

# TO GO

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1. How have you experienced disorientation in your life with God? How are you prone to deal with it?
2. Read Psalm 37:1-2. What does it look like for David to bring his complaint to God? How does the simple fact that David turns to God with his angst indicate his level of faith? Was David completely accurate in his assessment of his situation? What can we learn about God from David's complaints?
3. Read Psalm 37:3-4. What things does David ask of God? How does this reflect his trust in God? How does David try to motivate God to act?
4. Read Psalm 37:5-6. How does David come back to this level of trust in God? What do we know about David that might help us make sense of his ability to trust God in the midst of turmoil?
5. How can you learn to pray psalms of disorientation more fully? And what might that do for you in the midst of your own struggles?
6. This week, continue praying through the Psalms. Again, read the psalm a couple of times. Then, more slowly, grab the words and phrases to form a prayer. Watch how the Lord begins to shape your honest expressions of difficult experiences around his gracious provisions. This week, read and pray the following:

## **Prayer Guide**

- Day One: Psalm 86  
Day Two: Psalm 35  
Day Three: Psalm 74  
Day Four: Psalm 143  
Day Five: Psalm 51  
Day Six: Psalm 49  
Day Seven: Psalm 73