

*Beside
Still
Waters*

365 Daily Devotions
from the Book of Psalms

BroadStreet

P U B L I S H I N G

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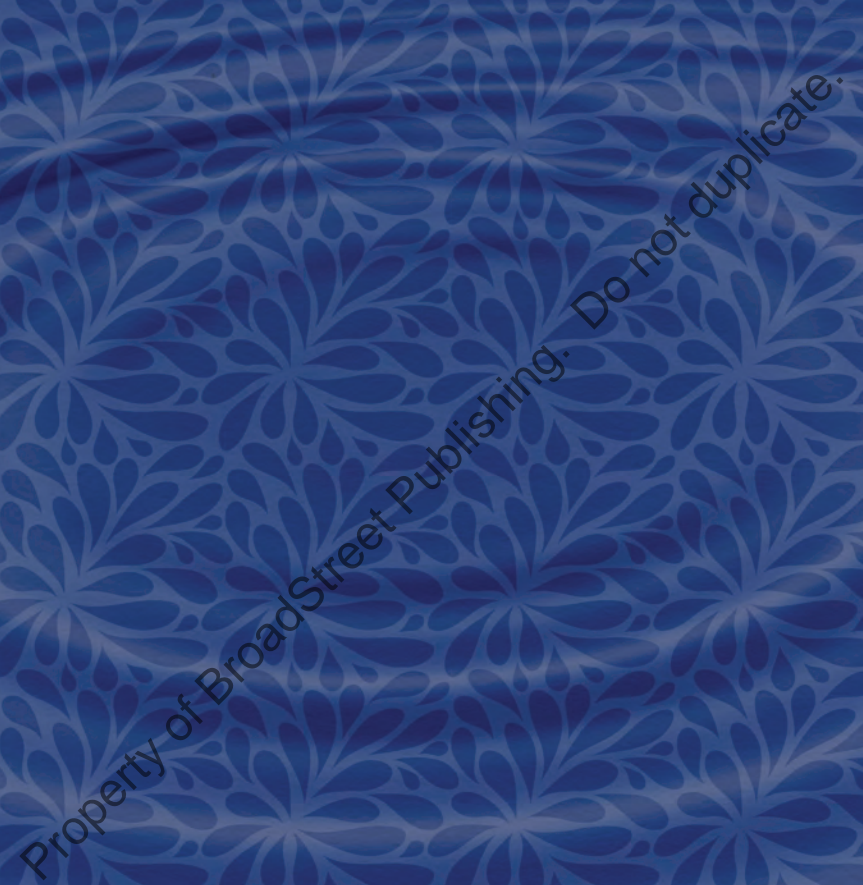
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Give thanks
to the LORD,
for he is good!
His faithful love
endures forever.

PSALM 136:1 NLT

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Just as the psalmist encountered, we can be overwhelmed by the circumstances of life. We run into situations that are frustrating and discouraging. But we also experience the peace and protection of our wonderful Creator whose goodness is not dependent on our situation.

Depression and anxiety may threaten to steal our hope and joy, but the psalms are full of God's unchanging love and faithfulness. As we offer our prayers and praise to God, we can also choose to believe that each day will be filled with his perfect promises.

Find the hope, joy, and peace that is abundant in God as you reflect on these devotional entries, psalms, and prayers.

January

*May he grant your heart's desires
and make all your plans succeed.*

PSALM 20:4 NLT

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JANUARY 1

Book of Life

*Your eyes saw me when I was formless;
all my days were written in your book and planned
before a single one of them began.*

PSALM 139:16 CSB

It's the day of new beginnings and you might be feeling a mixture of emotions. There is bound to be excitement about the possibilities that are waiting just around the corner, but there also might be overwhelming thoughts about the trials that could lie ahead or fear of the unknown.

Whatever your thoughts and feelings are about this day, remember that you have the spirit of Christ in your heart and mind, ready to help you in all of your decisions and strengthening you through any challenges. Head into this day with the confidence that he created you and already knows who you are, and who you are going to become!

Lord, thank you that you know me better than I know myself because you created me. Give me courage to take on this year with grace and skill, knowing that you are right with me.

