

The SHEnergized SisStarhood Bible Class Series

Presents

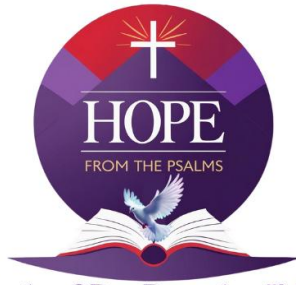


HOPE

FROM THE PSALMS

From The Desk of Dr. Dorothy "Mama D." Dye

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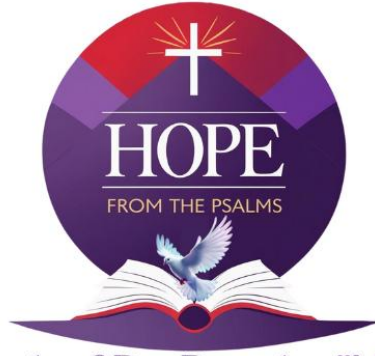
From The Desk of Dr. Dorothy "Mama D." Dye

This Bible lesson series, *Hope from the Psalms*, is lovingly created by Dr. Dorothy "Mama D." Dye, the Spiritual foundation of The SHEnergized SisStarhood. With tireless effort, unwavering faith, and a heart full of love, Mama D. crafted this study exclusively for the SisStarhood as a gift to guide our walk with God. Her wisdom and devotion remind us that God's Word is alive and active, offering strength, comfort, and direction for every season of life. Through her prayers and teachings, Mama D. continues to uplift and empower us, ensuring that each SisStar is rooted in the promises of God and equipped to live a life overflowing with praise, hope, and victory.

Hope from the Psalms is a comprehensive Bible lesson series that explores the depth, history, and spiritual significance of the book of Psalms. It begins with definitions of key terms such as faith, hope, doxology, and psalm, and draws connections between the Old and New Testaments. It highlights the background, structure, and writers of the Psalms, while emphasizing their enduring role as songs of praise, sources of comfort, and instruction in godly living. The study explains how Psalms mirror the themes of the first five books of the Bible and details their classifications, authorship, and influence on New Testament worship, especially the practice of psalm singing in the early church.

This series was prayerfully and diligently prepared by the amazing Dr. Dorothy "Mama D." Dye, who worked tirelessly to create this resource exclusively for the SisStars of The SHEnergized SisStarhood. As the Spiritual foundation of the SisStarhood, Mama D. has designed *Hope from the Psalms* to strengthen our faith, renew our minds, and provide daily encouragement. Through affirmations, devotionals, and a structured study of God's Word, this series will guide us in living with greater confidence, joy, and purpose. Ultimately, it reminds us that the Psalms are a limitless well of truth and hope, continually pointing us to the majesty of God and equipping the SisStarhood to thrive spiritually and in life.

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HOPE FROM THE PSALMS

St. Luke 24:44-45

"And He said unto them, These are the words which I spake unto you, while I was yet with you, that all things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the Psalms, concerning me."

"Then opened He their understanding, that they might understand the scriptures."

OUTLINE (September 2005)

I. Overview/Definitions

Faith: Firm persuasion IN someone or something.

Hope: Confident Expectation that God's Word is true and steadfast; the anchor for the soul; Steadfast belief in the safety, security, confidence and stability of the Word of God;

Doxology: Prayer or Hymn of Praise to God.

Psalm: A sacred song in celebration.

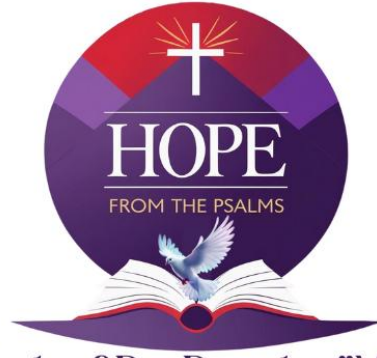
Old Testament

Psalms 119
Psalms 117

New Testament

II Corinthians 4:18
Hebrews 11:6
Ephesians 5:19
St. Luke 24:44-45

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II. Background of Psalms

- (1) Books of Psalms
- (2) Writers of Psalms
- (3) Facts about Psalms
- (4) What you can find in the Psalms

