

3.3

READING THROUGH THE BIBLE IN 3 YEARS AND 3 MONTHS

**MORNING WATCH  
FOR YOUTH AND  
YOUNG ADULTS**

MAY 2020



May 1

Day | 1

**Chapter:** Psalm 89

**Theme:** Ethan's Song, Part Two

**Study Verse:** Psalm 89:11

**Statement:** Perhaps Ethan took a whole psalm to express his distress so that he could have a lot of room to express his praise and trust. He goes on and on—how many praises can you find? He is still in so much trouble that he goes back to express his feelings again in the later part of the psalm, but how does he end?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord of hosts, all Your council of angels, ranging from every inhabited planet, praise and worship You. We alone, here on this fallen world, forget You or rebel entirely. But we can still choose, in the midst of disaster, to bless You forever. And I do!*

May 2

Day | 2

**Chapter:** Psalm 90

**Theme:** The Song of Moses

**Study Verse:** Psalm 90:17

**Statement:** This is one of our most ancient psalms. Just think—Moses lived around 1500-1600 years before Jesus! And just think for a minute of all he lived through in his 120 years. He understands something of life, and he expresses it beautifully in this song. What work of his hands do you think he was worried would not be established? Is there work of your hands that you want God to establish?

**Response:** \_\_\_\_\_  
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**Prayer:** *God of Moses, be my God, too. Lead me to live so that every day counts for Your kingdom and show me the right work You want my hands to do.*

May 3

**Chapter:** Psalm 91

**Theme:** God’s Sheltering Wings

**Study Verse:** Psalm 91:1

**Statement:** If you have not already done so, this would be a good time to memorize this psalm. It is full of wonderful promises for the children of God. No matter what troubles surround us, we can huddle in the shelter of God’s shadow and be safe on the inside, whether we are safe on the outside or not. Which promise means the most to you at this moment in your life?

**Response:** \_\_\_\_\_  
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**Prayer:** *Almighty One, surround me with Your love and care. Change my circumstances when it is Your will, but be with me through all of them, good or bad.*

May 4

Day | 4

**Chapter:** Psalm 92

**Theme:** Sabbath Song

**Study Verse:** Psalm 92:12, 13

**Statement:** Did you know there was a psalm written specifically for Sabbath? This is it. It is full of praise, with no despair or anguish, though there is clear sight of the fact that there are wicked people on earth. How many promises can you count? Which is your favorite today?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I am young and “my sap is still green.” Help me to be fruitful for you. And when I am old, still let me flourish and be green and strong for You.*

May 5

Day | 5

**Chapter:** Psalm 93

**Theme:** A Flood Song

**Study Verse:** Psalm 93:5

**Statement:** Psalm 18 is known as the “thunderstorm psalm,” but others also mention floods and storms. They always affirm that God is greater. Perhaps it seemed to this writer that the flood would carry away all they knew. But they declare that God is stable, and He has made the earth firm, as well. “It will not be moved.”

**Response:** \_\_\_\_\_  
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**Prayer:** *God, I know You are above all weather, both earthly storms and storms of trouble or temptation. I am established with You.*



May 6

Day | 6

**Chapter:** Psalm 94

**Theme:** Prayer for Righteous Judgment

**Study Verse:** Psalm 94:14

**Statement:** This writer is pleading for justice, and even has a desire for revenge, too. But in verses 8-11 we see the desire, also, for the foolish ones to learn better. When a sinner is chastened, as in verse 12, that person is blessed. They can learn better. Have you ever been chastened by God?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, chasten me when I need it, and help me to see the error of my ways and be restored to You. When others harm me or rise against me, help me to desire their restoration, too, not just revenge.*

May 7

Day | 7

**Chapter:** Psalm 95

**Theme:** Sheep of His Pasture

**Study Verse:** Psalm 95:6, 7a

**Statement:** This is a shout of praise and joy to God, whose sheep we are. Sheep don't have to worry about anything. They just follow the shepherd, and all their needs are met. We can be like that. The song concludes with a warning about straying. It points out that this will inevitably steal our restfulness. Don't stray!

