

MARK & FRIENDS PROGRAM RESOURCES

A Journey Through the Psalms

Songs and Scriptures to Refresh the Heart and Draw Us
Closer to Jesus

Mark Burns

Wednesday, August 5, 2026

Program Summary

In this special Wednesday edition of Mark & Friends, Mark Burns leads listeners through a worshipful journey across the Psalms. Scripture readings from Psalms 1, 23, 100, and 119 are paired with songs that echo their promises and prayers. Together, these passages remind us to delight in God's Word, praise Him with gladness, trust Him as our Shepherd, invite Him to search our hearts, and allow His truth to guide every step. The program closes with a clear invitation to receive Jesus and to continue building a daily habit of reading and meditating on the Psalms.

Key Takeaways

- Psalm 1 contrasts the rooted, fruitful life of those who delight in God's Word with the instability of a life shaped by wicked counsel.
- The Psalms are the Bible's hymnbook, teaching believers how to worship, pray, lament, trust, repent, and rejoice.
- A steady habit of reading about five Psalms each day can take a reader through all 150 Psalms in roughly one month.
- Psalm 100 calls all people to serve the Lord with gladness, enter His presence with thanksgiving, and remember that His mercy endures forever.
- Psalm 23 presents the Lord as Shepherd, Guide, Protector, Provider, and faithful Companion through every valley.
- Psalm 119 celebrates Scripture as the means God uses to keep our way pure, shape our hearts, and light the path before us.
- Songs rooted in Scripture can help biblical truth move from the page into memory, worship, and everyday life.
- Prayer includes asking God to search the heart, reveal anxious or offensive ways, and lead us in everlasting righteousness.
- The Holy Spirit helps believers pray when words fail and intercedes according to God's will.
- The clearest purpose of the Psalms is to draw us closer to God and ultimately to Jesus, our Lord and Savior.

Scripture References

- Psalm 1:1-6
- Psalm 23:1-6
- Psalm 51:10
- Psalm 100:1-5
- Psalm 119:1-11, 105
- Psalm 139:23-24
- Romans 8:26-27
- Philippians 4:6-7
- John 10:11-14
- Isaiah 41:10

Quote of the Day

“God's Word truly is a lamp to our feet and a light to our path.”

Broadcast Notes

Mark opens with the complete reading of Psalm 1 and explains that the Psalms have long been called the hymnbook of the Bible. Rather than featuring an interview or sermon, this edition allows Scripture and sacred music to carry the message. Songs inspired by Psalm 1 highlight the blessed life of the person who delights in God's law and becomes like a tree planted beside water. Additional selections turn toward confession, prayer, and the work of the Holy Spirit. Psalm 100 introduces a joyful family recording that celebrates God's goodness, mercy, and faithfulness through every generation. Mark then reads Psalm 23 before a choral setting by the Cambridge Singers, emphasizing the Lord's shepherding care through green pastures, quiet waters, dark valleys, and the hope of dwelling with Him forever. The final movement draws from Psalm 119 and the song "Thy Word," reinforcing the truth that Scripture guides, strengthens, and steadies believers. Throughout the program, listeners are encouraged to read the Psalms regularly and to receive Jesus personally.

Practical Applications

- Begin a thirty-day Psalms practice by reading five Psalms each day and noting one phrase that speaks directly to your present season.
- Use Psalm 1 as a personal inventory: consider whose counsel shapes you, where you stand, what you delight in, and what fruit your life is producing.
- Pray Psalm 139:23-24 and give God permission to expose anxious thoughts, hidden sin, or habits that need His correction.
- Read Psalm 100 aloud before beginning work or worship, deliberately entering the day with thanksgiving rather than complaint.
- When fear or grief rises, slowly pray Psalm 23 and name the specific valley in which you need the Shepherd's presence.
- Memorize Psalm 119:105 and repeat it before decisions, conversations, travel, or any moment when the next step feels unclear.
- Choose a Scripture-based song and listen attentively, asking what biblical truth God wants to move from your mind into your heart.
- Create a family habit of reading a Psalm aloud, allowing children and grandchildren to hear God's Word in familiar voices.
- When you do not know how to pray, rest in Romans 8:26 and ask the Holy Spirit to intercede and guide your thoughts.
- Share one Psalm with a friend who needs comfort, courage, repentance, or renewed hope.

Today's Challenge

Choose one Psalm featured in today's program - Psalm 1, 23, 100, or 119 - and spend fifteen unhurried minutes with it. Read it aloud twice, underline one promise or command, turn that line into a personal prayer, and carry it with you throughout the day. Before bedtime, write one sentence about how God's Word guided, corrected, comforted, or encouraged you.

