

A Heavenly Moment

The Psalms

A white dove is depicted in flight, its wings spread wide and glowing with a soft, ethereal light. The background is a vibrant, abstract landscape of blue and purple flowers, with a bright, glowing light source in the upper left corner. The overall atmosphere is serene and heavenly.

Fresh Energizing Devotionals

Drawing you deep into the Father's Heart

Dr. Amy LaVon McMillan

A Heavenly Moment



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by

Dr. Amy La Von McMillan

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Printed in the United States of America

Library of Congress Cataloging-in-Publication Data is on file at the Library of Congress, Washington, DC.

ISBN: 978-1-64786-085-1

Author's website: www.SpiritUnlimited.org

*For whatever was written in former days, was
written for our instruction, that through
endurance and through the encouragement of the
scriptures we might have hope.*

ROMANS 15:4

Dedication



*Every day I will praise you
and extol your name forever and ever.*

Psalm 145:1b

I dedicate this book to my husband, John, who has genuinely portrayed the heart of David through worship. A man who wakes up and goes to bed singing praises to his Lord. When there was no song left in me, I could trust my husband would have one on his lips, no matter what the situation appeared. Yes, those morning praises ringing in the shower, while I am trying to MEDITATE. And, not to mention those beautiful melodies in the middle of the night while I am SLEEPING – Yet, I could not help but join him in praise.

I can truly say, those who begin their day with worship will also end that way because worship is not only part of *how* we live our lives, but it's a core part of *who* we are.

Preface



I find it amazing, after hundreds of centuries have passed, to read of a man who lived in a different age and civilization, expressing our innermost feelings, fears, and hopes.

When looking carefully at the Psalms, we see they cover various emotions ranging from joy and praise to anger and fear, from standing on an unshakable ground of stability to sinking in the sands of insecurity. They range from praising, God to questioning God, running from God to seeking comfort from Him.

David was a *heart* worshiper who sought after God's heart. He deeply yearned to *know* the heart of God, and what he found was the Father seeking after his very own heart.

I believe the Psalms' importance is to show us how to become true worshipers of God, despite the times, seasons, or situations. You see, the greatest calling on our lives is not to be an evangelist, teacher, preacher, or exhorter but to be a true worshiper.

It's one thing to be able to praise God when we have 'a nice day,' but it's quite another to praise God when the bottom appears to have 'fallen out' of lives.


In our deepest hour of despair and adversity, the good news is that we can turn to the Psalms, not just in times of joy and

thanksgiving, but when there are not enough words to express our deepest appreciation and admiration.

May you be encouraged with these divine inspirations, from the Psalms, to give you comfort and encouragement in every season of your life.

Shalom –

Psalm 1:1



*Oh the joy of those who do not follow the
the advice of the wicked, or stand around with
sinners or join in with mockers.*

You may remember the television commercial jingle, “*You only go around once in life, so grab all the gusto you can!*” But what exactly is GUSTO? The dictionary defines it as *hearty enjoyment*. According to the commercial, you gain it by drinking a particular brand of beer. Well, I don’t know about that, but the statement the ad raises is essential. You see, throughout history, mankind has always sought after that *gusto*, always looking for happiness and joy. But where do you find this elusive gusto? What road do you take to arrive at *gusto*? Too often, we are looking for it in the wrong places.

David alleged there are roads to avoid when seeking happiness. These roads are: listening and following ungodly advice, standing with gossiping sinners, and sitting with mockers who judge and condemn. Paul affirms this, saying *evil company corrupts good habits*.

The answer for those desiring to experience ‘real gusto’ and lasting happiness is found in the wisdom of David when he penned, *blessed and happy are those whose delight is in the WORDS of the Lord*.

There you have it! All you have to do is open your BIBLE and *grab all the gusto you can!*

Psalm 2:12a



*Submit to God's royal son,
or he will become angry.*

In this chaotic world, many people question and ask, “If there is a God in heaven, then why is it NOT all right with the world?”

It is easy to point the finger at the wicked, but Paul tells us that *all have sinned and fallen short of the glory of God.*


Like the Israelites, in one way or another, we have said, *let us break these chains and free ourselves from slavery to God.* Sadly, ALL have said, “I will do it my way!”

David saw the world's chaos in his day, but his protest was uniquely different. He said, “We must submit to God while there is time.” He knew submission and obedience to God brought blessings and life. He knew God's ways are easy and His yoke is light, and He goes before us to make the crooked paths straight.