JANUARY 2

Family History

*I will sing of the steadfast love of the LORD, forever;
with my mouth I will make known your faithfulness
to all generations.*

PSALM 89:1 NIV

If you think back through your family history, where did the message of Jesus start? You might have a long history of believers, or you might be the first one of your family to believe. Either way, God allows his message to transfer throughout the generations.

Thank the Lord that you have either been a part of a long heritage of faith, or that you are the very first fresh beginning of a faith that will go beyond you. Sing of the love of your Lord!

God, I am so thankful that the story of your steadfast love is passed on through generations. Help me to remember that I am a significant part of passing on this truth.

JANUARY 3

Blessed with Peace

*The LORD gives strength to his people;
the LORD blesses his people with peace.*

PSALM 29:11 NIV

What are the most relaxed times of your day or week? Is it when you go for a walk, or sit on the porch in the evening? It could be that first waking moment of your day when everything is quiet and calm. Peace is a very big part of the story of relaxing, whether it is having a calm spirit, a still body, or a still mind. We crave those moments in our ever increasingly busy world.

Before you approach the busy times, ask the Lord for peace. The psalm here says that he gives strength and blesses with peace. Rely on that promise, drink it in, until you feel equipped for the day ahead.

Lord, thank you that I have this moment right now to still my heart, mind, and body. I accept the blessing of peace that you have promised.

JANUARY 4

Pushed Back

*I was pushed back and about to fall,
but the LORD helped me.*

PSALM 118:13 NIV

When you watch the way wild animals behave when they are trapping their prey, one of the main strategies is to corner their prey so there is nowhere to escape. The picture in this verse is like this except the corner looks more like a cliff's edge!

Have there been times in your life when you felt like you were up against a wall, either with the pressure of other people, or with something that you got yourself into? You may have felt like there was no relief or escape. These are the times when you need your great rescuer to show up on and help you in your troubles. God will not allow you to fall.

Lord, thank you for rescuing me every time I have felt backed into a corner. Thank you that you come to my aid in my times of distress.

JANUARY 5

This Is the Day

This is the day the LORD has made.

We will rejoice and be glad in it.

PSALM 118:24 NLT

When winter is fully upon us, it is not as warm outside, and there's not as much life in nature. If you live where winter is cold, you may be growing tired of boots, hats, scarves (well, maybe not scarves), and puffy, shapeless coats. Looking outside, there may not be much to feel particularly joyful about.

The simple truth is that God made today, and he made it with you in it. As you go into your day today, either with excitement or dread, encourage yourself that this is a day purposed by the Lord, for you. Make the most out of it!

Lord, I wasn't that happy to get out of bed this morning, but now that I am up, I commit this day to you and thank you for making it.

JANUARY 6

From Birth

*From birth I have relied on you;
you brought me forth from my mother's womb.
I will ever praise you.*

PSALM 71:6 NIV

Although mothers have to go through an incredible process to birth a child, they are not ultimately responsible for the first breath of that child. This is a gift from God—from our development in the womb, to our first breath, to our growth.

We rely on our Creator and his perfect design. It's something worth recognizing and praising him for. Your life is from him, and through him. Rejoice in this beautiful gift today.

Creator God, thank you for the beauty of the created human form. Thank you that I am a part of this beautiful creation. I choose to praise you for creating me just as I am.

JANUARY 7

Troubled Thoughts

*Listen to my prayer, O God, do not ignore my plea;
hear me and answer me.*

My thoughts trouble me and I am distraught.

PSALM 55:1-2 NIV

Life is not always joyful. Often we search the Scriptures for comfort, assurance, and hope, and we will certainly find those things there. But we will also find words like the ones here. Ones that immediately feel like we had written them ourselves.

In times of pain and distress, particularly emotional and mental stress, it's amazing how much it helps to know that we are not alone. It has been a part of the human condition to sometimes feel ignored by God and to feel troubled and distraught. But you are not alone. Take comfort in that today.

Lord, on those mornings when I wake up and feel troubled, help me to remember that I am not alone. You are always with me.

JANUARY 8

Crushed

*The LORD is close to the brokenhearted;
he rescues those whose spirits are crushed.*

PSALM 34:18 NLT

What are the things that break your heart? Thoughts of people in poverty, your own child struggling with friends, a parent who has suddenly passed away? Life is full of heartache. The greater the love, the greater the loss. We hurt because we love. We can find some courage in that thought as we navigate difficult emotions.

