

How Do I Start?

Welcome to **day 16** of our 21 days of prayer and fasting! Today I want to encourage you to slow down. The book of Psalms is a respite for our souls and a place to let scripture speak on our behalf. It has been said, “no prayer can be prayed that hasn’t already been prayed in the book of Psalms.” Have you ever tried that? Have you ever a prayed a Psalm back to God? Try it! The readings today focus more on our sin and suffering. Here are a few things to think about: 1. David writes a great deal about his enemies. This makes since because he was a warrior for much of his life. You may not have physical enemies but I assure you you have have spiritual enemies. 2. Notice the connection between sin and physical ailments. If you confess your sin and repent, God will remove the burden of guilt and shame. You might be surprised what other problems this solves. 3. Repentance is an invitation into grace. Because God is so gracious there is great Joy on the other side of repentance. 4. Maybe the source of your suffering is not an enemy or a sin but, instead, a circumstance. Cast all your cares on God and trust his sovereignty and His provision. 5. Notice how often the writer’s perspective changes by the end of the psalm. This is usually because the writer spent time in the presence of God and God was faithful to guide, mold, correct, and encourage them. Remember, we are **looking up!**

Things to pray about today:

1. God, use the book of Psalms to teach us to pray.
2. Lord, show us where we need to repent and restore us through Your grace.
3. Father, walk closely with those in our church family who are suffering. Give the peace that surpasses understanding and

Today’s Reading - Psalms 6, 22, 38, 51

Read the passage for today and write down anything that stood out to you. God primarily speaks through His word, so, if something “jumped off the page” that was probably God revealing something to you or to our church family. Write it down!

Pray

Write out your prayer. Or at least the main points. I like to do this section in a different color.

Listen

Take time to listen to what God is saying to you. Check your understanding against the truth of His word. He will never tell you something that contradicts His word. Be sure to listen throughout the day even after you leave the sanctuary. As He speaks, write it down! I like to use a third color for this part

Date: _____

What's on my mind?

Prayer

Today's Scripture

Listen