

JOURNAL QUESTIONS FOR THOUGHTFUL REFLECTION AND APPLICATION

Each week you will have the opportunity to reflect on the spiritual lessons of the Psalms and apply them in concrete ways (prayer and testimony). These questions will build on responsible methods of study that focus on 3 transformative movements: (1) **Recognition**: What is honestly going on in our hearts and lives, (2) **Redirection**: Opening ourselves up to the correction of the Spirit, and (3) **Reorientation**: Choosing the path we will follow as we learn how to build our lives around God-centered principles. Each Journal entry will include a prayer based on the Psalms that either addresses (1) a specific situation in your life, or (2) exercises a deeper intercessory role on behalf of others.

WEEK 2: PSALMS FOR TROUBLE-FREE TIMES

A. Short Answers

1. Make a list of the attributes that describe God as you know Him (e.g., faithful, good, etc.). Write out a short definition of what these words mean (an English dictionary can help).
 - a. **Magnificent - Impressively beautiful, elaborate or extravagant, striking**
 - b. **Faithful - Loyal, constant and steadfast**
 - c. **Merciful - Showing compassion**
 - d. **Compassionate - Feeling or showing sympathy and concern for others**
 - e. **Loving - Warmly affectionate**
 - f. **Caring - Kind and gives emotional support to others**

2. Make a list of the general things God has done for you and/or your family (e.g., he protected, guided, provided, calmed a fear, etc.).
 - a. **Guidance**
 - b. **Protection**
 - c. **Provision**

3. Using the pattern of a call to praise followed by the reasons for praise, create your own psalm (nothing fancy) praising God for those things you just listed in 1 and 2. Imagine you are proclaiming God's majesty to others, seen and unseen. What would you like to say?
 - a. **Lord, you are magnificent, your mercy is new every morning. You wake me up with your loving hand on me and you guide me through the day. Your protection Lord is all around me and you provide everything I need. You are faithful not only to me, but to my family and you care about everything we do. Continue, oh Lord to show your compassion to us even when we fail, and guide us through the day and surround us with our Angels.**

B. Prayer (either for yourself or someone else): Write out a prayer that invites God into a concern raised or an area the Spirit is speaking to you about from our topic. Share with Him your gratitude for all that He is and does.

Lord I pray for you co-worker Bonnie. As you have my heart touched several times over the last few weeks, I pray that you give her peace concerning her son. Addiction is so hard on a family and especially a mother. Lord I ask that you give her the wisdom to know what to do, when to do it and how to do it.

I ask that her son have an encounter with you Lord and learn that you are the Great I AM. That you are a forgiving God and will change a life around.

Thank you Lord for answered prayers and we know you are sitting on the throne.