

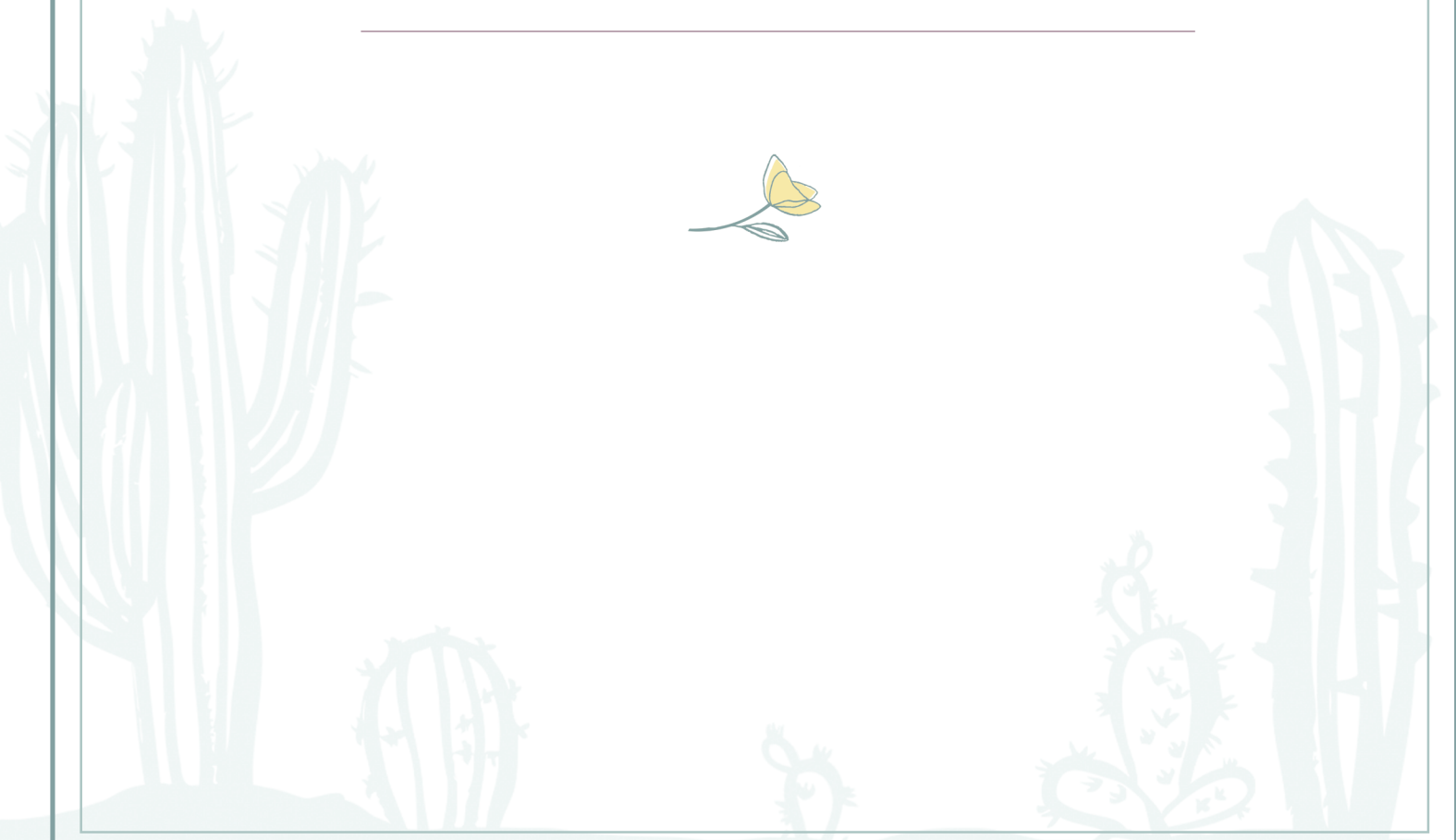


# 9 PSALMS AND PRAYERS

– TO –

## **BOLSTER YOU ON A BAD DAY**

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Hello, Friends!

