OPEN BIBLE ACADEMY

28 Days in the Psalms

An invitation to begin with one Scripture each day and discover how God's Word speaks to the life of the mind.

FOUR WEEKS OF DISCOVERY

01 Who I Thought I Was

02 What I Was Carrying

03 What God Said

04 Who I Am Now

HOW TO USE THIS STUDY

Read the highlighted KJV passage. Consider the old thought and the renewed thought. Reflect on how the Scripture applies to your life. For deeper reading, open the complete Psalm in the Bible at OpenBibleAcademy.org.

One selected Scripture per day | Optional reading of the full Psalm

WEEK 01

Who I Thought I Was

One key verse each day. A renewed thought to consider.

DAY 01 Psalm 1 — PSALM 1:2 | KJV

"But his delight is in the law of the LORD; and in his law doth he meditate day and night."

BEFORE "My mind just fills with whatever" — **AFTER "I choose what I meditate on"**

DAY 02 Psalm 100 — PSALM 100:3 | KJV

"Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture."

BEFORE "I have to make myself" — **AFTER "He made me, and I am His"**

DAY 03 Psalm 139 — PSALM 139:14 | KJV

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

BEFORE "Something is wrong with me" — **AFTER "I am fearfully and wonderfully made"**

DAY 04 Psalm 27 — PSALM 27:10 | KJV

"When my father and my mother forsake me, then the LORD will take me up."

BEFORE "I've been left" — **AFTER "The LORD takes me up"**

DAY 05 Psalm 34 — PSALM 34:5 | KJV

"They looked unto him, and were lightened: and their faces were not ashamed."

BEFORE "I carry shame on my face" — **AFTER "Looking to Him lightens me"**

DAY 06 Psalm 103 — PSALM 103:12 | KJV

"As far as the east is from the west, so far hath he removed our transgressions from us."

BEFORE "My sins define me" — **AFTER "He removed them"**

DAY 07 Psalm 23 — PSALM 23:1 | KJV

"The LORD is my shepherd; I shall not want."

BEFORE "I have to fend for myself" — **AFTER "I am shepherded"**

REFLECT THIS WEEK

What have I learned about the way I see myself?

WEEK 02

What I Was Carrying

One key verse each day. A renewed thought to consider.

DAY 08 Psalm 42 — PSALM 42:5 | KJV

"Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance."

BEFORE "My feelings are in charge" — **AFTER "I can speak to my soul"**

DAY 09 Psalm 55 — PSALM 55:22 | KJV

"Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."

BEFORE "I have to carry this alone" — **AFTER "I cast it on Him"**

DAY 10 Psalm 32 — PSALM 32:5 | KJV

"I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah."

BEFORE "If I hide it, it goes away" — **AFTER "When I confess it, He forgives it"**

DAY 11 Psalm 51 — PSALM 51:12 | KJV

"Restore unto me the joy of thy salvation; and uphold me with thy free spirit."

BEFORE "I've lost my joy for good" — **AFTER "He restores it"**

DAY 12 Psalm 37 — PSALM 37:5 | KJV

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

BEFORE "I have to make it happen" — **AFTER "I commit it and trust Him"**

DAY 13 Psalm 73 — PSALM 73:17 | KJV

"Until I went into the sanctuary of God; then understood I their end."

BEFORE "Everyone else has it better" — **AFTER "In His presence I see clearly"**

DAY 14 Psalm 13 — PSALM 13:5 | KJV

"But I have trusted in thy mercy; my heart shall rejoice in thy salvation."

BEFORE "God has forgotten me" — **AFTER "I trust His mercy"**

REFLECT THIS WEEK

What burden or pattern of thinking am I learning to release?

WEEK 03

What God Said

One key verse each day. A renewed thought to consider.

DAY 15 Psalm 46 — PSALM 46:10 | KJV

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

BEFORE "I have to keep moving" — **AFTER "I can be still and know"**

DAY 16 Psalm 91 — PSALM 91:1 | KJV

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty."

BEFORE "I'm exposed" — **AFTER "I'm covered"**

DAY 17 Psalm 119:9–16 — PSALM 119:11 | KJV

"Thy word have I hid in mine heart, that I might not sin against thee."

BEFORE "I'll remember it when I need it" — **AFTER "I store it now"**

DAY 18 Psalm 19 — PSALM 19:14 | KJV

"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."

BEFORE "My thoughts are private" — **AFTER "My thoughts are an offering"**

DAY 19 Psalm 121 — PSALM 121:1–2 | KJV

"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth."

BEFORE "Help has to come from people" — **AFTER "My help comes from the LORD"**

DAY 20 Psalm 62 — PSALM 62:5 | KJV

"My soul, wait thou only upon God; for my expectation is from him."

BEFORE "I expect from people" — **AFTER "My expectation is from Him"**

DAY 21 Psalm 145 — PSALM 145:18 | KJV

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth."

BEFORE "God is far away" — **AFTER "He is near when I call"**

REFLECT THIS WEEK

What truth from God's Word do I want to remember?

WEEK 04

Who I Am Now

One key verse each day. A renewed thought to consider.

DAY 22 Psalm 40 — PSALM 40:2–3 | KJV

"He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD."

BEFORE "I'm stuck in the pit" — **AFTER "I have a new song"**

DAY 23 Psalm 30 — PSALM 30:11 | KJV

"Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;"

BEFORE "Grief is my whole story" — **AFTER "He turned my mourning into dancing"**

DAY 24 Psalm 18 — PSALM 18:2 | KJV

"The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower."

BEFORE "I'm unprotected" — **AFTER "He is my fortress"**

DAY 25 Psalm 92 — PSALM 92:14 | KJV

"They shall still bring forth fruit in old age; they shall be fat and flourishing;"

BEFORE "My best years are behind me" — **AFTER "I still bear fruit"**

DAY 26 Psalm 16 — PSALM 16:11 | KJV

"Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

BEFORE "I don't know the way" — **AFTER "He shows me the path"**

DAY 27 Psalm 116 — PSALM 116:7 | KJV

"Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee."

BEFORE "I can't rest" — **AFTER "I tell my soul to return to rest"**

DAY 28 Psalm 150 — PSALM 150:6 | KJV

"Let every thing that hath breath praise the LORD. Praise ye the LORD."

BEFORE "I'm finishing a study" — **AFTER "I'm beginning a life of praise"**

REFLECT THIS WEEK

How will I carry this new understanding into everyday life?

Your journey through the Psalms

The purpose of these 28 readings is not to rush through the words, but to consider them. Let this page help you notice how your thinking has been shaped by Scripture.

WEEK 01 / WHO I THOUGHT I WAS

WEEK 02 / WHAT I WAS CARRYING

WEEK 03 / WHAT GOD SAID

WEEK 04 / WHO I AM NOW

WHEN YOU FINISH DAY 28

Return to OpenBibleAcademy.org to complete the interactive study and download your personalized Certificate of Completion. You may also use the Academy's Bible to explore any of these Psalms more deeply.