Beloved, it is vital to understand that God in His sovereignty has a preset plan to judge humanity's rebellion at an appointed time. Until then, His desire is for all to *submit to His royal Son!*

Jesus removed the hostility between God and man. Through faith, we can now say, “What joy there is for ALL who take refuge in Christ!”

Psalm 3:3



***But you, O LORD, are a shield around me;
you are my glory, the one who holds my head high.***


Have you ever found yourself at a point in life where you were so discouraged that good news and encouragement were *nowhere* to be found? If that describes where you are today, then hear the whispers of the Holy Spirit encourage you to *lift your head and look to Jesus, the source of your HELP.*

Daily, we encounter troubles and difficulties, leading to discouragement and even defeat. But today, God is sending a message to us through His servant David. He wants those whose heads are hung low and beaten by discouragement to look up because He is still God, and He watches over us.

David lifted his voice and told God all the troubles of his heart, saying, “Lord, many are they who rise against me.” But then, almost immediately, David sings out the words, “But You, Oh Lord...!” David’s heart changed from discouragement and dejection to confidence and renewed faith. He recalled how big God was when he looked up into the vast skies and saw his creator’s handiwork. He remembered times when no one was there to help, how God was his shield. When there was no one to encourage David, God Himself was beside him, saying, *my child, continually look to me, for victory will come to you!*

Be encouraged to *lift* your head and raise your voice to God because His shield of glory surrounds you.

Psalm 4:7



*You have given me greater joy than those who have
an abundant harvest of grain and new wine.*

King David called out to God during one of the most distressing times of his life. Despite his situation, David declared that his heart *is filled* with JOY.

You know what? You and I can enter into *this* same joy regardless of any circumstance we may face in our lives. Jesus said, “In this world, you will have tribulation, but in Me, you *will* have peace. Yes, in Me, you will have joy. Not just any joy, but My inexpressible joy. It’s a joy that the world cannot take away, for I have given it abundantly!”


David knew that real joy was found in abiding in his God. The first thing he did during his time of distress was to call upon the name of the Lord because He is merciful and hears the prayers of His people.

Often, we *desire* to call out for help, but because we have gotten ourselves in ‘such a mess,’ we feel that we have no *right* to call on the Lord.

Today, I want to encourage you to remember that the Lord already knew about the MESS before you got into it, and He is waiting for you to call on Him.

Beloved cry out, “Lord, I have messed up, and I need your help. I need your mercy. I don’t deserve it, but YOU are a merciful God, and without you, I’m lost. I ask, like David, Lord, restore unto me the JOY of my Salvation!”

Psalm 5:3



*In the morning, O LORD, You will hear my voice;
in the morning, I will order my prayer to You
and eagerly watch.*

Are you up for a MORNING challenge? People who are serious about *seeking something* will get up early to find it. I understand hunters who are serious about sacking their prey will get out early in the morning. Fishermen do the same. I also noticed that outstanding golfers go out to *tee* early. And, of course, Black Friday shoppers go out as early as four o'clock in the morning. Why is this? Because they are earnest about getting what they want.


David thought serious enough of his prayers that he repeated himself saying, that it's '*in the morning...in the morning,*' that his prayers would rise to God. He had a determined view that he would pray every morning and be committed to it, saying, "LORD, YOU WILL HEAR MY VOICE!"

You know what? Jesus kept the same pattern. Mark tells us that it was *early in the morning, while it was still dark. He arose and went out to a solitary place and prayed.*

If we are serious about seeking the Lord, it would be wise to seek Him early. Spending time with the Lord *early in the morning* and eagerly watching will richly impact the rest of our day.

Be challenged with a determined heart and say, "Lord, every morning, you WILL hear my voice!"

Psalm 6:3



*I am sick at heart. How long, O LORD,
until you restore me?*

David is in extreme anguish. You can sense that he is struggling with guilt over something that he has done, and He wonders, ‘*how long* will I have to feel this way?’

Have you ever had *that* feeling? You have cried so much that you couldn’t cry anymore. Maybe you are worn out from groaning. Perhaps you have such a strong sense of guilt that you wouldn’t be surprised if God sends a *bolt of lightning* to take you out.

