



“Going Deeper”

Sermon Series - The Psalms: Tools for Every Season of the Soul

June 25-August 6

Below are several ideas of ways to “go deeper” in this sermon series in the Psalms. These are simply suggestions - feel free to adapt, tweak, or try out other creative ideas as you process the preaching and teaching from Sunday mornings!

Heady - “love the Lord with all your mind”

- Read and meditate on the scripture passage in preparation for each message. Use lectio divina as a way to read the passages. Download a [lectio divina guide](#).

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| June 25 | Psalm 23 | [Psalm of Confidence] |
| July 2 | Psalm 51 | [Psalm of Confession/Personal Sin] |
| July 9 | Psalm 109 | [Psalm of Confession/Anger and Enemies] |
| July 16 | Psalm 57 | [Psalm of Thanksgiving] |
| July 23 | Psalm 37 | [Psalm of Wisdom and Instruction] |
| July 30 | Psalm 42 | [Psalm of Lament/God is Distant] |
| August 6 | Psalm 78 | [Psalm of Remembrance] |

- Buy and read “*Answering God: The Psalms as Tools for Prayer*” by Eugene Peterson.

Hearty - “love the Lord with all your soul”

- Read and reflect on the definition of prayer taken from Rhythm’s Rule of Life:

Prayer. *Prayer is our communication with God. That means it’s the most important part of our life. It is also one of the primary means by which we partner with God in bringing more of his kingdom into the world. We set aside time daily to meet with God in prayer, dwell in His presence, and pray for His kingdom to come on earth as it is in heaven.*

Journal through these questions and then meet with a spiritual friend to share:

- What jumps out to you about this definition of prayer?
- What 3 words would you use to describe your prayer life with God right now?
- How could the Psalms help you deepen in prayer?

Handy - “love the Lord with all your strength”

- Write your own personal Psalm. Begin by turning off the “edit” button in your mind. Spend some time in silence and then begin to brainstorm what is in your mind and heart in this season with God. Be honest, raw, and authentic. Express your truest emotions in the Psalm.
- Plan to pray 3 times during the day: in the morning (7-10 am), during mid-day (1-3 pm), and in the evening (6-9 pm). These prayer times do not have to be long, but can last as long as you wish. Use one of the Psalms to help you “re-center” in Jesus throughout the day. Set a timer on your phone or computer to help you remember.