

A psalm. For giving grateful praise.

Shout for joy 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.

\*What am I seeing new or differently in this Scripture passage?

Spiritual Disciplines

Which one(s) will you engage  
this week? What drew you to  
that choice?

The inward disciplines

- Meditation
- Prayer
- Fasting
- Study

The outward disciplines

- Simplicity
- Solitude
- Submission
- Service

The corporate disciplines

- Confession
- Worship
- Guidance
- Celebration

\*What part of the message seemed to be just for me?

## Weekly Journal

What word or phrase in this week's Scripture passage impacts me?

My prayer of response to the message:

What am I learning about God? What am I learning about others and myself?

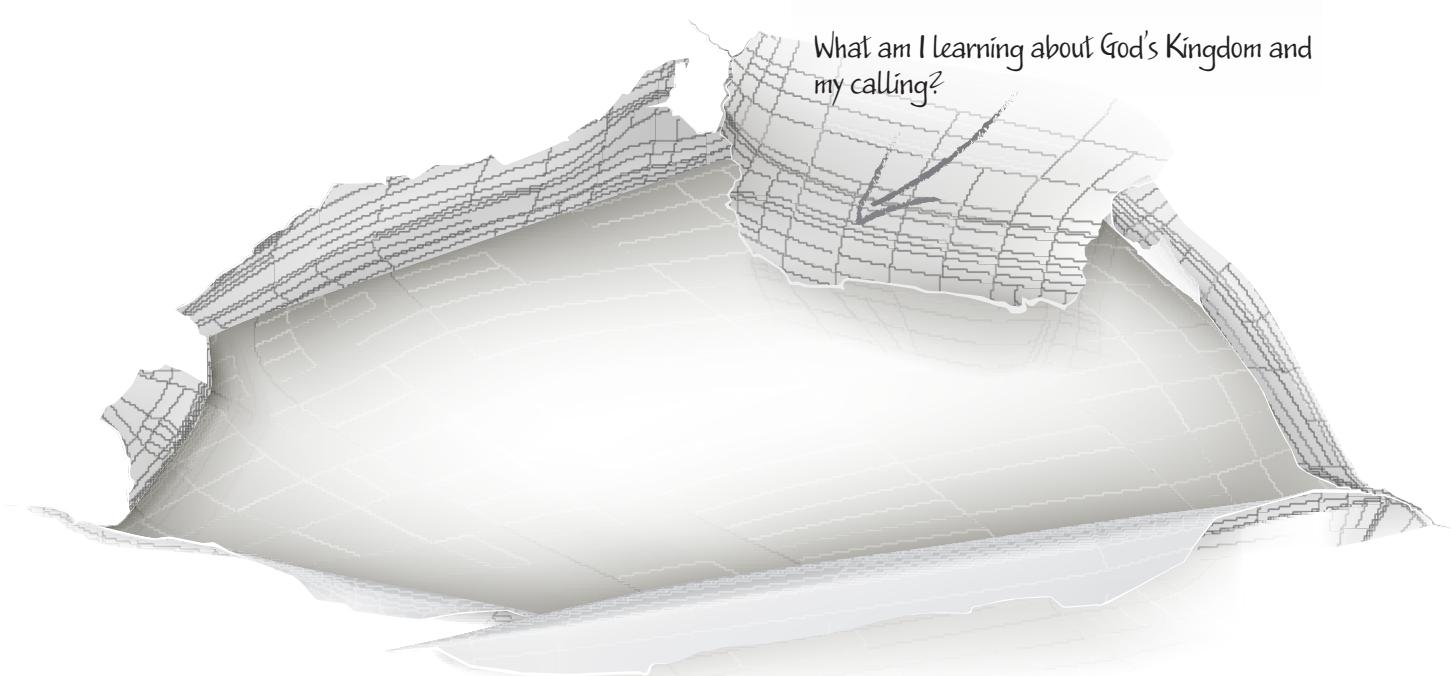
When I reflect on my own life in light of this passage, where is conflict, confusion or clarity?

Other prayers and ponderings:

In response to this week's Scripture passage I will...

How did you act on your commitment from last week?

What am I learning about God's Kingdom and my calling?



For the director of music. A psalm of David.

How long, LORD? Will you forget me forever?  
 How long will you hide your face from me?  
 How long must I wrestle with my thoughts  
 and day after day have sorrow in my heart?  
 How long will my enemy triumph over me?  
 Look on me and answer, LORD my God. Give  
 light to my eyes, or I will sleep in death, and  
 my enemy will say, "I have overcome him," and  
 my foes will rejoice when I fall. But I trust in  
 your unfailing love; my heart rejoices in your  
 salvation. I will sing the LORD's praise, for he  
 has been good to me.