III. The Honey of Unity (Me and the Bees)

Old Testament

Psalms 133

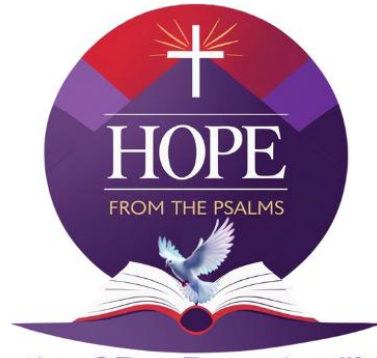
New Testament

II Corinthians 12
Ephesians 4:3
Ephesians 4:15

IV. Hope for this Day

Psalms 11
Joshua 2

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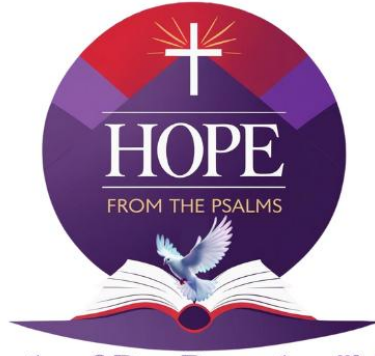
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V. God is.... Therefore, I Will.....

All scriptures in the worksheets are from the Book of Psalms. Each chapter in the book refers to and relates to our Glorious Lord!! He is:

1. Infinite
2. Self-Existing
3. Immutable
4. Self-Sufficient
5. Omnipotent
6. Omniscient
7. Omnipresent
8. Wise
9. Perfect
10. Faithful
11. Good
12. Kind
13. Merciful
14. Just
15. Gracious
16. Loving
17. Holy
18. Glorious
19. Counselor
20. Deliverer
21. Shepherd
22. Redeemer
23. The Rock
24. Saviour
25. Strength
26. Father

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I. THE PSALMS

The book of Psalms is very familiar to Christians as well as non-Christians. The Psalms bring comfort in the midst of sorrow; they give words to our praise; they give instruction; they give hope. The book of Psalms, or Praises, contains the hymns of the nation Israel. More than twenty of the Psalms have praise as their theme, and in many others, there appears to be a spontaneous outpouring of thanksgiving and gratitude to God. The Psalms are divided into five books:

Book 1:	Psalms 1 thru 41
Book 2:	Psalms 42 thru 72
Book 3:	Psalms 73 thru 89
Book 4:	Psalms 90 thru 106
Book 5:	Psalms 107 thru 150

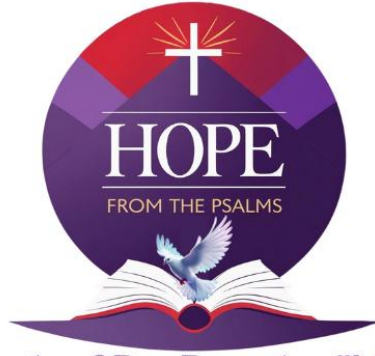
The Psalms may further be divided (into five parts) as follows:

Book 1:	Davidic – Psalms 1 thru 41
Book 2:	Davidic – Psalms 42 thru 72
Book 3:	Asaphic – Psalms 73 thru 89
Book 4:	Of the Captivity – Psalms 90 thru 106
Book 5:	Of the Restoration – Psalms 107 thru 150

A further classification, by subject, is as follows:

Psalms of Supplication
Psalms of Gratitude
Psalms of Adoration
Didactic (designed to teach) Psalms

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It has been said by some scholars that the five books correspond in theme to the first five books of the Bible. Notice:

Genesis:	Book 1
Exodus:	Book 2
Leviticus:	Book 3
Numbers:	Book 4
Deuteronomy:	Book 5

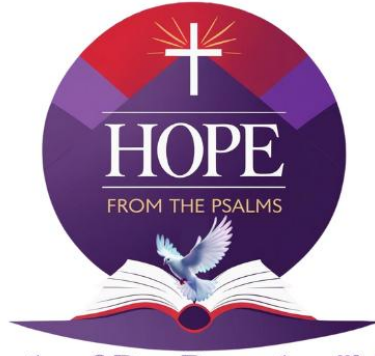
The book of Psalms was not written as a complete book, as we know it today; but there was a long history as the Psalms were gathered together and compiled into a Psalter. The Psalter is much like our modern hymnbook, with compositions by various composers. The book grew into the final collection, which we enjoy today.

