The Psalms
Conversations with God
Praise the Lord!
Praise God in His sanctuary;
   Praise Him in His mighty expanse.
Praise Him for His mighty deeds;
   Praise Him according to His excellent greatness.
Praise Him with trumpet sound;
   Praise Him with harp and lyre.
Praise Him with timbrel and dancing;
   Praise Him with stringed instruments and pipe.
Praise Him with loud cymbals;
   Praise Him with resounding cymbals.
Let everything that has breath praise the LORD.
   Praise the LORD!

Psalm 150
Greetings!

Welcome to Christian Assembly’s Women’s Bible Study. We are so glad that you are here. We have prayed for you in anticipation of a truly wonderful eight weeks. We pray that in the weeks ahead you will find connection, friendship, and a deeper understanding of God’s Word and God’s love for you. But more than anything else we pray that you will grow in your commitment to Jesus Christ, regardless of where you find yourself on the journey today.

This study is from the book of Psalms, focusing on Conversations with God. Together we will learn how to pray the Psalms for our own lives. Cheryl Fletcher developed this great curriculum and will be teaching it this session.

We invite you to delve into this process: commit to be here every week, work through this devotional guide, open your heart and life to the ladies at your table and expect God to do a transforming work. This may sound like a lot, but we have found over the years that God is willing and able to use the Bible Study to touch, heal and challenge women.

Your Table Leader is available for any concerns or questions you may have. She will guide you in terms of our schedule and process. Our desire is that you will feel safe, cared for and, ultimately, transformed.

We are so pleased that you are on this journey with us. May you find amazing moments of conversation with the God who loves you.

Blessings on you!

Kathy Christopher
The Psalms: Conversations with God

The Purpose of this Study
The Psalms are poems written to be prayed and sung. Our purpose for this study is to learn to converse with and to worship God using the Psalms as a guide. For centuries Christians have learned to pray by praying the Psalms.

Eugene Peterson makes the following observation in his classic book, Answering God: The Psalms as Tools for Prayer --

“...the Psalms are necessary. Is necessary too strong a word? They are not necessary to salvation – “by grace you have been saved through faith; and this is not your own doing, it is the gift of God – not because of works, lest anyone should boast” (Eph. 2:8-9). Our prayers, whether clumsy or skilled, heretical or orthodox, verbatim from the Psalter (the book of Psalms) or ad-libbed from a sinking ship, get us no merit with God. Nor are the Psalms necessary to validate our prayers as genuine – God hears anything we whisper or shout, say or sing. Right words and correct forms are not prerequisites to a heavenly audience. God is not fastidious in these matters.

“All the same, they are necessary. The consensus on this, throughout the church’s praying life is impressive. If we wish to develop in the life of faith, to mature in our humanity, and to glorify God with our entire heart, mind, soul, and strength, the Psalms are necessary. We cannot bypass the Psalms. They are God’s gift to train us in prayer that is comprehensive and honest...

“...If we dismiss the Psalms, preferring a more up-to-date and less demanding school of prayer, we will not be without grace, but we will miss the center where Christ worked on His praying. (For) Christ prayed the Psalms...”

So, our purpose is to learn to pray. And to pray is to enter into conversation with God. To pray is to approach the God who first approaches us (John 1:10-11, 14) and the Psalms guide us in this conversation. Athanasius, a 4th century theologian, said, “Most scriptures speak to us; the Psalms speak for us.” And Peterson in another of his writings, Eat this Book: A Conversation in the Art of Spiritual Reading, adds:

“Using the Psalms as a school of prayer, praying these prayers we get a feel for what is appropriate to say as we bring our lives into attentive and worshipping response to God as He speaks to us. As we do this, the first thing we realize is that in prayer anything goes. Virtually everything human is appropriate as material for prayer: reflections and observations, fear and anger, guilt and sin, questions and doubts, needs and desires, praise and gratitude, suffering and death. Nothing human is excluded...(and) prayer is access to everything that God is for us: holiness, justice, mercy, forgiveness, sovereignty, blessing, vindication, salvation, love, majesty, glory. The Psalms are a detailed demonstration that prayer brings us into the welcoming presence of God as He generously offers Himself, just as He is, to us.”

The Bible Study and the Homework
This booklet will serve as your guide through this study. It’s broken into five studies a week. You are not required to complete these exercises but know that they are designed to complement the discussion in our times together. More importantly, this booklet is intended to direct you in the Scripture as you spend time each day meeting with our Lord Jesus.