**Response:** \_\_\_\_\_  
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**Prayer:** *Shepherd, Your rod and staff comfort me, keeping away the enemies of my soul so that I can rest in You. I praise You!*



May 8

Day | 8

**Chapter:** Psalm 96

**Theme:** Praise Song

**Study Verse:** Psalm 96:1, 2

**Statement:** The latter part of the book of Psalms tends to have more joyful songs of praise in it. This one has nothing negative from beginning to end. List the things God is praised for by this psalmist. What could you add?

**Response:** \_\_\_\_\_  
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**Prayer:** *Yahweh most high and most glorious, I sing You a song no other has ever sung, because there has never been and never will be another just like me. I love You and I will tell the world!*

May 9

Day | 9

**Chapter:** Psalm 97

**Theme:** God's Greatness

**Study Verse:** Psalm 97:11

**Statement:** Another song of praise, this one does include some things that are more negative. If God is to create, at last, a fully peaceful world for those who love and follow Him, He will (unfortunately) have to destroy all that is not of that peace. It ends with a beautiful image of light being “sown like seed” for the righteous. Imagine (or even draw or paint) God as a farmer, going out sowing light in the fields of our lives. What is light in your life this week?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord of light, You have planted much light and joy in me. Root out all that is dark or sinful, and let me live freely in Your light.*

May 10

Day | 10

**Chapter:** Psalm 98

**Theme:** Earth and All it Contains Praise the Lord

**Study Verse:** Psalm 98:4

**Statement:** Another song of praise, this one contains singing, shouting, several instruments, and clapping. Yet still, we can't express our joy in God clearly enough. It even has the sea and rivers, and the physical world praising God. Naturally, the waters and trees don't know they're praising, but their "voices" do join the chorus of love to God.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I clap my hands, I shout and jump, I play any instrument I can, and still I can't express how grateful I am to You for Your love and care!*

May 11

Day | 11

**Chapter:** Psalm 99

**Theme:** Praise for God's Holiness

**Study Verse:** Psalm 99:4

**Statement:** This deeply reverent psalm could be used as a doxology. Perhaps it was. It exalts and praises God, and then gives a brief overview of His holy, lawgiving presence in Israel's past. There is an interesting combination of justice and mercy in verse 8. What do you think about it?

**Response:** \_\_\_\_\_  
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**Prayer:** *Holy God, You are high above the angels, the peoples, and all planets and galaxies in the heavens. Yet You come down to us, speaking to us, caring for us. Amazing!*

May 12

Day | 12

**Chapter:** Psalm 100

**Theme:** “Old One Hundred”

**Study Verse:** Psalm 100:3

**Statement:** This psalm actually is a doxology and has been used for one in the Christian churches for hundreds of years, besides the centuries it was in use by Jews and earlier believers. If you look up the term “Old One Hundred,” you can find some of the tunes it’s been set to. We still sing it today, in English. Do you have a version of it in your hymnal?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord God, You are our Maker, our Keeper, the only one who really, truly loves us. I am Your little lamb.*

May 13

Day | 13

**Chapter:** Psalm 101

**Theme:** A choice to follow

**Study Verse:** Psalm 101:3

**Statement:** It is God who works in us to do right, but He does need our choice. We, like David, can determine in advance what we will do. Then, even if we stumble, we can always get back on the path.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I choose to walk in integrity and turn away from lies and slander. [Personalize verses you know God wants to make true in your life.]*

May 14

Day | 14

**Chapter:** Psalm 102

**Theme:** Prayer for mercy

**Study Verse:** Psalm 102:12

**Statement:** Here again is someone who is either very ill or in great emotional distress—likely both. He expresses all his difficulties, then turns immediately to faith, before he sees God answer. Then...look at verse 18. That's you and me! He wrote it down so that we might praise the Lord!