\*What am I seeing new or differently in this Scripture passage?

Spiritual Disciplines

Which one(s) will you engage  
 this week? What drew you to  
 that choice?

The inward disciplines

- Meditation
- Prayer
- Fasting
- Study

The outward disciplines

- Simplicity
- Solitude
- Submission
- Service

The corporate disciplines

- Confession
- Worship
- Guidance
- Celebration

\*What part of the message seemed to be just for me?

## Weekly Journal

What word or phrase in this week's Scripture passage impacts me?

My prayer of response to the message:

What am I learning about God? What am I learning about others and myself?

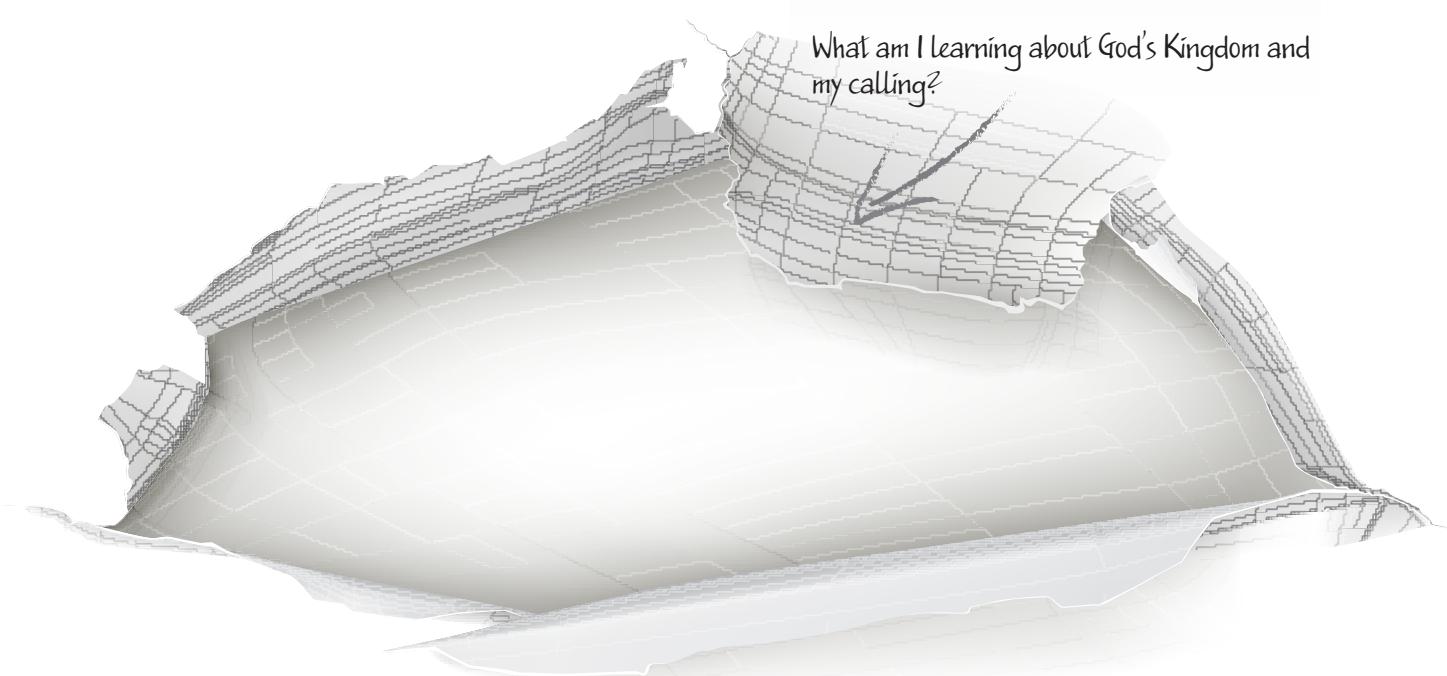
When I reflect on my own life in light of this passage, where is conflict, confusion or clarity?

Other prayers and ponderings:

In response to this week's Scripture passage I will...

How did you act on your commitment from last week?

What am I learning about God's Kingdom and my calling?



A psalm of David.

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.

\*What am I seeing new or differently in this Scripture passage?

Spiritual Disciplines

Which one(s) will you engage this week? What drew you to that choice?

The inward disciplines

- Meditation
- Prayer
- Fasting
- Study

The outward disciplines

- Simplicity
- Solitude
- Submission
- Service

The corporate disciplines

- Confession
- Worship
- Guidance
- Celebration

\*What part of the message seemed to be just for me?

## Weekly Journal

What word or phrase in this week's Scripture passage impacts me?

My prayer of response to the message:

What am I learning about God? What am I learning about others and myself?

