south wind blow. He rained meat down on them like dust, birds like sand on the seashore. He made them come down inside their camp, all around their tents. They ate till they were gorged – he had given them what they craved. But before they turned from what they craved, even while the food was still in their mouths, God’s anger rose against them; he put to death the sturdiest among them, cutting down the young men of Israel.” Psalm 78:17-31 NIVUK*

### **Day 32: Adonai and His People**

*“In spite of all this, they kept on sinning; in spite of his wonders, they did not believe. So he ended their days in futility and their years in terror. Whenever God slew them, they would seek him; they eagerly turned to him again. They remembered that God was their Rock, that God Most High was their Redeemer. But then they would flatter him with their mouths, lying to him with their tongues; their hearts were not loyal to him, they were not faithful to his covenant. Yet he was merciful; he forgave their iniquities and did not destroy them. Time after time he restrained his anger and did not stir up his full wrath. He remembered that they were but flesh, a passing breeze that does not return.” Psalm 78:32-39 NIVUK*

### **Day 33: Adonai and His People**

*“How often they rebelled against him in the wilderness and grieved him in the wasteland! Again and again they put God to the test; they vexed the Holy One of Israel. They did not remember his power – the day he redeemed them from the oppressor, the day he displayed his signs in Egypt, his wonders in the region of Zoan. He turned their river into blood; they could not drink from their streams. He sent swarms of flies that devoured them, and frogs that devastated them. He gave their crops to the grasshopper, their produce to the locust. He destroyed their vines with hail and their sycamore-figs with sleet. He gave over their cattle to the hail, their livestock to bolts of lightning. He unleashed against them his hot anger, his wrath, indignation and hostility – a band of destroying angels. He prepared a path for his anger; he did not spare them from*

*death but gave them over to the plague. He struck down all the firstborn of Egypt, the firstfruits of manhood in the tents of Ham. But he brought his people out like a flock; he led them like sheep through the wilderness. He guided them safely, so they were unafraid; but the sea engulfed their enemies. And so he brought them to the border of his holy land, to the hill country his right hand had taken. He drove out nations before them and allotted their lands to them as an inheritance; he settled the tribes of Israel in their homes.” Psalm 78:40-55 NIVUK*

### **Day 34: Adonai and His People**

*“But they put God to the test and rebelled against the Most High; they did not keep his statutes. Like their ancestors they were disloyal and faithless, as unreliable as a faulty bow. They angered him with their high places; they aroused his jealousy with their idols. When God heard them, he was furious; he rejected Israel completely. He abandoned the tabernacle of Shiloh, the tent he had set up among humans. He sent the ark of his might into captivity, his splendour into the hands of the enemy. He gave his people over to the sword; he was furious with his inheritance. Fire consumed their young men, and their young women had no wedding songs; their priests were put to the sword, and their widows could not weep. Then the Lord awoke as from sleep, as a warrior wakes from the stupor of wine. He beat back his enemies; he put them to everlasting shame. Then he rejected the tents of Joseph, he did not choose the tribe of Ephraim; but he chose the tribe of Judah, Mount Zion, which he loved. He built his sanctuary like the heights, like the earth that he established for ever. He chose David his servant and took him from the sheepfolds; from tending the sheep he brought him to be*



*the shepherd of his people Jacob, of Israel his inheritance. And David shepherded them with integrity of heart; with skilful hands he led them.”*  
*Psalm 78:56-72 NIVUK*

### **Day 35 (5 weeks): Adonai the King**

*“The LORD reigns, he is robed in majesty; the LORD is robed in majesty and armed with strength; indeed, the world is established, firm and secure. Your throne was established long ago; you are from all eternity. The seas have lifted up, LORD, the seas have lifted up their voice; the seas have lifted up their pounding waves. Mightier than the thunder of the great waters, mightier than the breakers of the sea – the LORD on high is mighty. Your statutes, LORD, stand firm; holiness adorns your house for endless days.”* Psalm 93:1-5 NIVUK

