

3.3

READING THROUGH THE BIBLE IN 3 YEARS AND 3 MONTHS

**MORNING WATCH  
FOR YOUTH AND  
YOUNG ADULTS**

**JUNE 2020**



June 1

Day | 1

**Chapter:** Psalm 120

**Theme:** The tongue

**Study Verse:** Psalm 120:7

**Statement:** This psalm is usually seen as prayer for deliverance from lying enemies, and it surely does apply to that. But what if the enemy is one's own tongue? What if, when you want to speak peace, your tongue wars against you? Use a concordance to look up "tongue" and see what wisdom you find that goes along with this psalm.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, deliver me from lying lips or any other kind of unruly tongue! It may be a small fire, but You can control it. I give it to You.*

2020 MORNING WATCH for Youth and Young Adults (JUNE)

*A Chapter a Day Bible Reading Plan with daily chapter summary*

THIS PLAN WILL TAKE YOU THROUGH THE ENTIRE BIBLE IN 3 YEARS AND 3 MONTHS

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**Chapter:** Psalm 121

**Theme:** God’s constant care

**Study Verse:** Psalm 121:8

**Statement:** This is one of the most beloved psalms. It reminds us that God never falls asleep on the job and never gets tired of caring for us. Does looking at hills or other natural features remind you of God’s presence?

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**Prayer:** *Loving Keeper of my soul, thank You so much for Your constant guardianship of me. Help me be as constant in my awareness of Your presence.*

**Chapter:** Psalm 122

**Theme:** Pray for peace

**Study Verse:** Psalm 122:1

**Statement:** In Bible times, people thought God lived in the temple. Only sometimes did they grasp the reality that God, as Solomon said, could not dwell in human-made dwellings. Today we know better, but still our church homes are very special to us. Pray for the peace of your church and your town.

**Response:** \_\_\_\_\_  
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**Prayer:** *Dear Lord, please help me to be a peacemaker for my church, my home, and my community.*

**Chapter:** Psalm 123

**Theme:** Prayer of God’s humble servant

**Study Verse:** Psalm 123:2

**Statement:** We are only lowly servants of God in this psalm. It is clear in the context that God’s likeness is to a loving master or mistress, not to a cruel one. As earthly servants or employees can trust kind overseers or employers, even more can we trust God to be gracious.

**Response:** \_\_\_\_\_  
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**Prayer:** *O my beloved Master, my eyes are on You only. You and You alone do I serve and trust.*

**Chapter:** Psalm 124

**Theme:** Gratitude to God for rescue

**Study Verse:** Psalm 124:8

**Statement:** Here is another song of David, thanking God for past rescues. How true it is of us, too, that if God had not been on our side, we would be dead. Bear in mind this does not mean on “our side” as opposed to God’s other children. It means on our side, or *at* our side, against evil. When were you in a “snare” that God rescued you from?

**Response:** \_\_\_\_\_  
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**Prayer:** Blessed be You, O God, for Your past rescues, present care, and future promises.

**Chapter:** Psalm 125

**Theme:** God is our strong wall

**Study Verse:** Psalm 125:2

**Statement:** Have you ever seen an old town that is still walled? Or do you live near walled compounds? Jerusalem, besides its walls, also had surrounding mountains. This psalm says God surrounds us like that. How does that make you feel?

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**Prayer:** *King of the earth and King of my heart, remind me always that I am safe within Your impregnable walls, and that everything that happens to me can be used by You for my good.*



**Chapter:** Psalm 126

**Theme:** Thanksgiving for deliverance from captivity

**Study Verse:** Psalm 126:6

**Statement:** This was written after the return from Babylonian captivity, though it applies to any deliverance, physical or spiritual. In drought areas, farmers may literally go out crying, planting their last grain, which would feed their children for a day, praying that enough rain will come to make it grow and feed them for a year. What do you cry over, praying that it will succeed?