It is crucial to remember that nothing said in our time together will ever match what God will say to you through His holy, living and active word - the Bible (Hebrews 4:12; 2 Timothy 3:16-17).
Prayer List

Please make it your habit to pray regularly for this Bible Study group. Pray that God will speak to you through the Bible, the teaching and through the women you meet with each week. Pray for those who sit at your table. Take a minute to write their names here as a reminder to pray.

The Women At My Table:
The Psalms: Conversations with God

Each week this guide prepares you for the discussion you will have around the table at Women’s Bible Study. Start using this guide the day after Bible Study. Here is an overview of the study and the date you begin each week -

<table>
<thead>
<tr>
<th>Week of Study Starts</th>
<th>Topic</th>
<th>Primary Psalm</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – January 9/10</td>
<td>Introduction</td>
<td>Psalm 9</td>
<td>9</td>
</tr>
<tr>
<td>2 - January 10/11</td>
<td>Prayer and Meditation</td>
<td>Psalm 1</td>
<td>11</td>
</tr>
<tr>
<td>3 - January 17/18</td>
<td>Praying to a Person</td>
<td>Psalm 139</td>
<td>19</td>
</tr>
<tr>
<td>4 - January 24/25</td>
<td>Praying our Darkness</td>
<td>Psalm 32</td>
<td>27</td>
</tr>
<tr>
<td>5 - January 31/Feb. 1</td>
<td>Praying our Despair</td>
<td>Psalm 42</td>
<td>35</td>
</tr>
<tr>
<td>6 - February 7/8</td>
<td>Praying our Envy</td>
<td>Psalm 73</td>
<td>43</td>
</tr>
<tr>
<td>7 – February 14/15</td>
<td>Praying the Gospel</td>
<td>Psalm 103</td>
<td>51</td>
</tr>
<tr>
<td>8 – February 21/22</td>
<td>Praying our Allegiance</td>
<td>Psalm 100</td>
<td>59</td>
</tr>
</tbody>
</table>

To pray involves knowing ourselves as well as the One we pray to. Each day this guide will point you to a deeper understanding of self, God and prayer. Some weeks you will spend the entire time in one Psalm and on other weeks you may be guided through multiple passages of scripture.

The beautiful thing about a study like this is that it combines many of the allies of our faith. By allies I mean the gifts that God has given us to strengthen our fellowship with Him. Three of these allies are: (1) The Scripture; (2) The Holy Spirit; and (3) The Church (the community of Christ-followers).

In this study you will be directed five days a week to engage with God through the Scripture. And every second of every day God gives His followers His Holy Spirit who is God Himself - guiding us, teaching us, comforting us and convicting us. It is the Holy Spirit who gives us understanding as we read the Bible. And then, each week you will gather in community to process together what God is revealing to you and teaching you. Being alone with God and being with God in community are great gifts we have as followers of Jesus.
Session 1 - Introduction to the Psalms
Prayer and Meditation

Week Two Day One

We will spend this first week meditating upon Psalm 1. This Psalm was strategically placed at the beginning to serve as an introduction to the entire collection of Psalms. Note that it is not a prayer but it is a poem setting up the book of Psalms. The first Psalm that is an actual prayer is Psalm 3. But, Psalm 1 is crucial to setting before the reader of Psalms the value of meditating on Scripture. This week we want to consider and practice meditating on the words in the Bible.

Read, Meditate Upon & Pray: Psalm 1

To meditate upon this Psalm is to read it slowly, reflectively and repeatedly. When the Church Leader Martin Luther meditated on scripture he said that he looked for four things (made memorable by the acronym TACS): (1) T – Teaching – what is this passage teaching me? (2) A – Adoration – What do I adore about God from this passage? (3) C – Confession – What can I confess? (4) S – Supplication (or asking) – What can I ask God for on the basis of this passage? Luther said he would read until “his heart burned”.

Seek to sit with this Psalm for as long as you can. Try using Luther’s suggestion to guide your prayer and meditation today.

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Prayer and Meditation

Week Two & Day Two

“…we do not have to acquire expertise in the Psalms before we use them; they themselves – prayers that train us in prayer – are the means to proficiency. We don’t have to understand a crowbar before we put it to use. Understanding comes with use.

“The practice of Christians in praying the Psalms is straightforward: simply pray through the Psalms, Psalm by Psalm, regularly…That’s it: open our Bibles to the book of Psalms and pray them – sequentially, regularly, faithfully across a lifetime. This is how most Christians for most of the Christian centuries matured in prayer. Nothing fancy. Just do it. The praying itself is deliberate and leisurely, letting (as St. Benedict directed) the motions of the heart come into harmony with the movement of the lips.” (From Answering God: The Psalms as Tools for Prayer, by Eugene Peterson, pp. 5-6).