To be able to love is an amazing gift, and life wouldn't be so full if we didn't have love. Enjoy the love you have and try to find a way to appreciate loss because it tells you how fully you are able to love.

Lord, thank you for giving me a heart that is capable of loving others. Please rescue my crushed spirit when I am in the middle of heartache. Be my comfort and my strength.

JANUARY 9

Lit Up

*Your word is a lamp to my feet,
and a light to my path.*

PSALM 119:105 NKJV

Walking around in the dark is no fun. You can trip over things, be frightened by shadows, and feel lost. As soon as you have any amount of light, your assurance comes back. You can see the space in front of your feet and the path directly ahead. You can move your source of light around to find out what those lurking shadows are.

Everything is better with the light, and this Scripture says the best way to have light in our lives is to know God's Word. Take some time to soak yourself in his Word and let it be a light for your path today.

Lord, reveal the truth of your Word to me today. Guide me as I step into each choice that I make along the way.

JANUARY 10

Hear Me

Hear me when I call, O God of my righteousness!

You have relieved me in my distress;

Have mercy on me, and hear my prayer.

PSALM 4:1 NKJV

Who do you call when you are feeling upset and stressed?
Is there someone in your life who you know will listen to
you in your time of need?

It is a good feeling when someone really listens to you.
Are you confident that God is always near and ready for
you to call on him when you are distressed? Call out to
him when you are troubled and wait for his mercy.

Hear me when I call, O God of my righteousness! You
have relieved me when I have been troubled and stressed
with circumstances in my life. Have mercy on me and hear
my prayer.

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JANUARY 11

Considering Grief

*You, God, see the trouble of the afflicted;
you consider their grief and take it in hand.*

*The victims commit themselves to you;
you are the helper of the fatherless.*

PSALM 10:14 NIV

The problems of life are seen all around us sometimes on a daily basis. We see troubled families, poverty, and sickness. Maybe you are experiencing some of these afflictions now. It is comforting to know that God sees all of your trouble.

God doesn't stand at a distance. This Scripture says that he takes your grief in his hand. Take his hand today. He is your good father who cares so much for you.

Lord, help me trust you as a good father who is always there to help me in my time of need.

JANUARY 12

Boundaries

*LORD, how happy is anyone you discipline
and teach from your law.
and whom you teach out of your law.*

PSALM 94:12 CSB

Discipline of a child is often followed by tears, so it seems surprising when the Bible associates discipline with happiness. While we may feel ashamed when the Lord convicts our heart of wrongdoing, we need to recognize that God's correction is ultimately for our good.

God wants us to do what is right because he loves us. When we remember that he loves us, it takes the sting out of discipline and helps us to choose what is right.

Lord, thank you for guiding me into every good thing. Give me ears to hear and eyes to see the truth of your ways. Help me to learn from your instruction and to know your grace when I need correction. Let me experience the joy of your discipline.

JANUARY 13

Sing to the King

*Sing praises to God, sing praises!
Sing praises to our King, sing praises!*

PSALM 47:6 NKJV

We may not all have the voice of an angel, but we can all sing—no matter how good or bad it sounds to us. God created us each with a voice and with lips that can praise him for all the good things he has done.

God is the King of the earth and the King of our hearts. He will delight in our songs of praise even if he is the only one that appreciates them. We should sing praises to God because we understand his goodness and his grace. We should sing because he is worthy.

God, you are the King of all the earth. You have been good to me. You have shown your grace toward me. Teach me to delight in singing your praises. I know you delight in me when I praise you.

JANUARY 14

Open Eyes

*The LORD opens the eyes of those who are blind;
The LORD raises up those who are bowed down;
The Lord loves the righteous.*

PSALM 146:8 NASB

Our God loves to restore life to his creation. When Jesus came to earth, he healed many physical needs, restoring people to health. But greater than physical healing, Jesus came to restore our spiritual brokenness. He opened eyes to the truth, ministered to the poor in spirit, and restored believers to righteousness.

Have you experienced healing from your brokenness? If you are feeling broken right now, bring it to the gentle healer and know that he will restore you to fullness.

God, I am feeling a little fragile right now. I have felt broken, disappointed, and discouraged, but I trust in your faithfulness. I believe that you are in the process of restoring me.