David realized what he had done was wrong in the eyes of God. He realized that a ‘Holy God’ does not tolerate sin, and if David were to get what he deserved, it would cost him his life. Yet, he pleaded with the Lord, *Do not rebuke me in your anger. Do not discipline me in your wrath.* Then he humbly asked that judgment and discipline be tempered with MERCY. James understood this truth and stated that *mercy triumphs over judgment.*

David later said, *The Lord has heard my weeping.* God, in His mercy, will come and meet you in a personal way. And let me assure you, no matter what you have done, when you repent, the Lord will accept your prayers, and the blood of the Lamb will wash away your sin.

Beloved, rejoice, and know that *there is no condemnation to those who are in Christ Jesus!*

Psalm 7:17



*I will thank the LORD because he is just;
I will sing praise to the name of the LORD Most High.*

Justice is the dominant theme in the Psalms. Here, David was facing a situation where he had been wronged, attacked, and accused of wrongdoing, but then, he calls out to the Supreme Judge to decide this matter. He knew that God's justice is a place of safety.

We know God is preparing to go to war with the wicked, bring them to justice, and avenge their victims. However, many people have a daunting image of God's justice. Some take delight in God's judgment and ASSIST by letting people know how bad they are and what they deserve. The Gospel called them Pharisees, thinking they were exempt from God's justice as law keepers. Others have the opposite opinion. They cringe at the idea of a 'judging' God. Both of these ideologies are a problem because neither correctly understand *His justice and mercy*.

To see true *divine* justice, you must listen to the words of God spoken through the prophet Ezekiel, "As surely as I live, I take NO pleasure in the death of the wicked, but rather, that they turn from their evil ways and live."

You see, God's justice is an extension of His sovereign rule. He rules with both justice and mercy. Divine justice is not what *we* want but what God requires, and He requires *repentance*.

Let's give thanks to the Lord, for in His mercy He is no respecter of persons; He is JUST!

Psalm 8:4



***What are mere mortals that you should think about them,
human beings that you should care for them?***

In seeing all the greatness and splendor of God's mighty works, David questions God as to 'why do you love *me* so much, Lord?' You know what? We, too, will question God's love for us when we do not see ourselves as God sees us.


We read in Genesis that God created Adam in the *likeness* of Himself. God put all the divine elements of Himself in Adam, as well as all the *potential* of who men could become. Adam became the highest of all created order, crowned with glory and honor. David understood that *the heavens belong to God, but the earth belongs to the sons of man.*

What the fall did to Adam, Jesus was able to restore by way of the cross. He sealed our identity as a *new creation*, not just one who has dominion only, but one with authority over *all the powers of the enemy* as well. You see, our identity is not seen as sinners but as saints. Our identity is not seen as servants but as FRIENDS of God.

Say with me, "I am a holy temple with the great I AM dwelling in it. Therefore, I AM what God says I am. I can DO what God says I can do, and I can HAVE what God says I can have."

Let your daily prayer be, 'Lord, show me how you see me, that I may rejoice in your unfailing love.'

Psalm 9:10



*Those who know your name trust in you,
for you, O LORD, do not abandon those who search for you.*

A rhetorical question I was raised to ponder was: How well do you *really* know a person?

David assures us that those who know the Lord's name can trust in Him. The question is, do you *know* His name? Because calling upon Him requires knowing His name. The word 'know' is defined as *to acknowledge through experience or to be intimately acquainted with*.


Enoch was a man who genuinely knew God. The word says, *Enoch walked with God, and he was not, for God took him*. Noah was a man who knew God. Genesis says that he *found favor in the eyes of the Lord*.

God has revealed His name to us because He wants us to trust Him. His name is *Elohim*, the Strong One. *El-Elyon*, the Most-High. *El-Shaddai*, the Almighty One. *Jehovah-Jireh*, the Lord provides. *Jehovah-Shalom*, the Lord is peace.

We have confidence that when we seek and find God by His name, we *will* trust Him. Jesus said, "Do not let your hearts be troubled; trust in God, also trust in me."

Beloved, hear the words of the Lord, "I want you to trust Me in every circumstance of your life, even when you do not understand because I am *Jehovah*, the GREAT I AM!"

Psalm 10:4



***The wicked are too proud to seek God.
They seem to think that God is dead.***


In this Psalm, David is perplexed and asks, “Why do the wicked despise God?” Have you ever asked that question? It’s no secret the wicked don’t want God. They say, ‘*we don’t need God,*’ and they don’t want anyone to believe in Him either. David likens the *works* of the wicked to ‘hunters.’ To him, it appeared that they were getting away with murder.