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**Prayer:** *O Lord, You know the burdens of my heart. You know the souls I pray for. Please grant them and me shouts of joy in the end.*



**Chapter:** Psalm 127

**Theme:** Daily, practical gifts from God

**Study Verse:** Psalm 127:2

**Statement:** Solomon wrote this one; it must have been after he learned some of his hard life lessons. List some of the daily, ordinary gifts God gives in this psalm. Are there any you are lacking? Do you ever wear yourself out trying to get these gifts yourself rather than trusting God to bless your work and bring true prosperity?

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**Prayer:** *Dear God, let me not either work myself to death rather than trusting You, or become presumptuous, expecting You to just hand me what I want.*

**Chapter:** Psalm 128

**Theme:** Blessed by God

**Study Verse:** Psalm 128:2

**Statement:** This could be a companion psalm to the last one. This is the person who does work, in faith and trust, in respect for God, and enjoys peacefully the fruit of that labor. Where are you in this psalm?

**Response:** \_\_\_\_\_  
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**Prayer:** *My God and my King, all I ask is work fitted to me, faithfulness in doing it, and people with whom to share the fruits. Peace be upon [my country]!*

**Chapter:** Psalm 129

**Theme:** Prayer for overthrow of enemies

**Study Verse:** Psalm 129:4

**Statement:** Have you felt persecuted? Have those who persecuted you prevailed, or seemed to prevail? This and other psalms promise that they will not ultimately prevail. Consider v. 4—what would happen if God cut the cords of wickedness that bind those who do wrong? Might they turn to Him after all?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I know You are working even for those who are against You, and I pray You succeed in catching as many of them as possible. If they will not, then in Your mercy, at least let their wicked works fail.*

**Chapter:** Psalm 130

**Theme:** Despair and trust

**Study Verse:** Psalm 130:6

**Statement:** One of the psalms from which the term “morning watch” comes from, this depicts someone truly in the depths. Tempted to give up completely, the writer still longs for the Lord and chooses to wait and trust. Have you felt like this? Pray this psalm and choose trust. (If you have online access, you can find this psalm set to beautiful music.)

**Response:** \_\_\_\_\_  
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**Prayer:** *O Lord, when I am in the depths, there is no one else to cry to but You. Hear my voice and remind me of Your presence.*

**Chapter:** Psalm 131

**Theme:** Song of a little one

**Study Verse:** Psalm 131:2

**Statement:** No matter how mature or experienced we think we are, we are tiny children to God. The next time you see a toddler resting in mother’s arms and not worried about anything in the world, think of this psalm...and think of God.

**Response:** \_\_\_\_\_  
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**Prayer:** *God, You are greater and more loving than any earthly mother. I lean into Your arms and am at peace.*

**Chapter:** Psalm 132

**Theme:** Prayer for the sanctuary

**Study Verse:** Psalm 132:8-9

**Statement:** This psalm is fairly specific to the sanctuary in Jerusalem. In what ways can you see that it applies to your local church and congregation? Who is now the Son of David who has been set permanently on the throne of God’s people? (See Matt. 1:1.)

**Response:** \_\_\_\_\_  
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**Prayer:** *Mighty King, I hope You find a “resting place” at our local church. Help me to be one of those who works to make that so, and to make a resting place for weary souls searching for You and Your peace.*

**Chapter:** Psalm 133

**Theme:** Unity

**Study Verse:** Psalm 133:1

**Statement:** When brothers and sisters in the Lord dwell together in unity—not uniformity, but the powerful kind of unity that arises from people who can love each other above and beyond diversity of style and opinion—amazing things can happen in God’s church. How can you contribute to unity?

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**Prayer:** *One God of one faith and one baptism, don’t let us get caught up in differences and arguments and forget that You are One and we are to be one in You.*



**Chapter:** Psalm 134

**Theme:** Night watch

**Study Verse:** Psalm 134:3

**Statement:** Hear in our Morning Watch series, we find a prayer and blessing for night watchers. This could mean literally people who watch over churches and homes at night. Could it also mean some other kind of spiritual watching over people in darkness? What do you think?