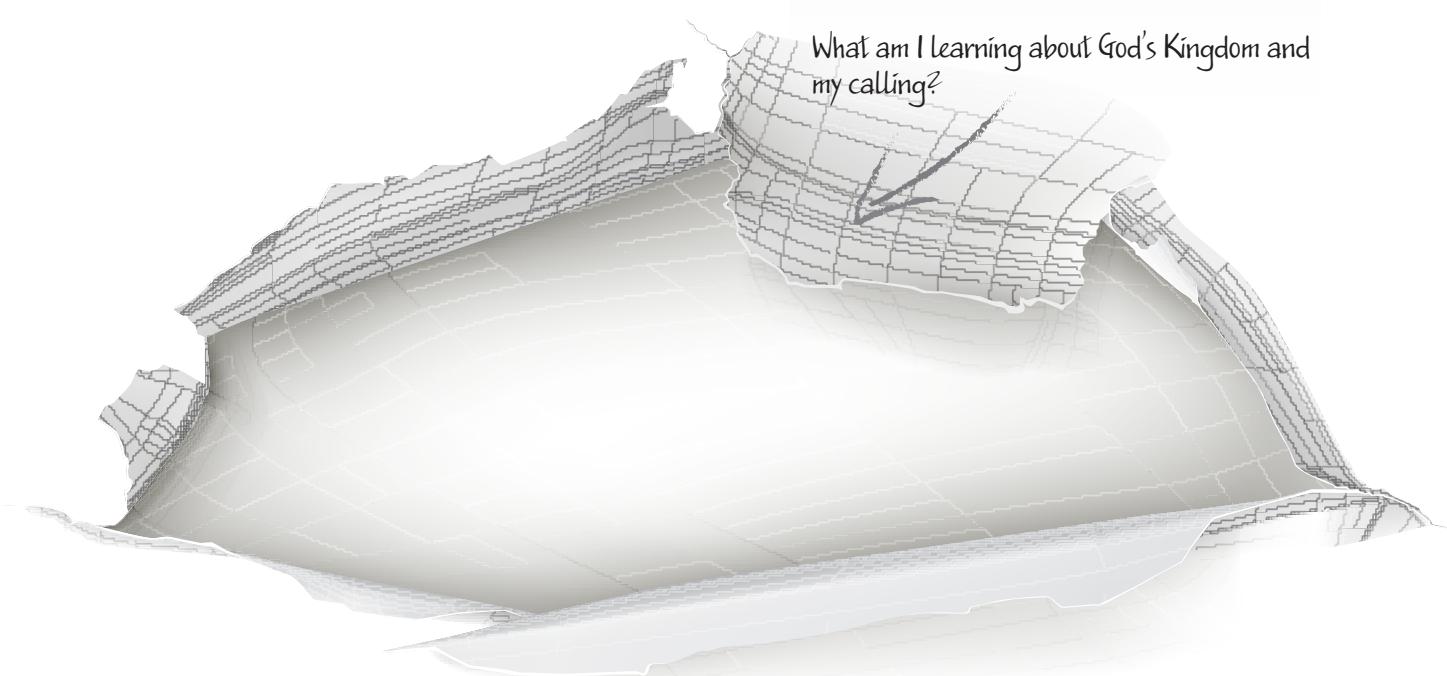
When I reflect on my own life in light of this passage, where is conflict, confusion or clarity?

Other prayers and ponderings:

In response to this week's Scripture passage I will...

How did you act on your commitment from last week?

What am I learning about God's Kingdom and my calling?



A psalm. A song. For the dedication of the temple. Of David.

I will exalt you, LORD, for you lifted me out of the depths and did not let my enemies gloat over me. LORD my God, I called to you for help, and you healed me. You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit. Sing the praises of the LORD, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning. When I felt secure, I said, “I will never be shaken.” LORD, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, LORD, I called; to the Lord I cried for mercy: “What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, LORD, and be merciful to me; LORD, be my help.” You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. LORD my God, I will praise you forever.

\*What am I seeing new or differently in this Scripture passage?

Spiritual Disciplines

Which one(s) will you engage this week? What drew you to that choice?

The inward disciplines

- Meditation
- Prayer
- Fasting
- Study

The outward disciplines

- Simplicity
- Solitude
- Submission
- Service

The corporate disciplines

- Confession
- Worship
- Guidance
- Celebration

\*What part of the message seemed to be just for me?

## Weekly Journal

What word or phrase in this week's Scripture passage impacts me?

My prayer of response to the message:

What am I learning about God? What am I learning about others and myself?

When I reflect on my own life in light of this passage, where is conflict, confusion or clarity?

Other prayers and ponderings:

In response to this week's Scripture passage I will...

How did you act on your commitment from last week?

What am I learning about God's Kingdom and my calling?