Contrary to popular belief, David was not the author of all of the Psalms. Though he wrote a good many, other writers were Moses, Asaph, the Sons of Korah, Solomon, and there is evidence that Jeremiah may have written at least one of the Psalms. The following shows the number of Psalms believed to have been composed by David:

Book 1:	Psalms 1-41:	All except four attributed to David
Book 2:	Psalms 42-72:	Eighteen written by David
Book 3:	Psalms 73-89:	One written by David
Book 4:	Psalms 90-106:	Two written by David
Book 5:	Psalms 107-150:	Fifteen written by David

The influence of singing of Psalms can be seen in the New Testament. Jesus and His disciples sang a hymn at the Last Supper, which was from the Psalms. Since it was the time of the Passover, it is believed that they sang a part of the Hallel – Psalms 113 – 118. Singing is also seen in the book of Acts, Acts 16:25, and admonished in James 5:13. Singing was accepted in the early Church, and Paul, in Ephesians 5:19 and Colossians 3:16 makes this clear.

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Singing – Psalm singing – is the oldest form of music among Christians. In “Church Music in Transition,” the following account is given:

“The oldest part of Christian music is psalm singing. Nearly all the church fathers speak of psalm singing in the most glowing words. Basil, a theologian prominent in efforts to settle the Arian dispute, wrote of music as being an invention of the Holy Spirit to teach Christian doctrines in an understandable manner. A psalm would drive away demons and the congregation would remember the teaching of the Psalms they had sung even if they forgot the sermon. Basil was of the opinion that the suitable instrument for accompanying Psalm singing was the psaltery.”

Other early church fathers had the following to say:

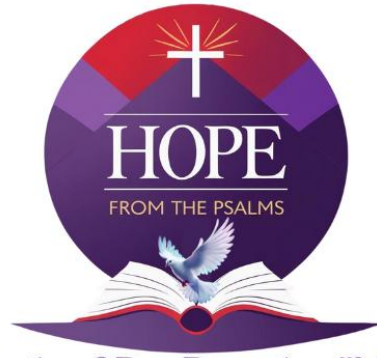
“Chrysostom, famous as an orator and moralist, wrote that God had given the Psalms to create the better attitudes of mind and soul, since secular songs would invite demons. There was no need for an instrument, making the mind and spirit function in harmony with each other. When a Christian had submitted to the Holy Spirit, he would then create a spiritual melody.”

“Jerome, one of the great scholars of the fourth century, gave a definition for Paul’s psalms, hymns, and spiritual songs. A hymn declared the majesty and power of God, and had an ‘alleluia’ affixed to the end of it. Psalms (of the Old Testament) affect the seat of emotions to produce the right kind of moral action. The moralist who examines these two types of song and also examines the harmony of the universe sings a spiritual song. The Christian should sing more with the heart than with the voice.”

“Augustine, probably the best recognized of the early church fathers, wrote that music touched his emotions deeply. His own conversion was due in part to singing; not with the sound of the voices, but with the message conveyed in music from the Psalms.”

Psalm singing, referred to as “Psalmody,” or “the service of singing Psalms,” is particularly Jewish in the Old Testament. (Reference Exodus 15:1, I Chronicles 6:31, I Chronicles 13:8, II Chronicles 5:13, II Chronicles 20:22, II Chronicles 29:30, Nehemiah 12:27.)

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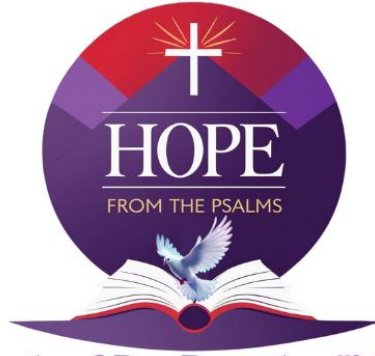
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(NOTE: This information is from a workbook which I wrote some years ago to explain a bit about the history of music and the meaning of Psalms, Hymns and Spiritual Songs. Please contact me if you would like to purchase a copy of the book.)