**Response:** \_\_\_\_\_  
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**Prayer:** *Dear God, I promise to learn to praise You even while I am in distress and waiting for Your answer. I will state in faith that the appointed time has come, even before I see it.*



May 15

Day | 15

**Chapter:** Psalm 103

**Theme:** Bless the Lord!

**Study Verse:** Psalm 103:11-12

**Statement:** Bless the Lord, O my soul! This psalm is a long list of all the reasons why. Add your own to the list.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, my soul and all that is within me blesses Your holy name! You have thrown my sins as far as the east is from the west, and had compassion on me like a loving father. I love You!*

May 16

Day | 16

**Chapter:** Psalm 104

**Theme:** Rejoicing in creation

**Study Verse:** Psalm 104:24

**Statement:** This is a particularly fascinating psalm. Vs. 2-4 seem to tell the story of the creation of the heavens and angels that were already made before the story begins in Genesis 1. Vs. 5-9 could apply to the Great Flood, but they could also apply to covering the earth with water before shaping it for habitation. The rest of the psalm celebrates creation.

**Response:** \_\_\_\_\_  
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**Prayer:** *Great Creator, You care for all the earth, and You care for me.*

May 17

Day | 17

**Chapter:** Psalm 105

**Theme:** Looking back

**Study Verse:** Psalm 105:4

**Statement:** This psalm retells the great stories of God’s work with Israel. Using what you know of the Exodus, ponder which stories the psalmist refers to and which he leaves out of this telling and why he might have done so.

**Response:** \_\_\_\_\_  
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**Prayer:** *God, I know You have been leading in my own life to this day, too. Help me to be faithful to Your leading.*

**Chapter:** Psalm 106

**Theme:** Our rebellion; God’s faithfulness

**Study Verse:** Psalm 106:48

**Statement:** This is Part 2 of the last psalm. It still begins and ends with praise, but the main burden of the psalm is much sadder; it tells the story of the people’s general response to God’s leading—rebellion. Read prayerfully and determine if there are stories in your past which follow this model. If not, thank God, if so, please do repent.

**Response:** \_\_\_\_\_  
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**Prayer:** *Rock of Israel, I do want to follow You. I am sorry for any time I have rebelled [be specific] and I ask for your forgiveness. Glory to Your name!*

May 19

Day | 19

**Chapter:** Psalm 107

**Theme:** Ever-present God

**Study Verse:** Psalm 107:2

**Statement:** This psalm is a favorite for seafarers of all kinds because of vs. 23-32, but in fact, it lists a variety of people who have been in trouble and despair, and whom God has walked with in their pain. Make a list of those mentioned. Which is most like your own trials and difficulties? How has God delivered you?

**Response:** \_\_\_\_\_  
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**Prayer:** *O great God of lovingkindness, thank You for Your mercies to me and mine! Stay with me always, and keep me patient and trusting as I wait, sometimes, for your deliverance to be complete.*

May 20

Day | 20

**Chapter:** Psalm 108

**Theme:** Praise in difficulties

**Study Verse:** Psalm 108:1

**Statement:** David apparently feels rejected, but you wouldn't know it until the last few verses. He is spending all his energy reminding himself of how great God is. How can you keep your heart steadfast and full of praise even when all seems dark?

**Response:** \_\_\_\_\_  
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**Prayer:** *Keep my heart steadfast, O Lord! When I am in darkness, may my praises, even with tearful eyes, wake the dawn!*

May 21

Day | 21

**Chapter:** Psalm 109

**Theme:** Surrounded by enemies

**Study Verse:** Psalm 109:4

**Statement:** Once again David expresses his anger and fear to God. His anger extends to a sinful desire for God to avenge even the innocent children of his enemies. But God’s mercy to him is clear as David begs for God’s grace.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, when I am angry, keep me from sinning with my lips, but also keep me honest before You. When I am afflicted and needy, deliver me.*



May 22

Day | 22

**Chapter:** Psalm 110

**Theme:** A call to youth

**Study Verse:** Psalm 110:3

**Statement:** Jesus quotes this psalm, pointing out that David called the future Messiah “Lord.” It promises that God’s people will “volunteer freely” and that His youth are like the morning dew, bringing refreshment to the earth. How do *you* volunteer for God?

**Response:** \_\_\_\_\_  
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**Prayer:** *Great Messiah, I want to work for You. I want to bring the refreshing water of life to thirsty souls. Lead me in the way You want me to go.*

May 23

Day | 23

**Chapter:** Psalm 111

**Theme:** Praise for God's works

**Study Verse:** Psalm 111:10

**Statement:** The psalmist is overwhelmed as he contemplates the power and works of God. Yet God's grace and compassion are never overcome by His majesty and righteousness.

