



Opening thought question:

What brings you the most delight in life?

Read: Psalm 37

Spend some time this week meditating on Psalm 37. Turn it over in your mind, looking at it from different angles. Read it daily and pray for the Holy Spirit to reveal meaning and truth to you as you spend time with this psalm this week.

What theme(s) do you notice?

What opposites stand out to you in this section of poetry?

Is there anything that surprises you in the language of this psalm?

Is there anything that brings you comfort from this psalm?



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What does this passage tell us about God?

Is there anything the Holy Spirit is helping you understand more deeply, or nudging you to look at more closely?

In our current national climate, regardless of your stance, how can v.7 bring perspective in these turbulent times?

How should the command (and subsequent warning) of "do not fret" in v.7 and v.8 be evident in the way we speak?

...in what we post on social media?

...in how we interact with those who don't share our views?

Self-reflection:

Write down all of the things the people called righteous or blameless do. How does your current life and behavior compare to these examples? Pray that God would help your delight to be grounded in him so that your life more closely aligns with this passage.

Prayer:

Father, thank you for being holy and just. Help us release our grip on retribution, revenge, and control, and place all of these things in your loving hands. Help us to delight in you, in the things you delight in, and to increase in righteousness as we abide in you. In the name of Jesus, amen.

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