To understand the heart of the wicked, you need to put on spiritual glasses for a moment and look inside these people. Don’t look at their outward appearance, their eloquence, their degrees, or the positions they hold. Look at the heart. When you carefully look, you will find them saying, “Who is the Lord, that I should obey His voice?” Like Pharaoh, there is a spirit of arrogance, boasting, pride, haughtiness, and self-confidence filling their hearts.

You may have encountered these people, and like David, you are surrounded by spiritual persecuting enemies. So, how should you react? First, remember, *this kind of spirit can only be cast out by fasting and prayer.* Jesus also said *that men should always pray and faint not.* In other words, He wants tenacity in prayer because we are not fighting against flesh and blood but powers of wickedness.

Since Jesus has given us authority over all the works of the enemy, let’s fervently pray as Jesus prayed, “Thy kingdom come, thy *will* be done!”

Psalm 11:4



*The LORD is in His Holy Temple; the LORD still rules
from heaven. He watches everyone closely,
examining every person on earth.*

King David had unwavering confidence knowing that God sits on the throne of the universe, administering its affairs with truth and justice.

Even amid all the trouble and turmoil around us, believe it or not, God still rules from heaven! He has not gone anywhere! He sees and examines humanity because He is Jehovah-Roi, the God who *sees*.

He is not a detached observer but a gracious, loving God who cares for us. He sees wickedness and detests it. He does understand how sinful the enemy is, and He will judge in righteousness.

David understood this when he said, “I do not need to run or hide to protect myself because there is a God in heaven who is watching me continuously.” David continued, saying, “I can go to His temple and meet with my Lord anytime because His door is always open.”

You know what? The throne room is always open to God’s children. All we have to do is step in by faith and reverence.

Think about this: what ‘can’t’ the righteous do when a Holy God is still on His throne?

Psalm 12:1

*Help LORD! for no one is faithful anymore; those who are loyal
have vanished from the human race.*

I love David's TWO-WORD prayer, "Help Lord!" It's a powerful prayer. It's a cry of compassion from a man who knows that no 'one' and no 'thing' can make the slightest difference but God. It's the cry of one who sees the desperate state of a soul walking on the 'broad road' to destruction. With so many on this road, it appeared to David that the loyal, righteous, and godly had *vanished from the face of the earth*.


The answer to David's prayer came through Jesus when He said, '*you are the salt of the earth.*' It's a statement of fact, not a command to become something but that you already are. And you know what? *We are* to be what He says we are!

Like salt, Christians may seem small and insignificant, even powerless in a power-mad society. Yet, we can influence every segment of society to permeate the *whole*. Though salt has minimal value, it has unusual properties that far exceed its value because it has a unique and vital preservative.

When we live our lives as a holy vessel of honor before God, we will have a *preserving impact* on society. But if Christians are '*no more and vanish from among men,*' then the '*vile will be honored among men,*' and the wicked will freely strut about.

Beloved, this is our hope; although lawlessness is already at work, the One who now holds it back will *continue* to do so until *he* is taken out of the way – *Selah*.

Psalm 150:6



*Let everything that breathes
sing praises to the Lord!*

BREAKTHROUGH IS FOUND IN PRAISE! So, don't let anyone or anything keep you from 'GETTING YOUR PRAISE ON'!

When Paul and Silas started singing in the jail cell, God began to move. When Daniel started praying in the lion's den, God moved. When the Hebrew children rejoiced in the fiery furnace, God showed up!

When you think about how good God has been to you, how He has been your bridge over troubled water, the leaning post to lean on, the pillow you can cry on; when you think about how He turned your burning furnace into a fellowship hall, how He made a freeway through your Red Sea, you will clap your hands and move your feet. Yes, you will *get your praise on* and shout, "THAT'S HOW YOU DO IT, GOD!"

You see, praise takes your mind off your problems and shortcomings to refocus on the *one* worthy of being praised. Praise leads you to consider and appreciate God's character. Yes, praise lifts your perspective from the earthly to the heavenly.

Beloved, if you are in the midst of a storm right now, realize that your breakthrough is in your praise. Praise Him as your healer! Praise Him as your banker! Praise Him as your courtroom lawyer! Yes, praise Him as the lover of your soul!

LET EVERYTHING THAT HAS BREATH, PRAISE THE LORD!

A Heavenly Moment Prayer



What's more valuable than all the silver and gold in the world, maybe even *more* valuable than all the wealth in the world AND that you are using right now, but will never get back? If you answered TIME, you are correct.