Read, Meditate Upon & Pray: Psalm 1

We will continue praying this Psalm. It is often helpful to return daily to the same passage of Scripture – this helps us see and hear new things.

Consider: Is there one particular line or verse or word that strikes you as you read? If so, record it here and reflect upon how God is speaking to you today –
Prayer and Meditation

Week Two Day Three

Read, Meditate Upon & Pray: Psalm 1

Draw: The Psalms were written to elicit emotion as well as to guide us in worship and prayer. To stimulate our imagination it is often helpful to force ourselves to think outside the box. For this purpose you will need to call forth your inner-artist and try drawing this Psalm. You might draw multiple pictures or just one. If you are completely opposed to drawing then write down key words. Use the space below to draw.
Prayer and Meditation

Week Two & Day Four

Read, Meditate Upon & Pray: Psalm 1

Consider: The Psalmist describes two types of people - the Righteous (the blessed man) and the Wicked. Use the following chart to record the characteristics of each.

<table>
<thead>
<tr>
<th>The Righteous/Blessed</th>
<th>The Wicked</th>
</tr>
</thead>
</table>

When have you received bad counsel/advice? Where does it typically come from?

Who or what can you trust for good advice?

When the Psalmist says that the righteous delight in the Law of the Lord he is referring to all of Scripture - what does it look like for you to delight in the words of the Bible? Is there a passage or verse that you particularly love? Why?
Prayer and Meditation

Week Two Day Five

Read, Meditate Upon & Pray: Psalm 1

Record: Write down five words that seem key to you from this passage and look up their definitions in a dictionary or at www.dictionary.com. Write them here –

Write Out Your Prayer to God Today -
Session 2 - Prayer and Meditation - Psalm 1

Prayer Requests
Session 2 - Prayer and Meditation - Psalm 1
Praying to a Person

Week Three Day One

Read, Meditate Upon & Pray: Psalm 139

Reflect: After you have read through Psalm 139 try re-writing it to make it more personal to you. You might use your name in it or insert the pronouns I, Me and Mine. Make this Psalm your Psalm.
Praying to a Person

Week Three Day Two

Read, Meditate Upon & Pray: Psalm 139
Today the Psalm is given to you here – circle all the repeating words and concepts. Spend time
praising God for who He is.

1 O Lord, You have searched me and
known me.
2 You know when I sit down and when
I rise up; You understand my thought from
afar.
3 You scrutinize my path and my lying
down, And are intimately acquainted with
all my ways.
4 Even before there is a word on my
舌头, Behold, O Lord, You know it all.
5 You have enclosed me behind and
before, And laid Your hand upon me.
6 Such knowledge is too wonderful for
me; It is too high, I cannot attain to it.
7 Where can I go from Your Spirit?
Or where can I flee from Your presence?
8 If I ascend to heaven, You are there;
If I make my bed in Sheol, behold, You are
there.
9 If I take the wings of the dawn,
If I dwell in the remotest part of the sea,
10 Even there Your hand will lead me,
And Your right hand will lay hold of me.
11 If I say, “Surely the darkness will
overwhelm me, And the light around me
will be night,”
12 Even the darkness is not dark to
You, And the night is as bright as the day.
Darkness and light are alike to You.
13 For You formed my inward parts;
You wove me in my mother’s womb.
14 I will give thanks to You, for I am
fearfully and wonderfully made;

Wonderful are Your works,
And my soul knows it very well.
15 My frame was not hidden from You,
When I was made in secret, And skillfully
wrought in the depths of the earth;
16 Your eyes have seen my unformed
substance; And in Your book were all
written The days that were ordained for me,
When as yet there was not one of them.
17 How precious also are Your
thoughts to me, O God! How vast is the sum
of them!
18 If I should count them, they would
outnumber the sand. When I awake, I am
still with You.
19 O that You would slay the wicked,
O God; Depart from me, therefore, men of
bloodshed.
20 For they speak against You
wickedly, And Your enemies take Your name
in vain.
21 Do I not hate those who hate You, O
Lord? And do I not loathe those who rise up
against You?
22 I hate them with the utmost hatred;
They have become my enemies.
23 Search me, O God, and know my
heart; Try me and know my anxious
thoughts;
24 And see if there be any hurtful way
in me, And lead me in the everlasting way.
Praying to a Person

Week Three Day Three

Read, Meditate Upon and Pray: Psalm 139

Record: Make a list here of all that this Psalm reveals about God.

