

FIRM FOUNDATIONS

FOR LIVES OF FAITH



A coastal scene at sunset. On the left, a white house with a dark roof sits on wooden stilts atop a rocky cliff. The foreground is a sandy beach with large, dark rocks scattered across it. The ocean is visible in the distance, with waves breaking. The sky is filled with dark, dramatic clouds, and a bright orange and yellow glow from the setting sun is visible on the horizon, reflecting on the wet sand and water.

Understanding Psalms

1	2	3	4	5	
3-41	42-72	73-89	90-106	107-150	146-150
PRAYERS OF DAVID	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="flex: 1; text-align: center;"><i>Lament</i></div> <div style="flex: 1; text-align: center;"><i>Praise</i></div> </div>				HAL LELU- YAH

MAY THE LORD GOD OF ISRAEL BE BLESSED FOREVER, AMEN + AMEN

“Blessed is the man who walks not in
the **counsel of the ungodly**,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
But his **delight is in the law of the
LORD**, and in His law he meditates
day and night.”

Psalms 1:1-2

“He shall be like a **tree planted by the rivers of water**, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. The ungodly are not so, but are like the **chaff** which the wind drives away.”

Psalms 1:3-4

“Therefore the **ungodly shall not stand** in the judgment, nor sinners in the congregation of the righteous. For the **LORD knows the way of the righteous**, but the way of the ungodly shall perish.”

Psalms 1:5-6

“Why do the nations rebel? Why are the countries devising plots that will fail? The kings of the earth form a united front; the rulers collaborate against the LORD and his anointed king. They say, “Let’s tear off the shackles they’ve put on us. Let’s free ourselves from their ropes.”

Psalms 2:1-3 (NET)

“The one enthroned in heaven laughs in disgust; the Lord taunts them. Then he angrily speaks to them and terrifies them in his rage, ...So now, you kings, do what is wise; you rulers of the earth, submit to correction.”

Psalms 2:4-5,10 (NET)

“Serve the LORD with fear, and rejoice with trembling. Kiss the Son, lest He be angry, And you perish in the way, when His wrath is kindled but a little. Blessed are all those who put their trust in Him.”

Psalms 2:11-12 (NKJV)

A photograph of a white, two-story house with a dark roof and a chimney, built on stilts on a rocky beach. The house is on the left side of the frame. The beach is in the foreground, and the ocean is in the background. The sky is dark and cloudy, with a bright orange and yellow glow from the setting or rising sun on the horizon. The word "Lament" is written in large, white, sans-serif font across the center of the image.

Lament

**“O LORD, how long will you forget me?
Forever? How long will you look the
other way? How long must I struggle
with anguish in my soul, with sorrow in
my heart every day? How long will my
enemy have the upper hand?
Turn and answer me, O LORD my God!**

**“Restore the sparkle to my eyes,
or I will die. Don't let my enemies
gloat, saying, 'We have defeated him!'
Don't let them rejoice at my downfall.
But I trust in your unfailing love.
I will rejoice because you have rescued
me. I will sing to the LORD because
He is good to me.”**

Psalm 13

A coastal scene at sunset. On the left, a white house with a dark roof sits on wooden stilts atop a rocky cliff. The foreground is a sandy beach with wet sand reflecting the sunset. The ocean is visible in the distance under a dark, cloudy sky. The text "Praise/Thanksgiving" is overlaid in the center in a large, white, sans-serif font.

Praise/Thanksgiving

Psalm 147

**“He (LORD) takes *no pleasure*
in the strength of a horse
or in human might.**

**No, the LORD’s *delight* is in those
who fear Him, those who put their
hope in His unfailing love.”**

Psalms 147:10-11

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