**Response:** \_\_\_\_\_  
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**Prayer:** *Dear God, thank You for Your love and compassion. Remind me daily to pay attention to Your mighty works.*

May 24

Day | 24

**Chapter:** Psalm 112

**Theme:** True prosperity

**Study Verse:** Psalm 112:4

**Statement:** This psalm speaks of wealth and earthly prosperity for those who follow God. Sometimes this is not a visible fact here on earth. What kinds of prosperity does God promise to *all* who are faithful?

**Response:** \_\_\_\_\_  
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**Prayer:** Creator and King, I am grateful when You bless me with earthly prosperity in response to my faithfulness. But more than that I am grateful for richness of generosity and spirit. I can wait until heaven for physical riches.

May 25

Day | 25

**Chapter:** Psalm 113

**Theme:** God exalts the humble

**Study Verse:** Psalm 113:2

**Statement:** This psalm is a good response to 112, if we think earthly riches will always follow God's favor. God, this psalm says, actually humbles *Himself* down to our level, and raises up the needy. How have you been needy, and how has He raised you up?

**Response:** \_\_\_\_\_  
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**Prayer:** *Father, I bless Your name forever and I can never thank You enough for sending Your Son to live in the dust with us and promising we will sit in glory with Him!*

May 26

Day | 26

**Chapter:** Psalm 114

**Theme:** A song of the Exodus

**Study Verse:** Psalm 114:7-8

**Statement:** This little song remembers the Jordan dividing to let the people of God through, and uses heart-warming and amusing imagery to do so. When has God made a way for you?

**Response:** \_\_\_\_\_  
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**Prayer:** *Shepherd Leader, You have made ways for me in deserts of many kinds. I will always remind myself that You are greater than any trouble I could face.*

May 27

Day | 27

**Chapter:** Psalm 115

**Theme:** God versus idols

**Study Verse:** Psalm 115:14

**Statement:** Some of us live where people really do worship idols of silver, gold, or clay. Others live where people worship money or sports or power. Ask God to search your heart for any idol that sneaks in there.

**Response:** \_\_\_\_\_  
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**Prayer:** *Only true God, You are first, last, and always in my heart. When I turn aside to other values, call me back quickly, please!*

May 28

Day | 28

**Chapter:** Psalm 116

**Theme:** Gratitude for deliverance

**Study Verse:** Psalm 116:15

**Statement:** This psalm praises God for deliverance from death and from other trials. But in verse 15 we are reminded that He doesn't always stop death. When His people die, His eyes are on them and His heart is with them. Whom have you lost that you look forward to seeing again?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I am Your servant, and I shall pay my vows to You even when those vows mean offering You thanks in sorrow. I trust You and I praise You anyway.*



May 29

Day | 29

**Chapter:** Psalm 117

**Theme:** Song of praise

**Study Verse:** Psalm 117 (learn it all!)

**Statement:** This little psalm is brief but says it all! His truth is everlasting, and His *chesed*, a Hebrew word that means total, complete, surrounding love and care, is great! Thank God for something specific He has done for you recently.

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, I praise You and thank You for Your love and truth. May I always live in Your light.*

May 30

Day | 30

**Chapter:** Psalm 118

**Theme:** Thanks for deliverance and discipline

**Study Verse:** Psalm 118:28

**Statement:** This psalm speaks of deliverance from trouble and enemies, and also of discipline. It even references Jesus, as the stone the builders rejected, which became the chief cornerstone. Consider how it applies to you.

**Response:** \_\_\_\_\_  
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**Prayer:** *Father, I accept Your discipline when necessary, and I praise You for opening the gates of Your righteousness to me when I do not deserve it!*

May 31

Day | 31

**Chapter:** Psalm 119

**Theme:** God's law

**Study Verse:** Psalm 119:33-34

**Statement:** You could study this one psalm for a month. For today, read through it and take note of which passage particularly calls to your heart. Write down that section and carry it with you during the day. What does it mean to you to meditate on God's Law?

**Response:** \_\_\_\_\_  
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**Prayer:** *Lord, Your word is beyond my understanding. But just as Your natural laws hold the world together, let Your spiritual laws hold my being together.*