Now, if the definition of eternity is *time without end*, and the bible says that *it's appointed unto men once to die*, where do you plan to spend eternity?

The Good News is, there's an absolute assurance of spending eternity in Heaven. It begins by believing that God, the Father, loves you more than anything else in the universe. He loves you as much as He loves His own Son, Jesus Christ. You see, before the foundations of the world were formed, you were on His heart and mind. You were tattooed in the palms of His hands.

When sin entered the garden, you inherited a sinful nature that caused you to become separated from the Father's presence. Because He is holy, just, and righteous, sin must be punished. The Father knew that unless there were a way to restore you, you would be condemned for eternity. So, He asked His Son Jesus if he would be willing to take *your* punishment for *your* sin. Jesus passionately said, "Yes, Father! Your heart is My heart, and your will is My will." And that's exactly what He did. He died so that you can live for eternity.

Jesus' death on the cross was an exchange of your sin for His righteousness. This exchange is simply done by *believing* in your heart that Jesus is the Son of God.

If you believe that Jesus came in the flesh, died on the cross and rose again, if you ask Him to forgive all your sins, then you *will* spend an eternity of TIME with Him. Romans 10:9 says:

***If you confess with your mouth that Jesus is Lord
and believe in your heart that God raised him
from the dead, you will be saved.***

Are you ready to confess by faith today?

Father in heaven, I come to you in the name of Jesus. I know I have sinned against you. As King David said, “Against you, and You alone have I sinned; I have done what is evil in your sight.”

I am genuinely sorry for my sinful actions and the selfish life that I have lived, I ask for your forgiveness. I believe that Jesus Christ, your only begotten Son, shed His precious blood on the cross at Calvary and died for my sins, and I am now willing to turn from my sin.

With my mouth, I now confess that Jesus is the Lord of my life. With my heart, I believe that God, the Father, raised Him from the dead. I believe and accept Jesus Christ as my Lord and Savior, and according to His Word, right now, I believe I am saved from eternal death.

Thank you, Jesus, for your unmerited grace which has saved me and cleansed me of my sins. I surrender my all to you and ask that you transform my life so that I may bring glory and honor to you alone and not to myself. Thank you, Jesus, for dying for me and giving me eternal life. AMEN!

About the Author



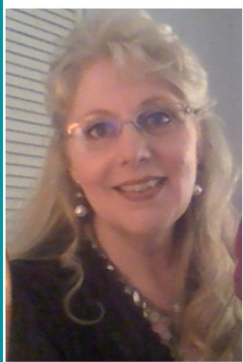
Dr. Amy McMillan, Dmin., is the author of fresh, energizing devotionals, inspirational stories, and biblical teachings engaging you to draw closer to the Father's heart. She is a wife and the mother of two young adults and four grandchildren. Dr. Amy's career as an accountant, piano player, and worship leader lasted only until her unexpected passion for writing began at the age of fifty. She sacrificed everything she once enjoyed for her new passion. Her best writings flow while enjoying a hot chocolate at Starbucks, traveling, and relaxing in her sunny northern California home. As a motivational speaker, Dr. Amy loves to use humorous wordplays and inspirational revelations to transport her audience to see, hear, and feel the passion of God's heart toward His children in their everyday lives.

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END OF PREVIEW

BEGIN EACH DAY INSPIRED WITH *A Heavenly Moment*

It's amazing, even after hundreds of centuries have passed, to read of a man who lived in a different age and civilization, expressing our same innermost feelings, fears, and hopes. When looking carefully at the Psalms, we see that it covers a variety of emotions ranging from joy and praise to anger and fear, from standing on an unshakable ground of stability to sinking in the sands of insecurity. They range from praising God to questioning God, from running from God to seeking comfort from Him. David deeply yearned to know the heart of God, and what he found was the Father seeking after his very own heart. May you be encouraged with these devotionals from the Psalms, giving you comfort and inspiration in every season of your life.



DR. AMY MCMILLAN has had a passion for studying God's word since the young age of seven. Throughout the years, God has blessed her richly with mentors who led and challenged her to be a diligent student of God's word. Bringing forth the word of God with fresh and exciting energy, her message testifies how the love of God can miraculously revive, restore, and rebuild your life so that you can live a life of joy and victory. The Heavenly Moment series is inspired by the Holy Spirit and radiates how richly we are loved by a wonderful God in Heaven!



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