

# THE PSALMS

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## IN REAL LIFE

Look smack dab in the middle of your Bible and you'll find a gold mine called the book of Psalms. I've always thought it made sense that the Psalms are in the middle because these are songs and prayers that are all about the issues we face in the middle of our real lives every day. I've created this little tool (it's called a concordance) in hopes it will help you turn to the Psalms in the middle of your life, every day. It helps to know that whatever life throws at us, people of faith have already been there. The Psalms preserve God-inspired, time-tested words from ancient Israel and the Church so we can use them today as our own as we turn to God for help. This guide helps you access them on speed-dial, to help you pray your way through life.

Here's what you will find in the Psalms: gut level honest words for a real world, down to earth kind of faith. These Psalms cover the gamut of emotions we experience in the middle of our own lives — from the mountaintop of happiness, to the valley of despair, to the sea of uncertainty and confusion, to the desert of spiritual dryness — it's all here. Whether you want to shout with praise or scream with pain, whether you want to cry with joy or are numb with grief — whatever we are facing or feeling, the Psalms show us we are not alone. They help us get real with God.

And they help us hear from God, too. The Psalms help me express my thanks, confess my sin, surrender my worries, and ask God for help. I hope this guide helps you to do the same. You will also find some of God's own precious promises to you — speaking with comfort and challenge to help you through whatever issues or struggles you are facing.

I've organized some of my favorite Psalms under familiar topics and grouped them in four categories which speak to various real-life situations. Sometimes just one or a few verses are listed to help you focus in.

I offer this guide with a prayer that you will turn to a Psalm today and feed deeply on it. You don't need a big mouthful; you can chew on one bite for a long time. Learn to let the Psalms turn you to Jesus. Pray each one out loud to God. Hear God speak to you through it. Find strength here. Reorient your heart and desires here. Change your perspective here. Feel God's love, hear God's Truth, speak honestly to God, and surrender to God's care — in the middle of every day.

Ben Cachiaras  
**Mountain Christian Church**

When you are in the midst of struggle and need a word from the Lord

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**When facing death**

6; 18; 22:14ff; 27; 55:4; 68:20; 71; 88; 90; 102

**Realizing human mortality, the shortness of life, and old age**

39:4; 49; 62; 71; 90; 92; 102:3–11; 24; 103:14–17; 144:3–4

**In the face of criticism**

35; 41; 56; 70; 120

**When I feel depressed**

27; 34; 42; 88; 143

**When I feel doubt or confusion**

10; 12; 34; 37; 73; 94

**When I am afraid**

3; 4; 5; 12; 27; 37; 46; 49; 56; 91; 118

**In grief and sadness**

13; 18; 22; 31; 42; 86; 88

**Facing illness, pain, and needing healing**

6; 13; 18; 22; 31:3–11; 38; 41:1–4; 68:20; 77; 88; 102; 103:3; 139; 146:7–9; 147

**Struggling with loneliness**

22; 25:16; 27:10; 31:10–13; 38:11; 40; 41:9; 43; 54; 55; 68:6; 69:8; 102:7; 139; 142

**Low self-esteem**

8; 23; 139

**Persecution**

9:13–14; 35; 69:13ff; 26; 70; 79; 107; 109; 119:157ff.; 142:6

**When others don't believe and say there is no God**

10:1–4; 14:1; 53:1; 73:9–11; 74:10; 22; 79:10

**In the face of fear, trouble, and sorrow**

22; 23; 27; 34; 46; 54; 55; 56:3; 69; 71; 77; 86; 103:4; 118

**When I am tired and weak**

6; 13; 18; 28; 29; 40; 86

**In times of deep despair**

13; 18; 22; 25; 31; 38; 42; 55; 59:16ff.; 69; 70; 71; 77; 79; 81:7; 86; 102; 143

When you need to cry out to the Lord — and know that God hears your prayer!

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3:4; 4:1; 5:1–3; 6:8–9; 17:6; 18:6; 22:24; 28:6; 31:22; 34:4; 17; 39:12; 40;  
54:2; 55:1; 17; 61:1; 65:2; 66:18; 69:13ff.; 33; 77:1–2; 81:7; 84:8; 86; 102:2;  
17; 20; 106:44; 107:6; 13; 19; 28; 118:5; 119:145–152; 119:169–170;  
120:1–2; 130:1–2; 138:3; 141:1–2; 142:5–6; 143:1; 145:16

When you need the assurance of God's promise that He will act, provide, and be faithful

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**When full of sin and shame, God forgives our sin and removes our guilt**

32; 38; 51; 79:9; 103:3, 9–13; 106; 130:3–4

**When surrounded by enemies, God delivers**

3; 6; 7; 30; 54; 56:5; 59; 69; 82; 107; 109; 118:6

**When weighed down with cares, God gives peace and comfort**

4:8; 29:11; 46; 55:22; 68:19; 94:19

**God is a helper to the fatherless, the poor, and oppressed**

9:9; 18; 10:12–18; 12:5; 14:6; 35; 82; 103:6; 107; 109; 113:7; 147:5–6

**Asking God for justice against God's enemies and ours**

58; 59; 68:20ff.; 69:22; 79:6; 12; 109; 137; 140:9ff

**When we need confidence and courage, we trust in God, our hope**

5:12; 11; 16; 17; 18; 23:4–5; 27; 31; 33:20–22; 39:7; 40:4; 42; 43; 46; 54; 56:3; 62:5–7; 65:5; 69:6; 70; 71; 75; 130; 131; 138:7–8

**God is our strength, refuge, and protection when life or trouble comes at you**

18; 46; 23; 63:67–8; 71; 91; 94:22; 115; 121; 124; 125; 140; 144

Real life encouragement to Godly living

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**Encouragement to be faithful and persevere in doing right**

1:4–6; 9; 10:6; 11; 28; 31:23; 34:16; 37; 55:23; 73; 74; 79; 81; 94; 112

**Encouragement to have Godly character and a life of purity and holiness**

15; 24; 25; 51; 101:1–4; 119; 128; 139; 141:3–4

**Encouragement to value scripture and study it**

1:1–3; 40; 86; 119:97ff

**Wise counsel against the dangers of wealth and power**

49; 52; 62

**Counsel to those who lead people**

2:10–11; 20:7; 33:10ff.; 46; 47; 68:31; 72; 82:7; 138:4

**Reminders that God's mission is world-wide**

96; 117

**Help in expressing gratitude**

18:6; 30:2; 50; 57:9; 69:30; 75; 86:12; 92:1–4; 95:2; 100; 105:1; 107; 108; 111; 116:3–4; 118:29; 136; 138

**God is the creator and sustainer of all things**

33:6–9; 66; 104:19–23; 134:3; 136:4–9; 139.13ff.; 148

**Praise God with music**

33:1–3; 47; 61; 59:16; 66:1–3; 67; 68; 76:11; 81:1–2; 84; 95:1–7; 98; 99:1–5; 100; 108; 149; 150

**Bring your worship and praise to the Lord**

24; 95:6–7; 100; 115; 118:24; 134; 135; 138; 145–150