**Response:** \_\_\_\_\_  
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**Prayer:** *Father, thank You when You give me the blessed privilege of watching over someone who is in the darkness of pain and sorrow. May my love and prayers bring blessing to those in need.*

**Chapter:** Psalm 135

**Theme:** Praise for God’s mighty works

**Study Verse:** Psalm 135:5

**Statement:** Again, a psalm looks back over God’s work with His people. But first and last, he calls forth praise for a God who works in the world every single day. Which part of this psalm appeals most to you?

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**Prayer:** God, I praise and bless You! I am so grateful for Your leading and for Your daily care.

**Chapter:** Psalm 136

**Theme:** A call-and-response song

**Study Verse:** Psalm 136:1

**Statement:** This psalm is great fun to sing or chant responsively, one group on one side of a large room and one group on the other. Which of the many blessings listed mean the most to you right now?

**Response:** \_\_\_\_\_  
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**Prayer:** *God, Your lovingkindness is everlasting and my whole life lives, moves, and has its being in that lovingkindness!*

**Chapter:** Psalm 137

**Theme:** Captivity

**Study Verse:** Psalm 137:1

**Statement:** Have you ever felt imprisoned by circumstances beyond your control? Have you thought it was too hard to sing to God when you were in such trouble? It isn't true. Praises in trouble are the sweetest praises of all, and will save you from the despairing and sinful vengefulness of the last verses of this psalm

**Response:** \_\_\_\_\_  
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**Prayer:** *Dear God, when I am in trouble, help me to cling to You alone, to sing anyway, no matter how dark it gets, and to pray that my songs may bless and turn a persecutor, rather than giving in to a wish for revenge.*

**Chapter:** Psalm 138

**Theme:** Praise and thanksgiving

**Study Verse:** Psalm 138:3

**Statement:** Here, David is being true to his best self as “a man after God’s own heart.” He praises, and even when he is in trouble, as in v. 7, he trusts. Notice that in this instance, David admits in v. 6 that God still “knows” the haughty, even though they are far from Him. What are you thankful for?

**Response:** \_\_\_\_\_  
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**Prayer:** *Dear God, You are the greatest, the best, the highest. If others can be moved by my praise, I vow that they shall hear it, and praise too, if they will.*

**Chapter:** Psalm 139

**Theme:** God knows me

**Study Verse:** Psalm 139:17-18

**Statement:** Many people, if they believe in God at all, consider Him to be high and distant, unconcerned or little concerned with human affairs. The Bible shows us a God who was paying attention to us even when we were unformed and unborn. What are you most grateful to God for, about your personal being—physical, emotional, and mental?

**Response:** \_\_\_\_\_  
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**Prayer:** *Maker, You made me in ways I can't even begin to fathom. How do little cells know whether to create a baby or a placenta, a brain or a liver, a hand or some hair? It is mind-boggling—and it is wonderful!*

**Chapter:** Psalm 140

**Theme:** Prayer for rescue and justice

**Study Verse:** Psalm 140:12-13

**Statement:** How many times in his life was David in big trouble from enemies, and needing rescue from God? How many times in *your* life have you been in big trouble and begging for rescue? No matter how frightened you get, can you cling, as David did, to “*I know*” God will bring justice to the poor and afflicted?

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**Prayer:** *Deliverer, Your eye is always on those who are the most needy—the widows and orphans, the refugees and aliens, the vulnerable and marginalized. When I am in their number, I will trust You. More than that, I will work for those who are in more need than I am.*



**Chapter:** Psalm 141

**Theme:** Evening prayer

**Study Verse:** Psalm 141:3

**Statement:** Here David actually asks for honest reproof from righteous friends. He asks for safety from God, and for righteousness for himself, especially in speech, and he recognizes that God may answer that prayer by sending human guidance. Are you able to accept constructive criticism from one you know loves you?

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**Prayer:** *Righteous God, guard my lips! They betray me more than anything. Help me to accept reproof when it is needed and to thank You for it.*

**Chapter:** Psalm 142

**Theme:** Prayer in a cave

**Study Verse:** Psalm 142:7

**Statement:** No one knows which cave David was writing about, but it could have been the time he spared the life of King Saul (1 Sam. 24). If you read that story, you will see that the temptation to be free of Saul’s ruthless pursuit must have been great. Yet David chose to “declare his troubles” to God rather than “fixing” them himself. Do you do that?