II. What You Can Find in the Psalms

Assurance:	Psalms 23
Belief:	Psalms 27
Comfort:	Psalms 23
Compassion:	Psalms 145
Creation:	Psalms 19
Deliverance:	Psalms 18
Endurance:	Psalms 118
Forgiveness:	Psalms 32
Grace:	Psalms 86
Hope:	Psalms 42
Integrity:	Psalms 26
Joy:	Psalms 51
Kindness:	Psalms 63
Love:	Psalms 139
Mercy:	Psalms 4
Nature:	Psalms 8
Obedience:	Psalms 119
Peace:	Psalms 34
Praise:	Psalms 146-150 – The crescendo of pure Praise
Quiet:	Psalms 131
Refuge:	Psalms 46
Restoration:	Psalms 51
Safety:	Psalms 91
Salvation:	Psalms 51
Strength:	Psalms 27
Thanksgiving:	Psalms 50
Truth/Trust:	Psalms 62

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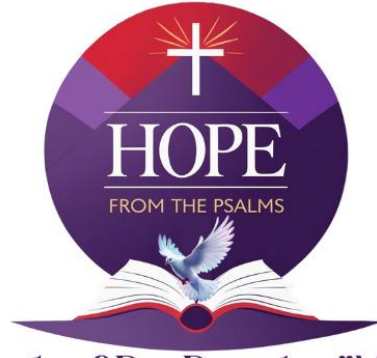
Unity:	Psalms 133
Victory:	Psalms 44
Wisdom:	Psalms 111
Worship:	Psalms 103
Xenial/Hospitable:	Psalms 23
Yearning:	Psalms 63
Zealous:	Psalms 73

This is just a small portion of what you will find in the Psalms. Anything that you are looking for from A to Z can be found in the Psalms. The resources found in the Psalms are limitless and unending. If all you had were the Psalms, you would never run out of Truths about our Lord and Saviour, the Almighty and All-Sufficient God. The Father God, the Son Jesus and the Holy Spirit are continually revealed in the Psalms. Every Psalm point to our Lord, and speaks of the Majesty of our Lord.

III. Interesting Facts about the Psalms

1. Psalms is the longest book in the Bible with 150 chapters.
2. Psalms contains the longest chapter in the Bible – Psalms 119 with 176 verses.
3. Psalms contains the shortest chapter in the Bible – Psalms 117 with 2 verses.
4. Psalms is considered the Jewish songbook.
5. Jesus referred to the Psalms more than 50 times.
6. Every Psalm speaks of or refers to Jesus or His work.
7. The word “Hallelujah” which means “Praise the Lord” is used 24 times in the Psalms.
8. The word “Selah” appears 71 times as means “Stop and think about it.”
9. The key word in the Psalms is “Praise” which appears 211 times.

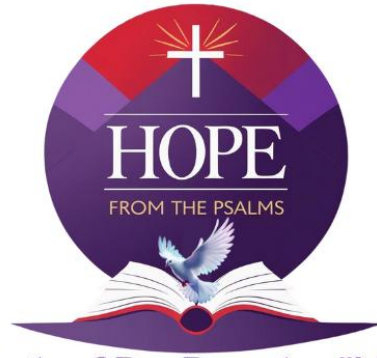
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10. The Psalms were composed over a period of approximately 1,000 years and were gathered together to make one book.
11. The Psalm that most people know – believers and unbelievers – is Psalm 23.
12. Psalm 90 may be the oldest Psalm, written by Moses around 1450 BC.
13. The Psalm for the Lord's protection is Psalm 91.
14. The book of Psalms is a collection of 150 songs of Praise, hope, encouragement, Grace Mercy, Love...and reminds us that God is ever present.
15. The Psalms are designed to uplift and inspire us as we go through this life. The Psalms, divinely inspired by the Holy Spirit, speak directly to each of us personally.

