

TO GO

1. Identify an area of your life where you've developed some resiliency. It could be a hobby, or a job, or a thick habit. As you consider your life, what was necessary for that resiliency to develop?
2. Read Psalm 40:1–3. How does David celebrate God's rescue in his life? For what can you give God thanks right now? From what pit has God rescued you?
3. Read Psalm 40:4–8. How do David's priorities refocus, as a result of his rescue, on the things of God?
4. Read Psalm 40:9–10. Why is it so important to recount God's blessings to others? With whom can you share of God's faithfulness in your life?
5. Read Psalm 40:11–16. What kind of a process does David seem to be on? How does this reflect our own human experience, even after we put our faith in Jesus? How does expecting a process prepare us for resiliency when we face trials?
6. Read Psalm 40:17. How does David renew his commitment to the Lord in the aftermath of his reorientation song? Why is it so important to remember that we are poor and needy, but the Lord is the one who takes thought of us, and who is our help and our deliver?
7. This week, read one Psalm of Reorientation a day by using the prayer guide below. Read it a couple of times, and then, once again, make it a prayer, using a mix of your own thoughts, feelings, and words that reflect what you read.
8. Consider continuing to read and pray through the Psalms as a part of your daily habit with the Lord. As you read and pray, use these psalms of orientation, disorientation, and reorientation to keep you honest with God. In your honesty, may you be blessed.

Daily Prayer Guide: Psalms of Reorientation

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| Day 1 | Psalm 27 |
| Day 2 | Psalm 30 |
| Day 3 | Psalm 66 |
| Day 4 | Psalm 93 |
| Day 5 | Psalm 23 |
| Day 6 | Psalm 103 |
| Day 7 | Psalm 34 |