

PSALMS

BOOK ONE

Weekly Digest
October 17, 2021

Welcome to the Weekly Digest

Below you will find resources to help you on your journey through the Book of Psalms. We've provided you with a reading plan for the upcoming week, journaling prompts, a weekly Spotify playlist, and ideas for prayer. Be sure to check in every week to see what we have for you next as we continue to enrich our journey through the Psalms.

Reading Plan October 17th-October 23rd

Psalms 31-35. Read and reflect on Psalm 32 in preparation for Sunday, October 17th's teaching.

Scripture Memorization

Scripture memorization is an important discipline to introduce to our lives as a way to actively hide God's word in our heart. It allows us to not only internalize the text, but to share that truth with others more readily.

Memory Verses for October: Psalms Psalm 46:10-11

"Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth!"

11 The Lord of hosts is with us;

the God of Jacob is our fortress. Selah

Journal Prompts / Discussion Questions From Today's Teaching

* A quick note on journaling: if you're new to this practice, our journey through the book of Psalms will be a great way to get started. The most important step to forming this discipline in your life is to write anything and write often. Journaling is an incredible way to slow down, digest the content of a text, let your brain internalize thoughts that may come up, and keep a record for future reflection on what God was speaking to you during your reading. Journaling can take many forms such as written prayers, bullet points, stream of consciousness, or even poetry. Try some different methods and find the one that works best for you.

Psalm 27

Has God ever said wait when you have requested something from Him? Take a moment and journal the details of that moment.

Are you waiting well?

Psalms 27:1-6

How do we balance focusing on God and taking care of all of life's responsibilities? What cause are you most devoted to?

How can you bring Christ into that devotion? Have you attempted to compartmentalize your life?

Psalm 27:4-13

Have you struggled with the spiritual discipline of prayer? Explain
Our faith is relational at its core. What event in history solidified that truth? Expound

Psalm 27:14

How we wait is shaping the person we will become. What does that statement mean to you?

*For journal prompts to accompany this week's reading, please visit the Weekly Digest online:
www.hopeinanderson.com/weeklydigest*

Weekly Playlist

This week's playlist is available on Spotify: <https://tinyurl.com/c22jaxsx>