Write Out Your Own Love Letter to God.
Praying to a Person

Week Three Day Four

Read, Meditate Upon & Pray: Romans 8:26-39 (yes, a new passage!)

Consider: What does this passage tell us about God?

How is this passage similar to Psalm 139?

What encouragement/comfort do you find in Romans 8:26-39?
Praying to a Person

Week Three Day Five

Read, Meditate Upon & Pray: John 17

Consider: Psalm 139 tells us that God knows us and is with us and is for us. John 17 tells us that Jesus prays for us (look also at Hebrews 7:25).

Record: What does Jesus pray for those who follow Him?

What does John 17 reveal about Jesus and God, the Father?
Session 3 – Praying to a Person – Psalm 139
Praying our Darkness

Week Four Day One

Read, Meditate Upon & Pray: Psalm 32
Again, try using Luther’s approach to meditation.

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Praying our Darkness

Week Four † Day Two

Pray: Ask the Lord to give you insight into the Scripture you read today.

Read and Record – Look at the following passages and record what they tell us about sin and God’s response to sin. Use the chart below.

<table>
<thead>
<tr>
<th>Passage</th>
<th>Sin</th>
<th>God’s Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romans 5:8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hebrews 9:22</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romans 6:8-23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Peter 3:18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 John 1:8-9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Romans 3:23-25</td>
<td>For this passage consider - why do you think that sin is described as “falling short of the glory of God”?</td>
<td></td>
</tr>
</tbody>
</table>

Considering Romans 6:8-23 – Describe a time when sin felt like being enslaved? When did forgiveness feel like freedom?

Spend time reflecting on God’s goodness and grace toward you today.
Praying our Darkness

Week Four Day Three

Read, Meditate Upon & Pray: Psalm 51
Note: This is the Psalm that David wrote after he was confronted with his adulterous affair with Bathsheba and the subsequent murder of her husband. You can read the account of this in 2 Samuel 11-12.

Consider: What does this Psalm teach you about prayer? What emotions are stirred as you meditate upon this Psalm?

What does this Psalm reveal about David’s relationship with God?

How would you describe your relationship with God today?

When you consider how God relates to you, what are you most thankful for?
Praying our Darkness

Week Four • Day Four

Read, Meditate Upon & Pray: Luke 7:36-50

Imagine: Put yourself in the place of this woman – If you are this woman - what are you feeling?

What are you afraid of?

What do you hope for?

Why are you there?

What do you hear Jesus say to you?

Consider: What do you learn about the forgiveness of God from this passage?

What do you adore about Jesus?
Praying our Darkness

Week Four Day Five

Read, Meditate Upon & Pray: Luke 19:1-10

Imagine: Put yourself in the place of Zaccheus – If you are Zaccheus -What are you feeling?

What are you afraid of?

What do you hope for?

Why do you so desperately want to see Jesus?

What do you hear Jesus saying to you?

Consider: What did Zaccheus say to Jesus? Why?

What do you adore about Jesus?
Prayer Requests
Praying our Despair

Week Five Day One

Read, Meditate Upon & Pray: Psalm 42

Consider: What seems to be the Psalmist’s situation?

Have you ever felt what the Psalmist describes?

What is the hope given in this Psalm? How do you need this hope today?
Praying our Despair

Week Five - Day Two

Read, Meditate Upon & Pray: Psalm 42

Again, try using Luther’s approach to meditation –

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Praying our Despair

Week Five Day Three

Read, Meditate Upon & Pray: Psalm 42
The Psalmist uses very vivid imagery to describe his situation. Here are some key words and their definitions.¹

Pant desire, long for, i.e., to have a strong wish or yearning pant for someone or situation as a figurative extension of the panting of an animal which is overheated or dehydrated; to breathe hard and quickly, as after exertion; to gasp, as for air; to long with breathless or intense eagerness; yearn: to pant for revenge.

Soul soul, self, life, creature, person, appetite, mind, living being, desire, emotion, passion. 1a that which breathes, the breathing substance or being, soul, the inner being of man. 1b living being. 1c living being (with life in the blood). 1d the man himself, self, person or individual. 1e seat of the appetites. If seat of emotions and passions. 1g activity of mind.

