

TO GO

1. Have you ever experienced difficulty in knowing whether or not you could be truly honest with a person or a group of people? What made it difficult?
2. Assess your own prayer life with God. Are there areas of your thought life or experience that you find particularly troublesome to bring to God? Why is that?
3. What three general movements are represented in the Psalms and how do they confront our inclination not to be honest with God?
4. Read Psalm 145. What orienting themes are present in this Psalm that bring us back to a place of honesty?
5. Using the prayer guide below, make plans to pray one psalm of orientation every day this week. First, read the psalm one or two times. Then, go back and slow down on each stanza or movement. Don't get caught up in the details. Simply let the psalm direct your prayers. If the psalm expresses confidence about a certain attribute of God, use the words in the psalm to reflect that same confidence. If the psalmist asks something of God, then use the words to ask God the same thing. Apply this technique to other themes and concepts you see in the psalm. Additionally, as God brings specific personal applications to mind based on what you see, talk to God about those applications as you continue to pray.
6. Keep a notebook and jot down over the course of the week how your perspective has begun to become more oriented to God. Make sure to give God praise and thanks as you.

Daily Psalms of Orientation Prayer Guide

- Day 1: Psalm 104
- Day 2: Psalm 33
- Day 3: Psalm 1
- Day 4: Psalm 37
- Day 5: Psalm 112
- Day 6: Psalm 131
- Day 7: Psalm 133