



DAY

247

PSALM 138

HIGHLY EXALTED YET LOVE THE HUMBLE

Lady Diana Spencer was a Princess in England around 25 years ago. Being a princess, she lived in a palace with so much jewelry and was served by many servants. However, she spent most of her time doing various charities. She stepped out of her palace and went out into the world. She visited and helped sick children, homeless and poor people, drug addicts and AIDS patients. She was a princess yet she showed her care to the less fortunate people outside her palace.

Our God always wants to show how much He cares for His children. God is the King of kings. God is enthroned in Heaven and yet He cares about you and me. He did not only look down from Heaven to earth but He also came down to earth, became a human and died on the cross to save our lives. He helps us when we humbly ask for His help. He is highly exalted yet He loves humble and sinful people like us.

Let's draw near humbly to the One who is highly exalted because He cares about you.

Key verse:

*Psalm 138:6a
(ERV)*

The Lord has the highest place above all others, but He still cares for the humble.

Prayer

Dear God, I come to You with a humble heart and I exalt Your name high as You are worthy of all my praises. Amen.





DAY

248

PSALM 139:2-16

YOU'RE FEARFULLY AND WONDERFULLY MADE

It feels bad when no one pays attention to you because it makes you feel lonely and left out. Having someone who notices you and your presence makes you feel important.

Do you know that there is someone who pays attention to you and notices even the tiniest part of you? He is God. He already knew you when you were still in your mummy's tummy, growing from a very small seed size!

With Him, you can be who you really are. You do not have to pretend to be perfect because He knows both your good and bad habits, yet He still loves you. He knows the inside and outside of you, which means He knows what you are thinking, what you are going to say in the next few minutes, where you are planning to go this weekend and what you want to be when you grow up.

You are not here just by chance or accident. God delights in you because He loves you and He created you wonderfully.

Key verse:

Psalm 139:14

I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

Prayer

Dear God, thank You for creating me fearfully and wonderfully with Your mighty hands. Thank You for loving me even when I mess up. I feel so loved. Amen.





DAY

249

PSALM 141:3-5

WORDS ARE A THERMOMETER OF HEART

A thermometer will show the temperature of your body. It does not tell lies or show the wrong thing, unless it is broken. The numbers appearing in the thermometer will define your body whether you are feeling healthy or feeling sick and feverish.

King David in this Psalm prayed to God to help him guard his mouth. King David was aware that once hurtful words were spoken, the damage was done.

In Matthew 12:34, Jesus says that what people say with their mouths comes from what fills their hearts. Your words are like a thermometer of your heart. If your heart is filled with anger and bitterness, only harsh words will come out from your mouth. On the contrary, when your heart is filled with love and joy, you will only say words that are encouraging and full of compassion.

When you are angry or about to say something that is hurtful, it is better to keep your mouth shut. Sometimes, it is wiser just to be quiet. Let's use our mouth to speak encouraging and positive words instead of harsh comments.

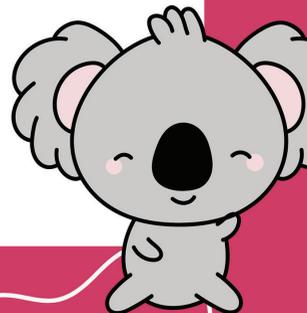
Key verse:

Psalm 141:3

Set a guard over my mouth, Lord; keep watch over the door of my lips.

Prayer

Dear God, help and guide me to only use my words to share the truth, encouraging words and good news. Amen.





DAY

250

PSALM 143:8-11

GOD'S WILL

You normally say this phrase of “show me” or “teach me” or “lead me” to someone else whom you think is wiser and more mature than you. Someone who has the power to make it happen. Someone who can be trusted. Someone who has more knowledge than you. Someone who can bring the best out of you.

At the same time, when you are saying these phrases, it means you are humble enough to actually let go of your own will and follow that person's will and teaching.

This Psalm wrote that King David said these phrases to God. David clearly acknowledged that he thought highly of God and how much he wanted God to bring the best out of him.

