

**Praying the Psalms 2**

**Monday, 8/3/09 – Read Psalm 10:1-6**

My Observations \_\_\_\_\_  
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A Question to Answer: Different parts of the Bible engage different parts of us. Some parts direct our behavior and actions. Others help us think straight. The Psalms target our feelings. The Psalms honor and value our feelings and encourage us to bring our feelings to God in prayer. When we read them, many of the Psalms may seem just wrong to us -- until we realize that the Psalmist is telling God how it feels. Do you tell God how your life feels to you -- without censoring? Or do you make sure that you pray only “pretty prayers”? ... Today’s Psalm is the cry of one who feels that God is absent or distant. How do you pray when it feels like God is distant from you? Can you let this Psalm express some of your feelings too?

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**Tuesday, 8/4/09 – Read Psalm 12:1-8**

My Observations: \_\_\_\_\_  
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A Question to Answer: When you watch news reports on TV, how do you feel? When you allow yourself to become aware of what’s happening in the world, how does it feel to you? Angry? Depressed? What? ... Today’s Psalm expresses the feelings of the psalm-writer when it seems to him that evil is rampant or dominant in the world. Does it ever feel that way to you? If you were honestly and fully to pray your feelings about what you see happening in the world, what would you say to God? What feelings would you express? Take a moment and write your own psalm to express how you feel about the state of the world.

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**Wednesday, 8/5/09 – Read Psalm 46:1-11**

My Observations: \_\_\_\_\_  
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A Question to Answer: In your life where do you take refuge? What in your life gives you a feeling of safety and protection? Does God sometimes feel like a refuge for you? When did you feel that? ... Read verse 10 thoughtfully. How would you “be still” and “know”? When you are really still and when you know deep within that God is God, does that create for you a feeling of refuge and safety? Make some notes for yourself about a time when you were really “still.”

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**Thursday, 8/6/09 – Read Psalm 23**

My Observations: \_\_\_\_\_  
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A Question to Answer: Perhaps the best known (and best loved!) of all the Psalms is Psalm 23, “the Shepherd Psalm.” ... Today focus your attention on the statement in verse 3: “He restores my soul.” What do you think that means? How would it feel to realize that God is “restoring your soul”? ... Notice that the psalm states “soul restoration” as something God does. How do you see God restoring your soul in this phase of your life? Will you live your life today, trusting that God IS restoring your soul? And in your prayer say “thank you” for the soul restoration that God is working within you.

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**Friday, 8/7/09 – Read Psalm 22:23-24**

My Observations: \_\_\_\_\_  
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A Question to Answer: What does AWE feel like, for you? ... We often speak of awe when we see the grandeur and the immensity of the universe. Today's psalm, though, connects the experience of awe with the way God pays attention to us -- even when we feel "afflicted." Is God's caring for you an awesome thing?

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**Saturday, 8/8/09 – Read Psalm 25:4-7**

My Observations: \_\_\_\_\_

A Question to Answer: Sometimes we don't feel like we know what to do, what God wants us to do. Sometimes we're just not sure. How does that uncertainty feel to you? ... Today's psalm prays for knowledge of God's ways and for understanding of God's truth. Make that your prayer today. ... Do you trust that God will reveal God's intentions for your life to you? Will you live today trusting that God will make God's will known to you? How would it feel to trust that God will make the path clear to you?

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**Sunday, 8/9/09 – Read Psalm 16:8-11**

My Observations: \_\_\_\_\_

A Question to Answer: "I keep the Lord always before me." How would you do that? When you are living your life -- when you're doing your work, when you're at the market, when you're doing chores -- how would you keep the Lord in awareness? ... Some people have a short phrase that helps them focus on God's presence, and they remember that phrase throughout the day. Try it today. Pick a phrase or a statement from today's psalm and remember it through your day. How does it feel to live, keeping the Lord before you?

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*My Faith Journal*, August 2, 2009  
**Camp Sunday**

**What do I hear God saying to me today?**

**What action do I intend to take this week?**

*Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.*