### **Day 36: Adonai the Judge**

*“Blessed is the one you discipline, LORD, the one you teach from your law; you grant them relief from days of trouble, till a pit is dug for the wicked. For the LORD will not reject his people; he will never forsake his inheritance. Judgment will again be founded on righteousness, and all the upright in heart will follow it. Who will rise up for me against the wicked? Who will take a stand for me against evildoers? Unless the LORD had given me help, I would soon have dwelt in the silence of death. When I said, ‘My foot is slipping,’ your unfailing love, LORD, supported me. When anxiety was great within me, your consolation brought me joy. Can a corrupt throne be allied with you – a throne that brings on misery by its decrees? The wicked band together against the righteous and condemn the innocent to death. But the LORD has become my fortress, and my*

*God the rock in whom I take refuge. He will repay them for their sins and destroy them for their wickedness; the LORD our God will destroy them.” Psalm 94:12-23 NIVUK*

### **Day 37: A Song of Praise**

*“Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice,” Psalm 95:1-7 NIVUK*

### **Day 38: Adonai the Supreme King**

*“Sing to the LORD a new song; sing to the LORD, all the earth. Sing to the LORD, praise his name; proclaim his salvation day after day. Declare his glory among the nations, his marvellous deeds among all peoples. For great is the LORD and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols, but the LORD made the heavens. Splendour and majesty are before him; strength and glory are in his sanctuary. Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength. Ascribe to the LORD the glory due to his name; bring an offering and come into his courts. Worship the LORD in the splendour of his holiness; tremble before him, all the earth. Say among the nations, ‘The LORD reigns.’ The world is firmly established, it*

*cannot be moved; he will judge the peoples with equity. Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy. Let all creation rejoice before the LORD, for he comes, he comes to judge the earth. He will judge the world in righteousness and the peoples in his faithfulness.” Psalm 96:1-13 NIVUK*

*“I consider that our present sufferings are not worth comparing with the **glory that will be revealed in us. For the creation waits in eager expectation for the children of God** to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.” Romans 8:18-21 NIVUK*

### **Day 39: Adonai the Ruler of the World**

*“Sing to the LORD a new song, for he has done marvellous things; his right hand and his holy arm have worked salvation for him. The LORD has made his salvation known and revealed his righteousness to the nations. He has remembered his love and his faithfulness to Israel; all the ends of the earth have seen the salvation of our God. Shout for joy to the LORD, all the earth, burst into jubilant song with music; make music to the LORD with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram’s horn – shout for joy before the LORD, the King. **Let the sea resound, and everything in it, the world, and all who live in it. Let the rivers clap their hands, let the mountains sing together for joy; let them sing before the LORD, for he comes to judge***

***the earth. He will judge the world in righteousness and the peoples with equity.” Psalm 98:1-9 NIVUK***

*Another psalm showing creation restored and then the return of Messiah!*

### **Day 40: Adonai the Supreme King**

*“The LORD reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake. Great is the LORD in Zion; he is exalted over all the nations. Let them praise your great and awesome name – he is holy. The King is mighty, he loves justice – you have established equity; in Jacob you have done what is just and right. Exalt the LORD our God and worship at his footstool; he is holy. Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the LORD and he answered them. He spoke to them from the pillar of cloud; they kept his statutes and the decrees he gave them. LORD our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds. Exalt the LORD our God and worship at his holy mountain, for the LORD our God is holy.”  
Psalm 99:1-9 NIVUK*

### **Day 41: The Love of Adonai**

*“Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s. The LORD works righteousness and justice for all the oppressed. He made*

*known his ways to Moses, his deeds to the people of Israel: the LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbour his anger for ever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. The life of mortals is like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more. But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children – with those who keep his covenant and remember to obey his precepts. The LORD has established his throne in heaven, and his kingdom rules over all. Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. Praise the LORD, all his heavenly hosts, you his servants who do his will. Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul.” Psalm 103:1-22 NIVUK*

### **Day 42 (6 weeks): Adonai and His People**

*“Give praise to the LORD, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the LORD rejoice. Look to the LORD and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced, you his servants, the descendants of*

*Abraham, his chosen ones, the children of Jacob. He is the LORD our God; his judgments are in all the earth. He remembers his covenant for ever, the promise he made, for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac. He confirmed it to Jacob as a decree, to Israel as an everlasting covenant: 'To you I will give the land of Canaan as the portion you will inherit.'*" Psalm 105:1-11  
NIVUK