David fully surrendered to God to take control of his life and his will. Even in his difficult time, David saw it as an opportunity for him to understand and obey the will of God.

Be like David, make time every day to pray to God and ask Him to teach you to fully trust in His will, not your own will.

Key verse:

*Psalm 143:10a
Teach me to do
Your will; for
You are my God;*

Prayer

*Dear God, please
continue to teach
me Your ways
and Your will,
and help me to
understand them.
Amen.*





DAY

251

PSALM 144:1-2

THE BATTLE'S TRAINING

When you are going to take part in a gymnastic or chess championship, you will have to train yourself through a lot of training. During the championship, you keep fighting on till the last minute.

This Psalmist says that God trains his hands for war and his fingers for battle. Your war and battle are the disappointment you face, the tears you shed, the problems that you face or your worries over your exams. However, fret not! God trains you to win over your battle and war!

The Words of God will be your perfect weapon to win. You will get stronger and braver time after time. One more thing, verse 2 writes that not only does God provide us a weapon, God Himself also goes with you in the battle and He takes it upon Himself to defend you.

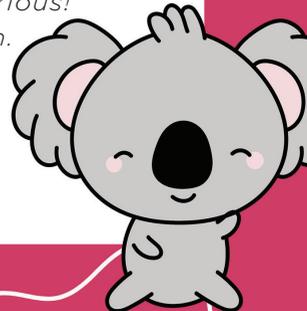
Are you feeling tired or in the middle of a battle now? Receive His strength, utilize His perfect weapon and keep fighting on!

Key verse:

*Psalm 144:1
Praise be to the Lord my Rock,
who trains my hands for war,
my fingers for battle.*

Prayer

*Dear God, I may be in the midst of battle now. I might be tired and scared but I know You give me strength and I will keep fighting till I become victorious!
Amen.*





DAY

252

PSALM 147:1-7

GOD LOVES YOU

Have you ever looked up into the night sky and wondered just how many stars there are in space? There are approximately 200-400 billion stars in our Milky Way Galaxy alone. Trying to count the stars in the universe is like trying to count the number of sand grains on a beach.

The Bible says that God calls all of the stars by name. He created each one of them and He remembers those 200-400 billion stars' names. If God pays attention to every single one of them, how much more is God mindful of His children whom He created in His image!

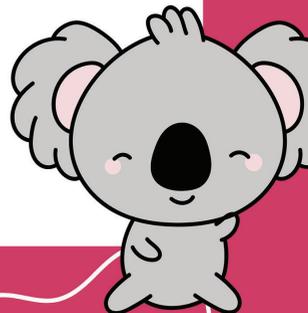
More than the stars, you are so important to Him that He knows each one of you personally. He is so interested in you. He is so mindful of you. He keeps thinking about you. You matter a lot to Him. All is simply because God loves you!

Key verse:

*Psalm 147:4
He counts the stars and knows them by name.*

Prayer

Dear God, You are a mighty and great God. Thank You for loving me unconditionally and making me so important to You. Amen.





DAY

253

PROVERBS 1:8-16

LISTEN TO YOUR DAD AND MUM

This Proverb is written by King Solomon. King Solomon might be the greatest and wisest king for his people but he was also a son to his parents thus he knew that he had to respect both his father and mother. He would bow when he met his mother in the palace.

When you were in your mum's tummy, you were part of her body. You were growing inside of her and she gave birth to you with both happiness and pain. There is no way in the world, your mummy would want to bring harm upon you. All her teaching or scolding is for your own good. Even the Bible reminds us not to forsake your mother's teaching.

Honour your father by listening respectfully when he speaks. Honor your mother by remembering what she teaches you about right and wrong. The Bible says: "Honor your father and your mother, that it may be well with you." Let us always honour our parents.

Key verse:

*Proverbs 1:8
Listen, my son,
to your father's
instruction and
do not forsake
your mother's
teaching.*

Prayer

*Dear God, I
thank You for
giving me the
best Dad and
Mum in my life. I
want to live my
days by listening
well to their
teaching. Amen.*