Thirst thirst, be thirsty, i.e., be in a dehydrated state and so desire to drink fluid; desire, formally, thirst, i.e., to intensely desire something as a figurative extension of be in a state of needing to drink water

Despair to bow, crouch, bow down, be bowed down. 1a1 to be bowed down, be prostrated, be humbled; be in grief, be downcast, formally, bow low, i.e., feel sorrow as a figurative extension of being in a mourning bowed position; loss of hope; hopelessness; someone or something that causes hopelessness; to lose, give up, or be without hope.

Hope to wait, hope, expect; be in a certain state, implying a resolution to the waiting; the feeling that what is wanted can be had or that events will turn out for the best; a person or thing in which expectations are centered; to look forward to with desire and reasonable confidence; to believe, desire, or trust.

Consider: What do these words reveal about what the Psalmist wants to communicate in his prayer?

Praying our Despair

Week Five - Day Four

Read, Meditate Upon & Pray: 2 Corinthians 1:3-11

Consider: How is God described in this passage?

What was Paul’s circumstance as he wrote these words?

What does this passage say about Hope?

What do you need to trust God for today? What will it look like in your life for you to trust Him with this particular person, relationship or circumstance?
Praying our Despair

Week Five  Day Five

Read, Meditate Upon & Pray: Psalm 42:1-2 and Hebrews 4:9-16

Record: Use the space here to write or draw your thoughts, prayers, praises and observations on these two passages.
Session 5 - Praying our Despair - Psalm 42

Prayer Requests
Praying our Envy

Week Six  Day One

Read, Meditate Upon & Pray: Psalm 73

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Praying our Envy

Week Six Day Two

Read, Meditate Upon & Pray: Psalm 73

Consider: The Psalmist comes close to stumbling when he finds himself envious of others. Francis Schaeffer, in True Spirituality, says this about envy:

When I have a wrong regret that others have what I do not possess, and this regret is allowed to grow, very quickly it comes to make me dislike the person himself. Surely we all have felt this. As the Holy Spirit makes us increasingly honest with ourselves, we must acknowledge that often we have a dislike of a person because we have had wrong desire toward something of his. More than this, if I would be happy if he were to lose something, the next step in the external world is moving either subtly or more openly to cause him to have the loss, either in lying about him, stealing from him, or whatever it may be.

How has envy kept you from loving God and/or loving others (Matthew 22:36-40)?

What changed the Psalmist’s attitude?

Record: Write a short prayer to God here –
Praying our Envy

Week Six  Day Three

Read, Meditate Upon & Pray: James 3:13-18

Consider: Using the chart, record how James contrasts the wisdom from below with the wisdom from above.

<table>
<thead>
<tr>
<th>Wisdom Not from Above (vv. 14-16)</th>
<th>Wisdom from Above (vv. 17-18)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pray: Ask the Lord to increase in you and those you love the wisdom from above. Take time to confess where you might be living in the wisdom that is not from above. Rejoice in God’s patience with us!
Praying our Envy

Week Six Day Four

Read, Meditate Upon & Pray: Psalm 73:25-28 and Psalm 84

Record: Write out your personal prayer to God.
Praying our Envy

Week Six  Day Five

Read, Meditate Upon & Pray: Psalm 37:1-26

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Prayer Requests
Session 6 - Praying our Envy - Psalm 73
Praying the Gospel

Week Seven Day One

Read, Meditate Upon & Pray: Psalm 103

Record: List all that this Psalm says about who God is and what He does.
Praying the Gospel

Week Seven Day Two

Read, Meditate Upon & Pray: Psalm 103:1-5

Consider: The following definition of redemption.

Redemption — the purchase back of something that had been lost, by the payment of a ransom. The Greek word so rendered is *apolutrosis*, a word occurring nine times in Scripture, and always with the idea of a ransom or price; (see Matthew 20:28; Mark 10:45).

There are many passages in the New Testament which represent Christ’s sufferings under the idea of a ransom or price, and the result thereby secured is a purchase or redemption (comp. Acts 20:28; 1 Cor. 6:19, 20; Gal. 3:13; 4:4, 5; Eph. 1:7; Col. 1:14; 1 Tim. 2:5; 6; Titus 2:14; Heb. 9:12; 1 Pet. 1:18, 19; Rev. 5:9). The idea running through all these texts is that of payment made for our redemption. **The debt against us is not viewed as simply cancelled, but is fully paid.** Christ’s blood or life, which he surrendered for them, is the “ransom” by which the deliverance of his people from the servitude of sin and from its penal consequences is secured. It is the plain doctrine of Scripture that “Christ saves us neither by the mere exercise of power, nor by his doctrine, nor by his example, nor by the moral influence which he exerted, nor by any subjective influence on his people, whether natural or mystical, but as a satisfaction to divine justice, as an expiation for sin, and as a ransom from the curse and authority of the law, thus reconciling us to God by making it consistent with his perfection to exercise mercy toward sinners” (Hodge’s Systematic Theology). ²

What does it mean for God to be your Redeemer?