### **Day 43: Adonai's Goodness**

*"Praise the LORD. Give thanks to the LORD, for he is good; his love endures for ever. Who can proclaim the mighty acts of the LORD or fully declare his praise? Blessed are those who act justly, who always do what is right. Remember me, LORD, when you show favour to your people, come to my aid when you save them, that I may enjoy the prosperity of your chosen ones, that I may share in the joy of your nation and join your inheritance in giving praise."* Psalm 106:1-5 NIVUK

### **Day 44: In Praise of Adonai**

*"Praise the LORD. I will extol the LORD with all my heart in the council of the upright and in the assembly. Great are the works of the LORD; they are pondered by all who delight in them. Glorious and majestic are his deeds, and his righteousness endures for ever. He has caused his wonders to be remembered; the LORD is gracious and compassionate. He provides food for those who fear him; he remembers his covenant for ever. He has shown his people the power of his works, giving them the lands of other nations. The works of his hands are faithful and just; all his precepts are trustworthy. They are established for ever and ever, enacted*

*in faithfulness and uprightness. He provided redemption for his people; he ordained his covenant for ever – holy and awesome is his name. The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.” Psalm 111:1-10 NIVUK*

### **Day 45: The Happiness of a Good Person**

*“Praise the LORD. Blessed are those who fear the LORD, who find great delight in his commands. Their children will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in their houses, and their righteousness endures for ever. Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous. Good will come to those who are generous and lend freely, who conduct their affairs with justice. Surely the righteous will never be shaken; they will be remembered for ever. They will have no fear of bad news; their hearts are steadfast, trusting in the LORD. Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes. They have freely scattered their gifts to the poor, their righteousness endures for ever; their horn will be lifted high in honour. The wicked will see and be vexed, they will gnash their teeth and waste away; the longings of the wicked will come to nothing.” Psalm 112:1-10 NIVUK*

### **Day 46: The Reward of Obedience**

*“Blessed are all who fear the LORD, who walk in obedience to him. You will eat the fruit of your labour; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will*

*be like olive shoots round your table. Yes, this will be the blessing for the man who fears the LORD. May the LORD bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. May you live to see your children's children – peace be on Israel.” Psalm 128:1-6 NIVUK*

### **Day 47: A Prayer for Help**

*“Out of the depths I cry to you, LORD; Lord, hear my voice. Let your ears be attentive to my cry for mercy. If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. I wait for the LORD, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins.” Psalm 130:1-8 NIVUK*

### **Day 48: A Call for the Universe to Praise Adonai**

*“Praise the LORD. Praise the LORD from the heavens; praise him in the heights above. Praise him, all his angels; praise him, all his heavenly hosts. Praise him, sun and moon; praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies. Let them praise the name of the LORD, for at his command they were created, and he established them for ever and ever – he issued a decree that will never pass away. Praise the LORD from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding, you mountains and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds, kings of the*



*earth and all nations, you princes and all rulers on earth, young men and women, old men and children. Let them praise the name of the LORD, for his name alone is exalted; his splendour is above the earth and the heavens. And he has raised up for his people a horn, the praise of all his faithful servants, of Israel, the people close to his heart. Praise the LORD.” Psalm 148:1-14 NIVUK*

### **Day 49 (7 weeks): A Prayer of Thanksgiving**

*“I will praise you, LORD, with all my heart; before the ‘gods’ I will sing your praise. I will bow down towards your holy temple and will praise your name for your unfailing love and your faithfulness, for you have so exalted your solemn decree that it surpasses your fame. When I called, you answered me; you greatly emboldened me. May all the kings of the earth praise you, LORD, when they hear what you have decreed. May they sing of the ways of the LORD, for the glory of the LORD is great. Though the LORD is exalted, he looks kindly on the lowly; though lofty, he sees them from afar. Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. The LORD will vindicate me; your love, LORD, endures for ever – do not abandon the works of your hands.” Psalm 138:1-8 NIVUK*

### **Day 50 (Shavuot): Praise Adonai**

*“Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with tambourine and dancing, praise him*

*with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the LORD. Praise the LORD.” Psalm 150:1-6 NIVUK*