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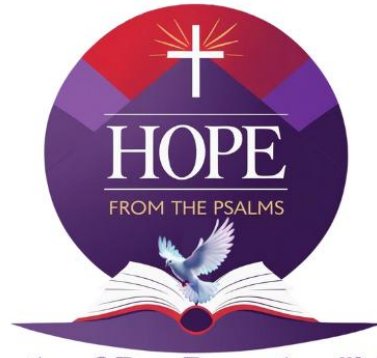
IV. GOD IS....THEREFORE, I WILL

When you recognize just who God is, what should be your response? As you read the following scriptures, you will begin to see just who God is...which is WORSHIP....and you will determine what you will do as a result of recognizing Who God is...which is PRAISE. I read through every scripture in the Psalms (KJV) and looked at each scripture that described just who God is. Notice the following Scriptures:

*******GOD IS*******

- | | |
|--------------|--|
| Psalm 3:3: | My Shield, My Glory, the Lifter of my head |
| Psalm 10:16: | My King forever |
| Psalm 18:2: | My Rock, My Fortress, My Delivered, My Buckler, The Horn of my Salvation |
| Psalm 18:31: | My Rock; |
| Psalm 23:1: | My Shepherd |
| Psalm 27:1: | My Light, My Salvation; |
| Psalm 28:1: | My Rock |
| Psalm 28:7: | My Strength, My Shield |
| Psalm 31:3: | My Rock, My Fortress |
| Psalm 32:7: | My Hiding Place |
| Psalm 42:9: | My Rock |
| Psalm 43:2: | The God of my Stregth |
| Psalm 44:4: | My King |
| Psalm 46:1 | Our Refuge and our Strength |

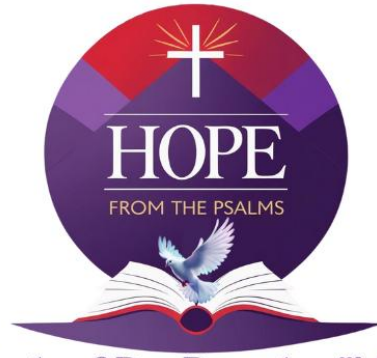
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Psalm 46:11:	Our Refuge
Psalm 47:2:	A Great King
Psalm 48:14:	Our God Forever
Psalm 59:17:	My Strength my Defence, the God of my Mercy
Psalm 61:3:	A Shelter, a Strong Tower
Psalm 62:2:	My Rock, my Salvation, my Defence
Psalm 62:6:	My Rock, my Salvation, my Defence, my Glory, my Refuge
Psalm 63:1:	My God
Psalm 71:25:	My Hope, my Trust, my Strong Refuge
Psalm 75:7:	The Judge
Psalm 77:14:	The God that does Wonders
Psalm 81:1:	Our Strength
Psalm 84:9:	Our Shield
Psalm 84:11:	A Sun and Shield
Psalm 86:5:	Good, ready to Forgive, Plenteous in Mercy
Psalm 86:10:	Great
Psalm 86:15:	Full of Compassion; Gracious; Longsuffering; Plenteous inn Mercy and Truth
Psalm 89:18:	Our Defence
Psalm 90:1	Our Dwelling Place
Psalm 91:2:	My Refuge, my Fortress, my God
Psalm 95:1:	The Rock of our Salvation

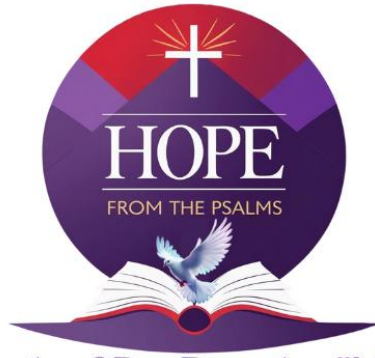
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Psalm 95:3:	A Great God, a Great King
Psalm 95:6:	Our Maker
Psalm 95:7:	Our God
Psalm 96:4:	Great; Greatly to be Praised
Psalm 97:9:	High above all the earth; Exalted far above all gods
Psalm 100:5:	God
Psalm 103:8:	Merciful and Gracious; slow to anger; plenteous in Mercy
Psalm 105:7:	The Lord, our God
Psalm 113:4:	High above all nations
Psalm 118:6:	On my side
Psalm 118:14:	My Strength and Song, my Salvation
Psalm 118:27:	The Lord
Psalm 119:1:	My Hiding Place my Shield
Psalm 129:4:	Righteous
Psalm 136:1:	Good
Psalm 140:7:	The Strength of my Salvation
Psalm 144:1:	My Strength
Psalm 144:2:	My Goodness, my Fortress, my High Tower, my Deliverer, my Shield
Psalm 145:8:	Gracious, full of Compassion, slow to anger; of Great Mercy
Psalm 145:9:	Good to all
Psalm 145:18:	Nigh to them that call