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**Prayer:** *O Lord, You are my refuge. No matter what troubles pursue me, help me always bring them to You rather than seeking my own solutions.*

**Chapter:** Psalm 143

**Theme:** Persistent leaning on God

**Study Verse:** Psalm 143:5-6

**Statement:** David had a difficult life, especially during his young manhood. Yet whenever he was near despair, he always poured out his heart to the Lord. He reminded himself in prayer of the ways God had led in the past. How has God led you in the past?

**Response:** \_\_\_\_\_  
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**Prayer:** *God of my ancestors, I stretch out my hands to You. I take refuge in You alone. I trust You.*

**Chapter:** Psalm 144

**Theme:** David prays for his people

**Study Verse:** Psalm 144:9

**Statement:** This time David begins with prayer for himself but then switches to praise and finishes up with a prayer for a list of blessings for his people. Pray through vs. 12-15 for your people.

**Response:** \_\_\_\_\_  
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**Prayer:** *King of my heart, I plead for Your blessings on my family, my church, and my community. “Let there be no outcry in our streets!”*

**Chapter:** Psalm 145

**Theme:** Highest praise to God!

**Study Verse:** Psalm 145:18

**Statement:** Of all David’s songs, this is one of those most easily imagined as a psalm. Its phrasing and cadences sound like a hymn. Choose your favorite passage and try putting it to music.

**Response:** \_\_\_\_\_  
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**Prayer:** *My God, O King, I will extol and bless You forever and ever! I will meditate on Your works and Your splendor.*

**Chapter:** Psalm 146

**Theme:** God as healer, helper, kind judge

**Study Verse:** Psalm 146:2

**Statement:** Another list of God’s blessings—we won’t live long enough, even in eternity, to be able to list them all! In this psalm is one of the Bible’s teachings about the non-immortality of the soul—v. 3—and yet another expression of God’s care for the vulnerable—v. 9. How can you help?

**Response:** \_\_\_\_\_  
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**Prayer:** *Blessed Redeemer, You are everywhere in all times, in all places. You are with the lowly, You are working with the mighty, and You are with me. Thank You!*

**Chapter:** Psalm 147

**Theme:** Praise for the peaceful city

**Study Verse:** Psalm 147:1

**Statement:** Jerusalem means “city of peace.” This psalm can be prayed over any earthly city (pray it over yours) but it has its best fulfillment in the New Jerusalem, where wickedness has been brought down and all is finally at peace. What do you feel when you think of that day?

**Response:** \_\_\_\_\_  
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**Prayer:** *King of Salem, Prince of Peace, make Your peace true now in my heart, make it as true as You can in my city, but most of all, bring Your final reign of peace. Soon!*



**Chapter:** Psalm 148

**Theme:** Creation praises

**Study Verse:** Psalm 148:5-6

**Statement:** This fascinating psalm has inanimate creation, from snowflakes to mountains, praising God as the omnipotent Creator and Lawgiver. Have you ever considered that God’s moral law is as unbreakable as His natural laws, like gravity? We can’t really break His law—we can only break ourselves and our relationship to Him.

**Response:** \_\_\_\_\_  
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**Prayer:** *Mighty Creator, when I tune my heart to You, I can hear and see praise wherever I turn. Your little birds, Your ocean waves, Your sunsets—all praise Your name.*

**Chapter:** Psalm 149

**Theme:** God’s congregation praises Him

**Study Verse:** Psalm 149:4

**Statement:** Now humanity joins in the chorus of praise. Their hearts so overflow with joy at God’s love and care that they bring out their musical instruments and break into dancing. Think of times when you have been that happy in God.

**Response:** \_\_\_\_\_  
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**Prayer:** *Father, I rejoice in You! I sing my best songs for You, do my best work for You, and join, as David did, in a dance of praise before You!*