



For Difficult Days

A 31 day spiritual “Z Pack” for the soul

Meditation is an oft used word in the Psalms, being found 19 times. It’s meaning is to “chew”, to take some time, to dwell, to reflect, to ponder, to savor, to enjoy!

Pease take that approach over the next 31 days, as you read the Scripture (use your Bible), don’t be in a hurry. Read a passage, “chew on it”, then PRAY it back to the Lord. It WILL make a difference in your life! If you watch the news, and focus constantly on the present conditions we’re facing globally, it will affect you in a negative way after a while. If you read the Word of God, and think on it, and spend some time in prayer EVERYDAY about what you read, IT WILL CHANGE YOUR LIFE!

Please use your Bible. Only the “starter” verses are printed here for you. Read what comes before and after the verses printed here. God will open your eyes to some wonderful things – and maybe to some “not so wonderful things” - changes that we need to make in our lives like re-prioritizing our schedules to make room for Him. God wants to be nearer, closer, and more real to us than we’ve ever imagined. This is a “wake up” call for the people of God. We MUST respond!

Monday, March 23rd

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty... Psalm 91

Tuesday, March 24th

The Lord is my shepherd; I shall not want... Psalm 23

Wednesday, March 25th

For He Himself has said, “I will never leave you nor forsake you” So we may boldly say: The Lord is my helper; I will not fear... Hebrews 13: 5, 6

Thursday, March 26th

God is our refuge and strength, a very present help in trouble. Therefore we will not fear... Psalm 46

Friday, March 27th

“Let not your heart be troubled; You believe in God, believe also in Me... John 14:1

Saturday, March 28th

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?... Psalm 27

Sunday, March 29th

...if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land... 2 Chronicles 7: 12 – 16

Monday, March 30th

If you abide in Me, and my words abide in you, you will ask what you desire, and it shall be done for you... John 15:7

Tuesday, March 31st

Ask, and it will be given to you; seek, and you will find; knock, and it will be open to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened... Matthew 7: 7, 8

Wednesday, April 1st

Your kingdom come. Your will be done on earth as it is in heaven... Luke 11:2

Thursday, April 2nd

[He] is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us... Ephesians 3:20

Friday, April 3rd

“Now when these things begin to happen, look up and lift up your heads, because your redemption draws near... Luke 21:28

Saturday, April 4th

So then faith comes by hearing, and hearing by the word of God... Romans 10:17

Sunday, April 5th

Jesus Christ is the same yesterday, today, and forever...

Hebrews 13:8

Monday, April 6th

I will put none of the diseases on you which I have brought on the Egyptians. For am the Lord who heals you...

Exodus 15:27

Tuesday, April 7th

Jesus said to him, "If you can believe, all things are possible to him who believes" ...

Mark 9:23

Wednesday, April 8th

Have faith in God...Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."

Mark 11: 22 – 24

Thursday, April 9th

The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust...

Psalms 18:2

Friday, April 10th

Behold what manner of love the Father has bestowed on us, that we should be called the children of God...

1 John 3:1

Saturday, April 11th

Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for you...

Jeremiah 32:17

Sunday, April 12th

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation...

1 Corinthians 1:3

Monday, April 13th

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6

Tuesday, April 14th

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes we are healed...

Isaiah 53:5

Wednesday, April 15th

Again I say to you that if two of you agree on earth concerning any thing that they ask, it will be done for them by my Father in heaven. For where two or three are gathered together in my name, I am there in the midst of them. Matthew 18: 19-20

Thursday, April 16th

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. Jeremiah 33:3

Friday, April 17th

Bless the Lord, O my soul; And all that is within me, bless His holy name! ... Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction... Psalm 103: 1 – 5

Saturday, April 18th

Oh, give thanks to the Lord, for He is good! For His mercy endures forever... Psalm 107

Sunday, April 19th

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name... Psalm 100

Monday, April 20th

Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart... Psalm 24: 3 – 5

Tuesday, April 21st

I have called upon You, for You will hear me, O God; Incline Your ear to me, and hear my speech... Psalm 17: 6 – 9

Wednesday, April 22nd

Give ear to my words, O Lord, consider my meditation. Give heed to the voice of my cry, my King and my God. For to You will I pray. My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and I will look up... Psalm 5