Closing Prayer

Father, thank You for giving us the Psalms - words that teach us to worship, pray, trust, confess, and rejoice. Plant us beside the living water of Your truth and cause our lives to bear fruit in season. Be our Shepherd in every valley, receive our thanksgiving and praise, and search our hearts with mercy. When we do not know how to pray, help us by Your Spirit. Let Your Word remain a lamp to our feet and a light to our path. Draw every listener closer to Jesus, and help us love, obey, and treasure Your Word throughout our lives. In Jesus' name, Amen.

About Today's Speaker

Mark Burns

Host of Mark & Friends

Mark Burns serves as President and General Manager of Great News Media and hosts the weekday Mark & Friends program. Through Scripture readings, interviews, testimonies, teaching, music, and practical encouragement, Mark seeks to help listeners grow closer to Jesus and recognize God's work in everyday life. In this special music-and-Scripture edition, he guides listeners through several beloved Psalms and encourages a lifelong habit of reading, praying, and living by God's Word.

Featured on Mark & Friends - Listen anytime under the Mark & Friends tab at GreatNewsRadio.org or WLUJ.org.

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Mark & Friends Welcome Song

We're glad you're here, we're glad you're here,

Fellowship is sweeter, knowing you're near.
It's so good to see you, we hope that it's clear,
Everyone loves you, we're glad you're here.

We're glad you're here. We're glad you're here. Fellowship sweeter.

Knowing you're here. It's so good to see you. We hope that it's clear.

Everyone loves you. We're glad you're here. Reading from Psalms chapter 1 verses 1 through 6. Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners, or sit in the seat of mockers.

But his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season, and whose leaf does not wither, whatever he does prospers. Not so the wicked, they are like chaff that the wind blows away.

Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked will perish. That was all of Psalm chapter 1. O magnify the Lord with me, let us exalt His name together.

It is Wednesday, August 5th, 2026, and welcome to another edition of Mark & Friends. This summer we've been taking a special journey through the Psalms of Ascent, each Monday with pastors from CU Church. Today I'm going to continue that journey in a different way.

Over the next twenty or so minutes you'll hear beautiful songs inspired by the Psalms, along with the readings from God's word that have encouraged believers for generations. The Psalms have often been called the hymn book of the Bible. They teach us how to worship, how to pray, how to trust God through difficult days, and how to rejoice in his faithfulness.

So whether you're driving, working, or simply enjoying a quiet moment, I invite you to let these songs and scriptures refresh your heart and draw you closer to Jesus. So all the songs that I'll be playing today will deal with the Psalms. This next one is by Kim Hill, entitled Psalm 1, and that'll be followed by Psalms of Praise by Debbie Sewell and Steve Millikan.

So sit back if you can, or if you're driving to work, just take it easy and allow these songs to minister to you. And if you haven't left your home yet, how about grabbing your Bible and reading a few Psalms. As you know, if you read about five Psalms a day, typically a month that has thirty days, will allow you to get through the whole hundred and fifty Psalms.

So that's a great practice I have done over the years, and maybe you'll start it today by being encouraged by these songs. Here's Kim Hill. Blessed is he who will follow the Lord He will not stand in the path of the sinner He will not sit in the seat of the scoffer For the law of the Lord is his delight In his law he meditates day and night He will be like a tree planted by water He will yield his fruit in its season, his leaf won't die In whatever he does he will prosper Blessed is he who will follow the Lord He will not stand in the path of the sinner He will not sit in the seat of the scoffer For the law of the Lord is his delight For the lost they are like chaff that the wind drives away They are not safe at any time, their life could perish Blessed is he who will follow the Lord He will not stand in the path of the sinner He will not sit in the seat of the scoffer For the law of the Lord is his delight The Lord knows the plans and the paths of all who follow him The righteous will stand secure and last forever Blessed is he who will follow the Lord He will not stand in the path of the sinner He will not sit in the seat of the scoffer For the law of the Lord is his delight His delight His delight Create in me a new upright spirit within me Search me O God and know my heart Point out anything you find in me that makes you sad Test me and know my anxious thoughts See if there's any offensive way in me And lead me along the path of everlasting righteousness My heart is an open book to you Search me O God Turn me around Let me face these challenges With smiles instead of frowns That leave me feeling weary Turn me around Lay me down And leave me cold and needy Turn me around And help me learn from my mistakes Turn me around The tears of my brothers For we don't know at times what we should pray Nor how to pray as we should But the Holy Spirit prays for us with such feeling That it cannot be expressed in words Lord we come to you with confidence That based on your word If we ask anything according to your will You will hear us How we thank you for your faithfulness But in everything by prayer With thanksgiving Present your request to God O Lord Hear the cry of our heart This next song is a delightful one.

