

Seeking God's face is absolutely central to our joy and purpose. *These verses work hand-in-hand with [Psalms to Counteract Fear and Stress](#).*

Ps 1:1-3 “Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.”

Ps 5:1-3 “Listen to my words, Lord, consider my lament. Hear my cry for help, my King and my God, for to you I pray. In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”

Ps 14:2-3 “The Lord looks down from heaven on all mankind to see if there are any who understand, any who seek God. All have turned away, all have become corrupt; there is no one who does good, not even one.”

Ps 16:1-2,5,8 “Keep me safe, my God, for in you I take refuge. I say to the Lord, ‘You are my Lord; apart from you I have no good thing.’” “Lord, you alone are my portion and my cup; you make my lot secure.” “I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.”

Ps 17:7-8,15 “Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadow of your wings.” “As for me, I will be vindicated and will see your face; when I awake, I will be satisfied with seeing your likeness.”

Ps 18:19,27-29,34,46 “He brought me out into a spacious place; he rescued me because he delighted in me.” “You save the humble but bring low those whose eyes are haughty. You, Lord, keep my lamp burning; my God turns my darkness into light. With your help I can advance against a troop; with my God I can scale a wall.” “He trains my hands for battle; my arms can bend a bow of bronze.” “The Lord lives! Praise be to my Rock! Exalted be God my Savior!”

Ps 19 “The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth. The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; in keeping them there is great reward. But who can discern their own errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

Ps 22:1-2 (think of Jesus saying this on the Cross) “My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest.”

Psalm 23 “The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

Ps 25:1 “In you, Lord my God, I put my trust.”

Ps 27:4 “One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.”

Ps 34:4-5,10 “I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.”

Ps 37:23-24 “The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.”

Ps 42:1-2 “As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?”

Ps 53:2-3 “God looks down from heaven on all mankind to see if there are any who understand, any who seek God. Everyone has turned away, all have become corrupt; there is no one who does good, not even one.”

Ps 56:8 “Record my misery; list my tears on your scroll—are they not in your record?”

Ps 63:1-8 “You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.”

Ps 69:32 “The poor will see and be glad—you who seek God, may your hearts live!”

Ps 73:25-26 “Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Ps 81:10,13,16 “I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.” “If my people would only listen to me, if Israel would only follow my ways,” “But you would be fed with the finest of wheat; with honey from the rock I would satisfy you.”

Ps 84:2,5,10 “My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.” “Blessed are those whose strength is in you, whose hearts are set on pilgrimage.” “Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.”

Ps 87:7 “As they make music they will sing, ‘All my fountains are in you’.”

Ps 118:5-6 “When hard pressed, I cried to the Lord; he brought me into a spacious place. The Lord is with me; I will not be afraid. What can mere mortals do to me?”

Ps 119:57-58, 96-97, 103, 131, 145, 147-148, 164, 174-176 “You are my portion, Lord; I have promised to obey your words. I have sought your face with all my heart; be gracious to me according to your promise.” “To all perfection I see a limit, but your commands are boundless. Oh, how I love your law! I meditate on it all day long.” “How sweet are your words to my taste, sweeter than honey to my mouth!” “I open my mouth and pant, longing for your commands.” “I call with all my heart; answer me, Lord, and I will obey your decrees.” “I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises.” “Seven times a day I praise you for your righteous laws.” “I long for your salvation, Lord, and your law gives me delight. Let me live that I may praise you, and may your laws sustain me. I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.”

Ps 127:1-2 “Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late toiling for food to eat—for he grants sleep to those he loves.”

Ps 130:5 “I wait for the Lord, my whole being waits, and in his word I put my hope.”

Ps 138:3 “When I called, you answered me; you greatly emboldened me.”

Ps 139:23-24 “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Ps 142:5-7 “I cry to you, Lord; I say, “You are my refuge, my portion in the land of the living.” Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.”

Ps 143:6-12 “I spread out my hands to you; I thirst for you like a parched land. Answer me quickly, Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. Rescue me from my enemies, Lord, for I hide myself in you. Teach me to do your will, for you are my God; may your good Spirit lead me on level ground. For your name’s sake, Lord, preserve my life; in your righteousness, bring me out of trouble. In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.”

Ps 145:17-19 “The Lord is righteous in all his ways and faithful in all he does. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.

Ps 149:4-6 “For the Lord takes delight in his people; he crowns the humble with victory. Let his faithful people rejoice in this honor and sing for joy on their beds. May the praise of God be in their mouths and a double-edged sword in their hands”

Ps 150:6 “Let everything that has breath praise the Lord. Praise the Lord.”

Suggested Next Step: search the Psalms and Scriptures for words like “seek/sought,” “cry/cried,” “long(ed)(ing) for” and “wait for/on.”

What other verses from the Psalms, elsewhere in the Bible, or quotes from others, inspire you to seek His face more passionately? Please let me know at peter.trautmann@navigator.org!