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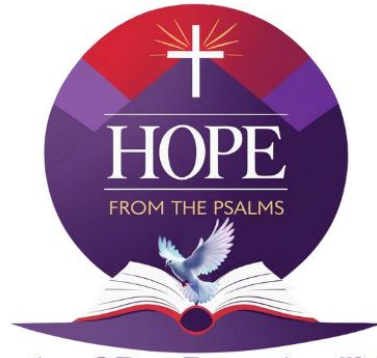
- Psalm 92:8: Most High Forever
Psalm 92:15: My Rock
Psalm 93:1: Clothed with Majesty and Strength
Psalm 93:4: Mightier than the noise of many waters

After looking at scriptures which talked about Who God is, I went back and looked at what our response should be as an act of PRAISE:

*******THEREFORE, I WILL*******

- Psalm 3:6: I will not be afraid
Psalm 5:3: I will direct my prayer to God
Psalm 5:7; I will worship
Psalm 7:17; I will praise the Lord..I will sing praise to the Name of the Lord most High
Psalm 9:1: I will praise
Psalm 9:2: I will be glad and rejoice; I will sing Praise to Thy Name
Psalm 9:14: I will rejoice in Thy salvation
Psalm 13:6: I will sing unto the Lord
Psalm 16:7: I will bless the Lord
Psalm 17:15: I will behold Thy face in righteousness

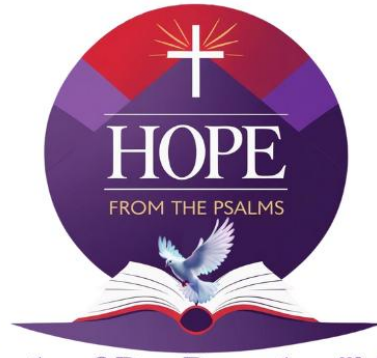
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Psalm 18:1:	I will love Thee
Psalm 18:3:	I will call upon the Lord
Psalm 18:49:	I will give thanks unto Thee and sing Praises unto Thy Name
Psalm 22:22:	I will declare Thy Name
Psalm 26:6:	I will wash mine hands...I will compass Thine altar
Psalm 26:11:	I will bless the Lord
Psalm 27:6:	I will sing praises
Psalm 27:8:	I will seek Thy Face
Psalm 28:1:	I will cry unto Thee
Psalm 28:7:	I will Praise Him
Psalm 30:1:	I will extol Thee
Psalm 30:12:	I will give thanks unto Thee
Psalm 31:7:	I will be glad and rejoice
Psalm 32:5:	I will confess my transgressions
Psalm 34:1:	I will bless the Lord
Psalm 35:18:	I will give thanks; I will Praise Thee
Psalm 38:18:	I will declare my iniquity
Psalm 39:1:	I will take heed to my ways; I will keep my mouth with a bridle
Psalm 52:9:	I will Praise Thee; I will wait on Thy Name

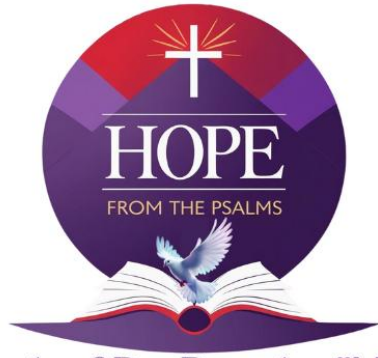
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Psalm 54:6:	I will freely sacrifice; I will Praise Thy Name
Psalm 55:16:	I will call upon God
Psalm 55:17	I will pray
Psalm 56:3:	I will trust in Thee
Psalm 56:4:	I will Praise His word
Psalm 56:10:	I will Praise His word
Psalm 57:1:	I will make my refuge
Psalm 57:2:	I will cry unto God most High
Psalm 57:7:	I will sing and give Praise
Psalm 57:8:	I will awake early
Psalm 57:9:	I will Praise Thee....I will sing unto Thee
Psalm 59:9:	I will wait upon Thee
Psalm 59:16:	I will sing of Thy Power
Psalm 59:17:	I will sing
Psalm 61:2:	I will cry unto Thee
Psalm 61:4:	I will abide....I will trust
Psalm 61:8:	I will sing Praise unto Thy Name
Psalm 63:1	I will seek Thee early
Psalm 63:4	I will bless Thee...I will lift up my hands in Thy Name