I love the child's voice. It's Psalm 100, recorded by the Loren Wiseman family. And I'll read Psalm 100 before introducing you to the sweet little voice.

Shout for joy to the Lord, all the earth Worship to the Lord, all the earth Worship the Lord with gladness Come before him with joyful songs Know that the Lord is God It is he who made us And we are his We are his people The sheep of his pasture Enter his gates with thanksgiving And his courts with praise Give thanks to him And praise his name For the Lord is good And his love endures forever His faithfulness continues Through all generations Amen. That was all of Psalm 100, verses 1 through 5. Praise God, from whom all blessings flow. Here's Psalm 100.

Psalm 100 Make a joyful noise unto the Lord, all the earth Serve the Lord with gladness Come before his presence with singing Know ye that the Lord, he is God It is he that made us But not we ourselves We are his people And the sheep of his pasture Enter into his gates with thanksgiving And his courts with praise Be thankful unto him And bless his name For the Lord is good His mercy is everlasting And his truth to give To all generations You just gotta love that child's voice. And certainly all you parents and grandparents can identify when your child reads scriptures or shares a Bible story like that. I'm going to close out today's program with a reading from Psalm 23 and a sacred song sung by the Cambridge Singers entitled Psalm 23.

The Lord is my shepherd, I shall not be in want He makes me lie down in green pastures He leads me beside quiet waters He restores my soul He guides me in paths of righteousness For his name's sake Even though I walk through the valley Of the shadow of death 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 goodness and love will follow me All the days of my life And I will dwell in the house of the Lord forever All of Psalm 23, verses 1-6 Listening friend, may the Lord Jesus Christ ever draw you close to himself this very day throughout your lifespan and into eternity as you ask him into your heart to be your Lord and Savior. God loves you, God has a plan and purpose for your life and his redemptive gift is for all of us if we just receive it. If this is a new or foreign concept to you and you've never felt comfortable asking somebody about having a relationship with God a personal relationship with the Creator that made you for his own I invite you to dial 1-888-NEED-HIM that's 1-888-NEED-HIM as there are trained counselors that would love to talk to you about having a personal relationship with Almighty God.

May today be that special day where you ask Jesus into your heart. Here's Psalm 23 as recorded by the Cambridge Singers. ...of the shadow of death I will fill all within thy door and thy staff ...instead that trouble me cast a void in my head with holy food ...and mercy shall follow me all the days of my life and I will dwell in the house of the Lord I'll close out today's edition of Mark & Friends with a reading from Psalm 119 followed by the singing men of GNN singing Thy Word.

Blessed are they whose ways are blameless who walk according to the law of the Lord Blessed are they who keep his statutes and seek him with all their heart They do nothing wrong, they walk in his ways You have laid down precepts that are to be fully obeyed O that my ways were steadfast in obeying your decrees Then I would not be put to shame when I consider all your commands I will praise you with an upright heart As I learn your righteous laws I will obey your decrees Do not utterly forsake me How can a young man keep his way pure? By living according to your word I seek you with all my heart Do not let me stray from your commands I have hidden your word in my heart that I might not sin against you That was Psalm 119, 1-11 and I'll jump over to verse 105 Your word is a lamp to my feet and a light for my path Here's the singing men of GNN Your word is a lamp unto my feet and a light unto my path And nothing will I fear as long as you are near Please be near me to the end Fear thou not, for I am with thee; O be not dismayed For I am thy God I will still give thee aid I'll strengthen thee, help thee, and cause thee to stand Upheld by My righteous, omnipotent hand Jesus, be my guide and hold me to your side And I will love you to the end What a wonderful journey through the Psalms we've shared together today From Psalm 1 to Psalm 23 From Psalm 100 to Psalm 119 God's word is reminding us that the Lord is faithful His mercy endures forever and His word truly is a lamp to our feet and a light to our path My prayer for you today is that these scripture readings and songs have encouraged your heart and drawn you into a closer walk with Jesus If today's program blessed you I invite you to continue learning by visiting the Mark & Friends page at greatnewsradio.org. That's greatnewsradio.org or wluj.org. There you'll find today's broadcast and a growing collection of resources designed to help you continue your journey through God's word Until next time, may the Lord richly bless you and may His word continue to guide every step you take Thanks for listening, thanks for being a part of our radio listening family This is Mark Burns with the ministry of Great News Media God bless you and have a great day and night

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