

PSALMS

BOOK ONE

Weekly Digest
October 31, 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 31st - November 7th

Psalms 41-45. Read and reflect on Psalm 42 in preparation for Sunday, November 7th'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 November: **Psalm 57:9-10**

I will give thanks to you, O Lord, among the peoples;

I will sing praises to you among the nations.

For your steadfast love is great to the heavens,

your faithfulness to the clouds.

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.

After reading Psalm 41 how or what did you feel?

Have you ever had a moment when even in consideration of knowing who God is you were anxious about your future?

Take a moment to honestly journal about that moment?

What are you most worried about at this very moment in your life?

Reread Matthew regarding the words of Jesus concern anxiety. Now that you have read Jesus' words how differently will face future anxiety and worry?

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

Prayer

Psalm 42: "As pants the heart for cooling streams when heated in the chase, so longs my soul, O God, for Thee, and Thy refreshing grace." In Jesus' name (Nahum Tate and Nicholas Brady, "As Pants the Heart"). Amen."

Weekly Playlist

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