



JANUARY THEME

MEDITATE

Week Three

Monday ~ **READ**

READ Psalm 143:1-6 in several translations. Pick at least one that you have not used before.

* www.biblegateway.com is a great place to view many different translations

Tuesday ~ **COPY**

COPY Psalm 143:1-6 from your favorite translation that you read yesterday.

Wednesday ~ **PONDER**

PONDER Psalm 143:1-6 using the following suggestions:

- Go through your copied version from yesterday and underline all the words of David's prayer that could easily be your prayer in this season of life too.
- Ponder **verses 1-2**... remind yourself that it is God's faithfulness and righteousness that causes Him to hear and answer your prayers, that His grace has covered any judgement you may deserve.
- Ponder **verses 3-4**, and consider how the enemy has specifically overwhelmed you in each of the following ways, "*persecuting your soul, crushing your life to the ground and causing you to dwell in darkness.*" Write down your thoughts.
- Ponder **verse 5** and spend some time meditating on "*God's doings*" and "*the works of His hands*" during the "*days of old.*" Make sure to consider both the "*days of old*" as related to Bible times, but also as specifically related to past times in your life as well.
- Being encouraged from your meditation on verse 5, now consider verse 6 and "*stretch out your hands before the Lord*" for any needs and struggles you may have in this season. Write them down.

Thursday ~ **PRAY**

Write out this prayer verse by verse in your own words... then PRAY it.

Friday ~ **LISTEN**

LISTEN to a brief message about Psalm 143:1-6 that you will find on our YouTube channel, *Established Footsteps Ministry*.

*This video will be posted by Friday and a link will be sent to you via email.

*Make sure to subscribe to our YouTube channel.

Saturday ~ **SHARE**

SHARE this section of Scripture with someone who is challenged by their present situation. As you share, describe how meditating on this passage has encouraged you in your trust in God's faithfulness.