



WINTER CHALLENGE
DECEMBER 2024
PSALM ONE NINETEEN

DAY 19

VERSE: 7 Qoph

I cried with all my heart; answer me, O Lord!
I will observe Your statutes.

146 I cried to You; save me
And I will keep Your testimonies.

147 I rise before dawn and cry [in prayer] for help;
I wait for Your word.

148 My eyes anticipate the night watches *and* I awake before the call of the watchman,
That I may meditate on Your word.


149 Hear my voice according to Your [steadfast] lovingkindness;
O Lord, renew *and* refresh me according to Your ordinances.

150 Those who follow after wickedness approach;
They are far from Your law.

151 You are near, O Lord,
And all Your commandments are truth.

152 Of old I have known from Your testimonies
That You have founded them forever.





The Call to Prayer

Ephesians 6:18-20/
1 Thessalonians 5:17-20/
James 5:7-20

THEME

INSIGHTS

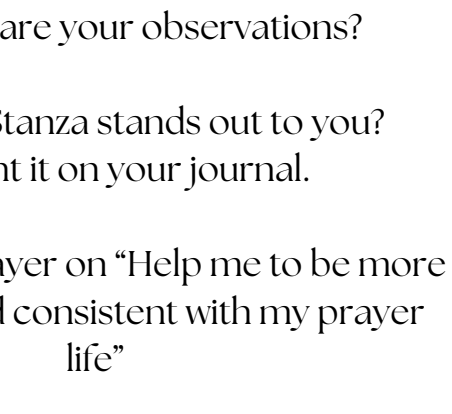
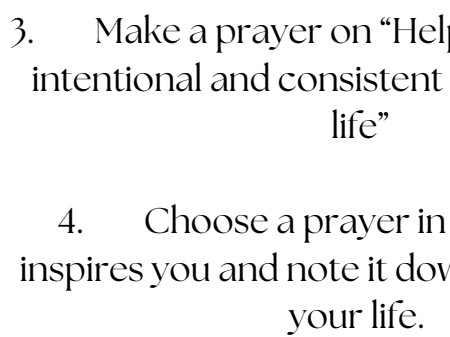
Once again, the Poet appears to be going through another intense attack of spiritual warfare. This has led him to take up a strategic action; to be more fervent in prayer. Thus, the stanza (Qoph) beginnings with him pouring out his whole heart because he wants God to hear him. This is an indicator of his dedication to prayer together with his commitment to God's Word. He prays to be rescued probably from a difficult circumstance or a storm in his life. All the while emphasizing his devotion to God's Word.

He then displays the cost/sacrifice that is needed for one to have a consistent prayer life, self-discipline. A commitment to prayer drawn from his statement '*before dawn*'. This is probably observed in the third watch (midnight to 3 AM) [Mark 1:35]. Nevertheless, he requests for assistance or a back-up, he needs God's deliverance from trials and difficulties [2 Corinthians 12:7-9]. He lets us know that God's Word is his only source of hope, so he will patiently anticipate it.

Again, he reiterates his expectancy and deep desire to communion with God and reflect on His Word in solitude probably the third watch [Lamentations 2:19]. *The stillness and quiet of the night can provide an ideal environment for deep, uninterrupted prayer and reflection. This can help believers to connect more deeply with God and to hear His voice more clearly.* We also witness the Poet pleading with God to perceive his voice centered on His love '*Hesed*' for him. God's love abounds from His infinite goodness and mercy, unmerited or undeserving favor of God. For this reason, he also prays that's God will revive him according to His Word. As he is aware of danger advancing from those who plan evil against him. He recognizes that they do not love God and have no desire to obey His Word. He expresses that God is close to him and his confidence is in the integrity of His Word [Psalm 34:18].

Lastly the Poet conveys that he has learned God's Word since he was young, and that God has established it eternal and never changes.

The effectual fervent prayer of a righteous man availeth much [James 5:16, Proverbs 15:8; 29].

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1. What are your observations?
 2. What Stanza stands out to you?
Highlight it on your journal.
 3. Make a prayer on “Help me to be more intentional and consistent with my prayer life”
 4. Choose a prayer in the Bible that inspires you and note it down, speak it over your life.
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CHALLENGE

INSPIRATION QUOTE

“

Prayer is the forerunner of mercy. Turn to sacred history, and you will find that scarcely ever did a great mercy come to this world unheralded by supplication.

Charles Spurgeon

”

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Thank You for your participation!