Bad days happen. To all of us.

Days that show up as magnets for mishaps and misunderstandings. The kind of days that can launch us onto an emotional roller coaster.

You might be smack dab in the middle of that kind of day.

You are not alone. David and the others who wrote psalms knew days like that and recorded their emotional roller coaster rides in the Bible. From pouring out their hearts to God to pondering His ways. From petition and pleading to praising God.

The book of Psalms is a go-to for me when I'm battling a bad day (or series of days), a season of emotional ups and downs. Here are nine Psalms and truths that help bolster me on those kinds of days. I'm hoping these truths encourage you, too

### **Feeling alone?**

"Those who know your name trust in you, for you, LORD, have never forsaken those who seek you." Psalm 9:10

The Lord will not ever forsake you.

Lord Jesus, I feel so alone. Help me rest in truth—You are with me always. Thank You, Jesus. Amen.

### **Feeling burnt out?**

"You, LORD, keep my lamp burning; my God turns my darkness into light." Psalm 18:28



The Lord keeps His light burning inside you and will turn your darkness into light.

Lord Jesus, there's bad and sad news all around me. It's hard to see light right now. I'm grateful that you are the Light of the world, Jesus. Help me believe You are working in the darkness. Shine bright! Amen.

### **Feeling anxious?**

"When I said, 'My foot is slipping,' Your unfailing love, LORD, supported me. When anxiety was great within me, your consolation brought me joy." Psalm 94:18-19

The Lord's love for you will never fail you, and His consolation will bring you joy.

Lord Jesus, I feel so off-balance. I can't think straight in all my chaos. Help me rest in Your unfailing love. Steady me, Lord. Amen.

### **Feeling overwhelmed?**

"The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold." Psalm 18:2

The Lord will deliver you from your troubles.

Lord Jesus, I'm overwhelmed and weary. I need You to hold me; to protect my heart, mind, and emotions. Be my fortress...my refuge. Thank you for being the rock I can stand on in sinking sand. Amen.

### **Feeling foolish?**

"The LORD is gracious and righteous; and our God is full of compassion. The Lord protects the unwary; when I was brought low He saved me. Return to your rest, my soul, for the LORD has been good to you." Psalm 116:5-7



The Lord is compassionate and gracious.

Lord Jesus, my choices sometimes baffle me. I messed up. Again. I'm sorry. Please forgive me. Thank You, Lord, for your compassion and your grace. Help me follow in Your footsteps. Amen.

### **Wrestling depression?**

"But You, LORD, are a shield around me, my glory, the one who lifts my head high."  
Psalm 3:3

The Lord is your shield and will lift your head. High.

Lord Jesus, I don't see You or Your shield. My head is low. Help me to hold onto faith over feelings. Please lift my head. Help me rest in Your healing touch. Amen.

### **Feeling stuck?**

"He [God] guides the humble in what is right and teaches them His way." Psalm 25:9

The Lord will guide the humble in doing the right thing and teach you His ways.

Lord Jesus, I feel stuck. Why can't I move forward—past mistakes and betrayals, losses and setbacks? They are weights anchoring me in regret and bitterness.

Lord, I surrender my what if's, if only's, and should have's to You. Take them from me. Teach me Your ways. Thank you! Amen.

### **Weary?**

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me." Psalm 51:10 & 12



God will purify you, give you a steadfast spirit and joy, and He will sustain you.

Lord Jesus, I'm tired. I over-committed again and I'm irritated, disgruntled, and so discouraged. Restore me, Lord. Renew in me the joy of being in relationship with You. Thank you! Amen.

### **Feeling unloved, unlovable?**

“Give thanks to the LORD, for He is good; His love endures forever.” Psalm 107:1

The Lord loves you with an enduring, never-ending love

Lord Jesus, I don't feel loved. What's worse is I don't feel lovable. Change my heart, Lord. Replace my feelings with faith in the truth that You love me always and forever. Thank you. Amen.

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