

# SUMMER IN THE PSALMS PRAYER GUIDE

## PSALM 7

1 Lord my God, I seek refuge in you;  
save me from all my pursuers and  
rescue me,

2 or they will tear me like a lion,  
ripping me apart with no one to  
rescue me.

3 Lord my God, if I have done this, if  
there is injustice on my hands,

4 if I have done harm to one at  
peace with me or have plundered  
my adversary without cause,

5 may an enemy pursue and  
overtake me; may he trample me to  
the ground and leave my honor in  
the dust. Selah

6 Rise up, Lord, in your anger; lift  
yourself up against the fury of my  
adversaries; awake for me; you have  
ordained a judgment.

7 Let the assembly of peoples  
gather around you; take your seat  
on high over it.

8 The Lord judges the peoples;  
vindicate me, Lord, according to my  
righteousness and my integrity.

9 Let the evil of the wicked come to  
an end, but establish the righteous.  
The one who examines the thoughts  
and emotions is a righteous God.

10 My shield is with God, who saves  
the upright in heart.

11 God is a righteous judge and a  
God who shows his wrath every day.

12 If anyone does not repent, he will  
sharpen his sword; he has strung his  
bow and made it ready.

13 He has prepared his deadly  
weapons; he tips his arrows with fire.

14 See, the wicked one is pregnant  
with evil, conceives trouble, and  
gives birth to deceit.

15 He dug a pit and hollowed it out  
but fell into the hole he had made.

16 His trouble comes back on his  
own head; his own violence comes  
down on top of his head.

17 I will thank the Lord for his  
righteousness; I will sing about the  
name of the Lord Most High.

## GOD'S PRAISEWORTHY ATTRIBUTES

God the Lord, my God (vv. 1 & 3)

He is my refuge, savior and deliverer  
from spiritual enemies (v. 1)

God is the one who knows my heart  
and judges the integrity of life  
(vv. 3-5, 8)

He is the judge of my spiritual enemies  
and all people (vv. 6-9)

God is the ruler over His people  
(vv. 7-8)

He is the one who establishes  
righteousness (v. 9)

God tests every mind and heart (v. 9)

God is righteous (v. 9)

He is the shield and savior of the  
upright (v. 10)

God is the righteous judge of all  
(vv. 11-16)

God is worthy of thanksgiving and  
praise because He is righteous (v. 17)

God is worthy of songs of praise  
because of His name (v. 17)

God is the Lord Most High (v. 17)

## I. REVERING GOD

Lord my God, I praise You that You have been my refuge when:

My righteous God, I praise You that You will ultimately judge:

Lord Most High, I praise you because Your name is:

## II. RESPONDING TO GOD

Because You know my mind and heart and judge my integrity, I confess:  
(areas of disobedience, spiritual failure, relational struggle, etc.)

## III. REQUESTING OF GOD

Today I trust You to shield me and be my savior as I deal with:

Because You establish the righteous, I pray that You will establish  
\_\_\_\_\_ in my life.

Because You establish the righteous, I pray for \_\_\_\_\_ (family  
member, friend, etc.) that You will:

## IV. READYING OURSELVES WITH GOD

Lord, as I enter a world filled with spiritual opposition, I will trust You will  
deliver me from enemies of: