

AUGUST 2020

Psalm 1-8

QUIET TIME WITH GOD

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As I was thinking about what this month's theme of study should be, I couldn't get my mind right. In the chaos, I just wanted stillness, I just wanted quiet time with God.

So this month, I decided it was time to go back to basics and study some scriptures line by line.

Studying scripture in the context that it was written in is so important, and something that I know I don't do enough of. Picking and choosing which parts of the Bible make me feel good continuously isn't what we are meant to do. Our time in scripture- our quiet time with God- should be a time of learning and revelation to us.

I hope that you join me on this month, and a few following months, through all of the books of Psalms. I wanted to start with Psalms because I love the lyrical flow of the verses. Also, the writers feel so many overwhelming emotions during these chapters. Knowing and understanding how people of the Bible dealt with emotions is so important in our life. Knowing that emotions are not 'off limits' and that they are okay to feel during this journey of life is so important. How did they deal with these big emotions?

Here you will find a day by day breakdown and a place to write thoughts, lessons, and dissect the verses.

THINGS TO KNOW

Yes... I realize that there are more than 29 days in August! This just goes with the August Calendar that I put off. The other August days will be included in September's calendar.

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If you would like to purchase for a bible study group, please let me know by emailing me at heightsinheels@gmail.com

SUPPLIES AND POINTERS

Flair pens and highlighters are going to be your friends here! Write ALL OVER this! I think that it is best if you print this out and use it, however it can be used digitally.

Take time to really read the verse. Look up the definition of words that you are unsure of!

Join me [@heightsinheels](https://www.instagram.com/heightsinheels) on Instagram to do this bible study with me!

AUGUST 1, 2020

Verse

Psalms 1:1-3- "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.

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 2, 2020

Verse

Psalms 1:4-6- "Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgement, 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."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 3, 2020

Verse

Psalms 2:1-3- "Why do the nations conspire and the peoples plot in vain? The kinds of the earth rise up and the rulers band together against eh Lord and against his anointed, saying 'let us break their chains and throw off their shackles.'"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 4, 2020

Verse

Psalms 2:4-6- "The One enthroned in heaven laughs; the Lord scoffs at them. He rebukes them in his anger and terrifies them in his wrath, saying 'I have installed my kind on Zion, my holy mountain.'"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 5, 2020

Verse

Psalms 2:7-9- "I will proclaim the Lord's decree: He said to me 'You are my son; today I have become your father. Ask me, and I will make the nations your inheritance, the ends of the earth your possession. You will break them with a rod of iron you will dash them to pieces like pottery.'"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 6, 2020

Verse

Psalms 2:10-12- "Therefore, you kings, be wise; be warned, you rulers of the earth. Serve the Lord with fear and celebrate his rule with trembling. Kiss his son, or he will be angry and your way will lead to your destruction, for his wrath can flare up in a moment. Blessed are all who take refuge in him."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 7, 2020

Verse

Psalms 3:1-4- "Lord, how many are my foes! How many rise up against me! Many are saying of me, 'God will not deliver him.' But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 8, 2020

Verse

Psalms 3:5-8- "I lie down and sleep; I wake again, because the Lord sustains me. I will not fear through tens of thousands assail me on every side. Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. From the Lord comes deliverance. May your blessing be on your people."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 9, 2020

Verse

Psalms 4:1-3- "Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer. How long will you people turn my glory into shame? How long will you love delusions and seek false gods? Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 10, 2020

Verse

Psalms 4:4-5- "Tremble and do not sin' when you are on your beds, search your hearts and be silent. Offer the sacrifices of the righteous and trust in the Lord."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 11, 2020

Verse

Psalms 4:6-8- "Many, Lord, are asking, 'Who will bring us prosperity?' Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound. In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 12, 2020

Verse

Psalms 5:1-2 - "Listen to my words, Lord, consider my lament. Hear my cry for help, my Kind and my God, for to you I pray."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 13, 2020

Verse

Psalms 5:3-7- "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. For you are not a God who is pleased with wickedness; with you, evil people are not welcome. The arrogant cannot stand in your presence. You hate all who do wrong; you destroy those who tell lies. The bloodthirsty and deceitful you, Lord, detest. But I, by your great love, can come into your house; in reverence I bow down toward your holy temple."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 14, 2020

Verse

Psalms 5:8-9- "Lead me, Lord in your righteousness because of my enemies- make your way straight before me. Not a word from their mouth can be trusted; their heart is filled with malice. Their throat is an open grave; with their tongues they tell lies."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 15, 2020

Verse

Psalms 5:10-11- "Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you. But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in your."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 16, 2020

Verse

Psalms 5:12- "Surely, Lord, you bless the righteous'
you surround them with your favor as with a shield."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

AUGUST 17, 2020

Verse

Psalms 6:1-3- "Lord, do not rebuke me in your anger or discipline me in your wrath. Have mercy on my Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep anguish. How long, Lord, how long?"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 18, 2020

Verse

Psalms 6:4-5- "Turn, Lord and deliver me; save me because of your unfailing love. Among the dead no one proclaims your name. Who praises you from the grave?"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 19, 2020

Verse

Psalms 6:6-7- "I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 20, 2020

Verse

Psalms 6:8-10- "Away from me, all you who do evil, for the Lord has heard my weeping. The Lord has heard my cry for mercy; the Lord accepts my prayer. All my enemies will be overwhelmed with shame and anguish' they will turn back and suddenly be put to shame."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 21, 2020

Verse

Psalms 7:1-2- "Lord my God, I take refuge in you; save and deliver me from all who pursue me, or they will tear me apart like a lion and rip me to pieces with no one to rescue me."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 22, 2020

Verse

Psalms 7:3-5- "Lord my God, if I have done this and there is guilt on my hands- if I have repaid my ally with evil or without cause have robbed my foe-then let my enemy pursue and overtake me; let him trample my life to the ground and make me sleep in the dust."

What stands out in this verse?
Highlight and annotate the verse too!

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AUGUST 23, 2020

Verse

Psalms 7:6-8- "Arise, Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice. Let the assembled peoples gather around you, while you sit enthroned over them on high. Let the Lord judge the people. Vindicate me, Lord according to my righteousness, according to my integrity, O Most High."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 24, 2020

Verse

Psalms 7:9- "Bring to an end the violence of the wicked and make the righteous secure- you, the righteous God who probes minds and hearts."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 25, 2020

Verse

Psalms 7:10-13- "My shield is God Most High, who saves the upright in heart. God is a righteous judge, a God who displays his wrath every day. If he does not relent, he will sharpen his sword; he will bend and string his bow. He has prepared his deadly weapons; he makes ready his flaming arrows."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 26, 2020

Verse

Psalms 7:14-16- "Whoever is pregnant with evil conceives trouble and gives birth to disillusionment.

Whoever digs a hole and scoops it out falls into the pit they have made. The trouble they cause recoils on them; their violence comes down on their own heads."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

AUGUST 27, 2020

Verse

Psalms 7:17- "I give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 27, 2020

Verse

Psalms 8:1-4- "Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens. Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger. When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

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AUGUST 28, 2020

Verse

Psalms 8:5-9- "You have made them a little lower than the angels and crowned them with glory and honor. You made them rulers over the works of your hands; you put everything under their feet: all flocks and herds, and the animals of the wild, the birds in the sky, and the fish in the sea, all that swim the paths of the seas. Lord, our Lord, how majestic is your name in all the earth!"

What stands out in this verse?
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