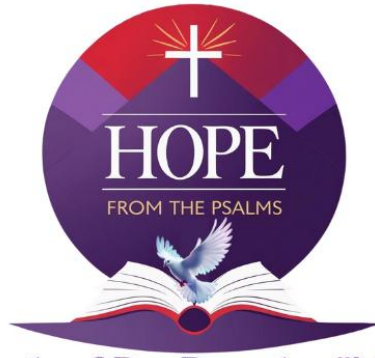
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Psalm 63:7	I will rejoice
Psalm 66:13	I will pay Thee my vows
Psalm 66:15:	I will offer unto Thee sacrifices
Psalm 69:30:	I will Praise the Name of God
Psalm 71:14:	I will hope continually
Psalm 71:16:	I will go in the strength of the Lord God
Psalm 71:22:	I will also Praise Thee
Psalm 75:9:	I will sing Praises
Psalm 77:10:	I will remember
Psalm 77:11:	I will remember the works of the Lord
Psalm 85:8:	I will hear what God the Lord will speak
Psalm 86:11:	I will walk in Thy Truth
Psalm 86:12:	I will Praise Thee....I will Glorify Thy Name
Psalm 89:1:	I will sing of the Mercies
Psalm 91:2:	I will say of the Lord
Psalm 101:1:	I will sing of mercy
Psalm 101:2:	I will behave myself wisely
Psalm 104:33:	I will sing Praise to my God
Psalm 104:34:	I will be glad in the Lord

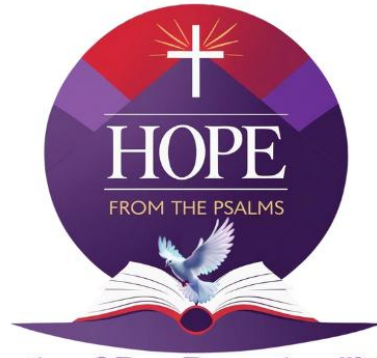
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Psalm 108:1:	I will sing and give Praise
Psalm 108:3:	I will Praise Thee...I will sing Praises
Psalm 109:30:	I will greatly Praise the Lord
Psalm 111:1:	I will Praise the Lord
Psalm 116:9:	I will walk before the Lord
Psalm 116:13:	I will take the cup of salvation...I will call upon the Name of the Lord
Psalm 116:14:	I will pay my vows unto the Lord
Psalm 116:17:	I will over the sacrifice of Thanksgiving...
Psalm 116:18:	I will pay my vows unto the Lord
Psalm 118:19:	I will Praise the Lord
Psalm 118:28:	I will Praise Thee...I will exalt Thee
Psalm 119:7:	I will Praise Thee
Psalm 119:8:	I will keep Thy statutes
Psalm 119:15:	I will meditate in Thy precepts
Psalm 119:16:	I will delight myself in Thy statutes
Psalm 119:32:	I will run the way of Thy commandments
Psalm 119:45:	I will walk at liberty
Psalm 119:46:	I will speak of Thy testimonies
Psalm 119:47:	I will delight myself in Thy commandments

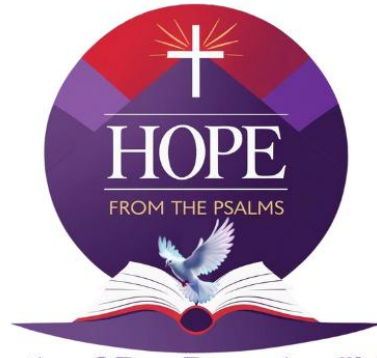
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- Psalm 119:48: I will lift up my hands....I will meditate
- Psalm 119:62: I will rise to give thanks unto Thee
- Psalm 119:93: I will never forget Thy precepts
- Psalm 119:95: I will consider Thy testimonies
- Psalm 119:106: I will keep Thy righteous judgments
- Psalm 119:115: I will keep the commandments of my God
- Psalm 119:145: I will keep Thy statutes
- Psalm 121:1: I will lift up mine eyes
- Psalm 138:1: I will Praise Thee with my whole heart
- Psalm 138:2: I will Worship...and Praise Thy Name
- Psalm 139:14: I will Praise Thee
- Psalm 144:9: I will sing a new song unto Thee, O God
- Psalm 145:1: I will extol Thee...I will bless Thy Name forever
- Psalm 145:2: I will bless Thee...I will Praise Thy Name forever
- Psalm 145:5: I will speak of the glorious honor of Thy majesty
- Psalm 145:6: I will declare Thy Greatness
- Psalm 146:2: I will Praise the Lord...I will sing Praises unto my God while I have any being

