

2-5-2025...Psalm 18 Prayer Guide

I Luv You Lord... Thanks 4 Your Grace!

“I love you.” Words that come slow for most of us unless it’s close family, long-time friends, or a romantic relationship that has moved from caution to blooming.

Usually when we speak the words “I love you,” out tumbles an explanation of the reasons for our love.

But oddly, my hunch is that we don’t often tell Heavenly Father – “I love you.” Or Jesus, “I love you.” Or Holy Spirit, “I love you.”

Psalm 18 is a beautiful example of David, telling God, “I Love you” and then naming a list of reasons why. So significant is this Psalm that it is repeated nearly word for word in 2 Samuel 22.

David’s mind is flooded by all the ways God has delivered, and rescued, and led and provided and comforted. This Psalm showcases God’s grace to David in giving him POWER to do what he could have never done on his own.

Movement 1 Read & Reflect...

Psalm 18 excerpts – NIV

“I love you, O LORD, my strength.

² The LORD is my rock and my fortress and my deliverer,

my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation,
my stronghold.

³ I call upon the LORD, who is worthy to be praised,
and I am saved from my enemies.

⁴ The cords of death encompassed me;
the torrents of destruction assailed me;^[a]

⁵ the cords of Sheol entangled me;
the snares of death confronted me.

⁶ In my distress I called upon the LORD;
to my God I cried for help.

From his temple he heard my voice,
and my cry to him reached his ears.

¹⁶ He sent from on high, he took me;
he drew me out of many waters.

¹⁷ He rescued me from my strong enemy
and from those who hated me,
for they were too mighty for me.

¹⁸ They confronted me in the day of my calamity,
but the LORD was my support.

¹⁹ He brought me out into a broad place;
he rescued me, because he delighted in me.

²⁷ For you save a humble people,
but the haughty eyes you bring down.

²⁸ For it is you who light my lamp;
the LORD my God lightens my darkness.

²⁹ For by you I can run against a troop,
and by my God I can leap over a wall.

³⁰ This God—his way is perfect;^[a]
the word of the LORD proves true;
he is a shield for all those who take refuge in him.

³¹ For who is God, but the LORD?
And who is a rock, except our God?—

³² the God who equipped me with strength
and made my way blameless.

³³ He made my feet like the feet of a deer
and set me secure on the heights.

³⁴ He trains my hands for war,
so that my arms can bend a bow of bronze.

³⁵ You have given me the shield of your salvation,

and your right hand supported me,
and your gentleness made me great.

³⁶ You gave a wide place for my steps under me,
and my feet did not slip.

⇒ What stirs in your heart as you reflect on this Psalm?

⇒ Lord remind or reveal to me, times when I have experienced you like David did (rescue, support, guiding, provision, empowering, comforting).

Movement 2

⇒ Spend a few minutes telling God you love Him, and thanking Him for what he has done in your life.

Movement 3

⇒ Holy Spirit lead me now, as I pray for myself, my family and friends, and any who you bring to mind.

⇒ This week, be intentional in telling God you love him.

⇒ Be intentional to look for where God is working in you, and around you. Join in where you see God working with prayer and obedience☺