

### **Morning Proclamation**

Psalm 35:1–6 (NIV84)

- <sup>1</sup> Contend, O LORD, with those who contend with me;  
fight against those who fight against me.
- <sup>2</sup> Take up shield and buckler; arise and come to my aid.
- <sup>3</sup> Brandish spear and javelin against those who pursue me.  
Say to my soul, "I am your salvation."
- <sup>4</sup> May those who seek my life be disgraced and put to shame;  
may those who plot my ruin be turned back in dismay.
- <sup>5</sup> May they be like chaff before the wind, with the angel of the LORD driving them  
away; <sup>6</sup> may their path be dark and slippery, with the angel of the LORD pursuing  
them.

The Lord contends with those who contend with me,  
He fights against those who fight against me.  
The Lord defends my life with weapons which exceed my strength.  
I will declare to all, the Lord is my salvation.  
May those who seek my demise be without favor and their schemes exposed.  
Those who plan for my failure will be turned back in disappointment.  
May the angel of the Lord disperse them,  
may their path be uncertain and difficult,  
the angel of the Lord pursuing them.

**My God is Faithful!** (Psalm 35:1–6 (NIV84))

### **Mid-Day Proclamation**

Psalm 90:12–17 (NIV84)

- <sup>12</sup> Teach us to number our days aright, that we may gain a heart of wisdom.
- <sup>13</sup> Relent, O LORD! How long will it be? Have compassion on your servants.
- <sup>14</sup> Satisfy us in the morning with your unfailing love,  
that we may sing for joy and be glad all our days.
- <sup>15</sup> Make us glad for as many days as you have afflicted us,  
for as many years as we have seen trouble.
- <sup>16</sup> May your deeds be shown to your servants, your splendor to their children.
- <sup>17</sup> May the favor of the Lord our God rest upon us; establish the work of our hands for us— yes,  
establish the work of our hands.

Heavenly Father, teach me to invest my days for good;  
Grant me an understanding heart, filled with your wisdom.  
I am frail, look upon your servant with compassion.  
May I be satisfied by your presence and great love,  
My heart filled with joy and gladness all of my days.  
May my celebrations of victories you provide greatly exceed the losses I grieve.  
Open my eyes to see your great wonders,

May my children experience your majestic glory.  
Let the favor of Almighty God rest upon me;  
In your great strength establish me, only you can ensure the future.  
**My God is Faithful!** (Psalm 90:12–17 (NIV84))

### **Evening Proclamation**

Psalm 146:3–10 (NIV84)

- <sup>3</sup> Do not put your trust in princes, in mortal men, who cannot save.
- <sup>4</sup> When their spirit departs, they return to the ground;  
on that very day their plans come to nothing.
- <sup>5</sup> Blessed is he whose help is the God of Jacob,  
whose hope is in the LORD his God,
- <sup>6</sup> the Maker of heaven and earth, the sea, and everything in them—  
the LORD, who remains faithful forever.
- <sup>7</sup> He upholds the cause of the oppressed and gives food to the hungry.  
The LORD sets prisoners free, <sup>8</sup> the LORD gives sight to the blind,  
the LORD lifts up those who are bowed down, the LORD loves the righteous.
- <sup>9</sup> The LORD watches over the alien and sustains the fatherless and the widow,  
but he frustrates the ways of the wicked.
- <sup>10</sup> The LORD reigns forever, your God, O Zion, for all generations. Praise the LORD.

I will not put my trust in leaders chosen only by people,  
I know that mere humans cannot solve my problems.  
Apart from God's Spirit I am only dust,  
I am blessed because the God of Jacob helps me.  
My hope is secure in Almighty God, the One who made the heaven and the earth,  
The sea, and everything in them—The Lord, who is always faithful and never fails.  
He upholds my cause, even when I am overwhelmed,  
He sustains me, caring for all my needs.  
The Lord brings freedom from every form of bondage, The Lord enables me to see.  
The Lord promotes those who are humble.  
The Lord loves the upright. The Lord watches over all, He sustains those with no advocate, But He  
resists the wicked.  
The Lord reigns forever, God over His people ---of all generations.  
Praise the Lord.  
**My God is faithful.** (Psalm 146:3–10 (NIV84))