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God has given us the ability to make choices; but when you realize just who "GOD IS" there should be no other choice for the Christian but to say, 'THEREFORE, I WILL....'. Understanding just Who God is should invoke an outpouring of Praise from our lips. David declared in Psalm 34:1:

"I will bless the Lord at ALL times: His Praise shall CONTINUALLY be in my mouth."

Don't keep for yourself what belongs to God!!!!

"GOD IS.....THEREFORE, I WILL....."

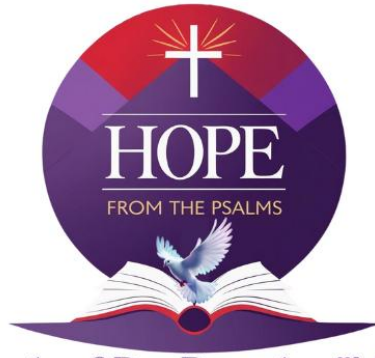
WILL YOU???????

VI. Daily Devotional Schedule

RENEW YOUR MIND DAILY BY READING ONE CHAPTER OF PROVERBS AND FIVE DIVISIONS OF PSALMS EVERY DAY. YOU WILL BE BLESSED EACH YEAR; YOU WILL COMPLETE TWELVE READINGS OF THESE BOOKS. PROVERBS TEACHES YOU HOW TO LIVE, PSALMS TEACHES YOU HOW TO PRAISE.

DAY	PROVERBS	PSALMS
1	1	1 – 5
2	2	6 – 10
3	3	11 – 15
4	4	16 – 20
5	5	21 – 25
6	6	26 -30
7	7	31 – 35
8	8	36 – 40
9	9	41 - 45

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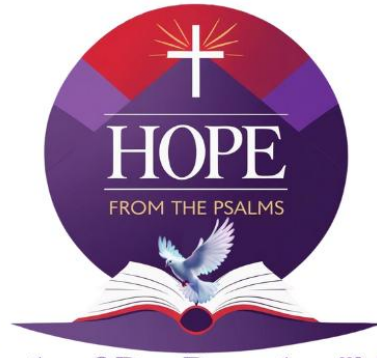
10	10	46 – 50
11	11	51 – 55
12	12	56 – 60
13	13	61 – 65
14	14	66 – 70
15	15	71 – 75
16	16	76 – 80
17	17	81 – 85
18	18	86 – 90
19	19	91 – 95
20	20	96 – 100
21	21	101- 105
22	22	106- 110
23	23	111- 115
24	24	116- 120
25	25	121- 125
26	26	126- 130
27	27	131- 135
28	28	136- 140
29	29	141- 145
30	30	146- 150
31	31	146- 150

VII. MY DAILY AFFIRMATION

Read as a part of your daily devotion:

1. I love myself, and do not want to be anyone but myself.
2. I am not inferior, because I am a child of God, and I know that He loves me with an Exceptional Love and places great value on me.
3. I am not afraid of failure or defeat because I know nothing can stop me. I value myself and I will cooperate with God's plan for my life.

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4. I am encouraged because I know that I can do all things through Christ, who gives me strength.
5. I will stop my negative thinking and will begin to focus upward rather than downward.
6. I will learn to make positive choices for my life, based on the Word of God.
7. I am a valuable person, and I will not let others influence me to make negative decisions.
8. I believe in myself, and I will begin to act as though I do. My actions show what I believe about myself, and I choose to act in a positive manner.
9. I am defined by what the Word of God says about me and not by what I have done in the past.
10. I am positive – I am fearfully and wonderfully made – I am valuable – I am a jewel of great price – I am an overcomer – I am God's workmanship.
11. I will stay out of the P.I.T!!!!

P ...Personally I...Induced T.....Turmoil

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Presents



HOPE

FROM THE PSALMS

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