Consider: What do the following passages reveal about redemption and Jesus?

<table>
<thead>
<tr>
<th>Passage</th>
<th>Redemption and Jesus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Peter 1:18-19</td>
<td></td>
</tr>
<tr>
<td>Ephesians 1:7</td>
<td></td>
</tr>
<tr>
<td>Revelation 5:8-10</td>
<td></td>
</tr>
</tbody>
</table>

Praying the Gospel

Week Seven Day Three

Read, Meditate Upon & Pray: Psalm 104 (yes, the Psalm that follows Psalm 103)

Jeanne Guyon, in Experiencing the Depths of Jesus Christ, says this about praying the Scripture – and, for our purposes, praying the Psalms: “…the best way to understand the mysteries that are hidden in the revelation of God and to enjoy them fully is to let them be imprinted deeply in your heart. How? You may do this by dwelling on that revelation just as long as it gives you a sense of the Lord. Do not be quick to go from one thought to another. Stay with what the Lord has revealed to you; stay there just as long as a sense of the Lord is also there.”

Record: Write down words or thoughts that stand out to you as you meditate on Psalm 104.
Praying the Gospel

Week Seven Day Four

Read, Meditate Upon & Pray: Psalm 103:17

Consider: The word for God’s love in verse 17 can be translated, “steadfast love” or “lovingkindness.”

Lovingkindness = loyal love, unfailing kindness, devotion, i.e., a love or affection that is steadfast based on a prior relationship (Ex 34:6, 7).¹

Lamentations 3:19-26
Remember my affliction and my wandering,
the wormwood and bitterness.
Surely my soul remembers
And is bowed down within me.
This I recall to my mind,
Therefore I have hope.
The Lord’s lovingkindnesses indeed never cease,
For His compassions never fail.
They are new every morning;
Great is Your faithfulness.
“The Lord is my portion,” says my soul,
“Therefore I have hope in Him.”
The Lord is good to those who wait for Him,
To the person who seeks Him.
It is good that he waits silently
For the salvation of the Lord.

Consider: What is significant to you today about the Lord’s loving-kindness?

Praying the Gospel

Week Seven Week Day Five

Read, Meditate Upon & Pray: Colossians 1:13-20

Record: List everything this passage tells us about Jesus.

Consider: Of all the attributes and actions of Jesus listed above - which one are you most thankful for today? Why?
Prayer Requests
Praying our Allegiance

Week Eight Day One

Read, Meditate Upon & Pray: Psalm 100

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Praying our Allegiance

Week Eight Day Two

Read, Meditate Upon & Pray: Psalm 100

Listen: Spend some time today listening to your favorite Worship CD (If you don’t have a Worship CD consider downloading something by Tommy Walker, Shane & Shane, Matt Redman, Chris Tomlin or David Crowder. You can find all of these at www.itunes.com).
Praying our Allegiance

Week Eight Day Three

Read, Meditate Upon & Pray: Psalm 23

(1) What is this passage teaching me?

(2) What do I adore about God from this passage?

(3) What can I confess?

(4) What can I ask God for on the basis of this passage?
Praying our Allegiance

Week Eight Day Four

Read, Meditate Upon & Pray: John 10:1-18

Consider: What does Jesus say about Himself in this passage?

What does it mean for you to be one of His sheep?
Praying our Allegiance

Week Eight  Day Five

Read, Meditate Upon & Pray: Philippians 4:4-9

Consider: In verse 6 Paul specifically mentions thanksgiving as a part of praying through anxiety. Why do you think thanksgiving so important?

Record: List at least 25 things you are thankful for today. Spend the rest of your time thanking God for each thing.
Session 8 - Praying our Allegiance - Psalm 100

Prayer Requests
Session 8 - Praying our Allegiance - Psalm 100
Final Reflections

Thank you for joining us on this journey through some of the Psalms. Before you close this booklet and move on to the next study please take some time to reflect upon and apply what you have experienced over the past eight weeks.

How would you summarize what you have experienced this past eight weeks?

What is something new that you have learned about God?

What have you learned about prayer and meditation?

What did you learn from the women at your table?

How do you hope to live differently as a result of this study?