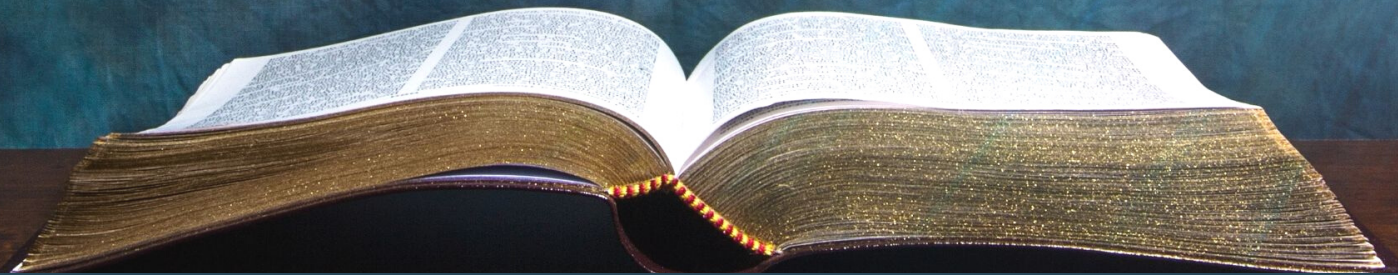


Eastern Hills

Daily Time with God • Week of December 28 - January 1

PSALMS OF REST

DAILY TIME WITH  GOD



Pray // Read // Study // Reflect // Journal

This Week

As we read, reflect, and rest in the Psalms this week, it might be helpful for you to have a piece of paper near you to jot down your thoughts as you are reading. We suggest that you open your time with a prayer, asking God to give you understanding for the words you will read.

Then read through the Psalm, once in its entirety, and then again, looking for specific words or phrases that stood out to you. Spend some time observing the Psalm, asking what it means, and then finding one or two applications. We would love to have you interact in the chat on Facebook!



@ehillsaurora

Pray



God - Open my eyes, that I may behold
wondrous things out of your law. (Psalm 119:18)

Give me understanding, that I may keep your law
and observe it with my whole heart. (Psalm 119:34)

Make me to know your ways, O Lord;
teach me your paths. (Psalm 25:4)

Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long. (Psalm 25:5)

I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name forever.

For great is your steadfast love toward me (Psalm 86:12-13a)
In Jesus' name, Amen.

Read

Psalm 23



Study

Observation (What does the Psalm say?)

- Who wrote Psalm 23?
- What key words stand out to you in this Psalm?
- Take some time to write out a verse from Psalm 23 that you want to remember.
- How would you summarize the Psalm in a few sentences?

Reflect

Interpretation (What does the Psalm mean?)

- God is portrayed first as a Shepherd (vv. 1-4) and then as a Host (vv. 5-6). What difference did knowing God as his Shepherd and his Host make in David's life?
- What do you think the phrase, "I shall not want," means?

Journal

Application (How can I make this Psalm a part of the way I live my life?)

- What are some of the needs I have right now? How can I fully rely on God to meet these needs?

Prayers and Gratitude

Monday, December 28

Read Psalm 46

Study

Observation (What does the Psalm say?)

- Who wrote Psalm 46?
- What key words stand out to you in this Psalm?
- Take some time to write out a verse from Psalm 46 that you want to remember.
- How would you summarize the Psalm in a few sentences?

Reflect

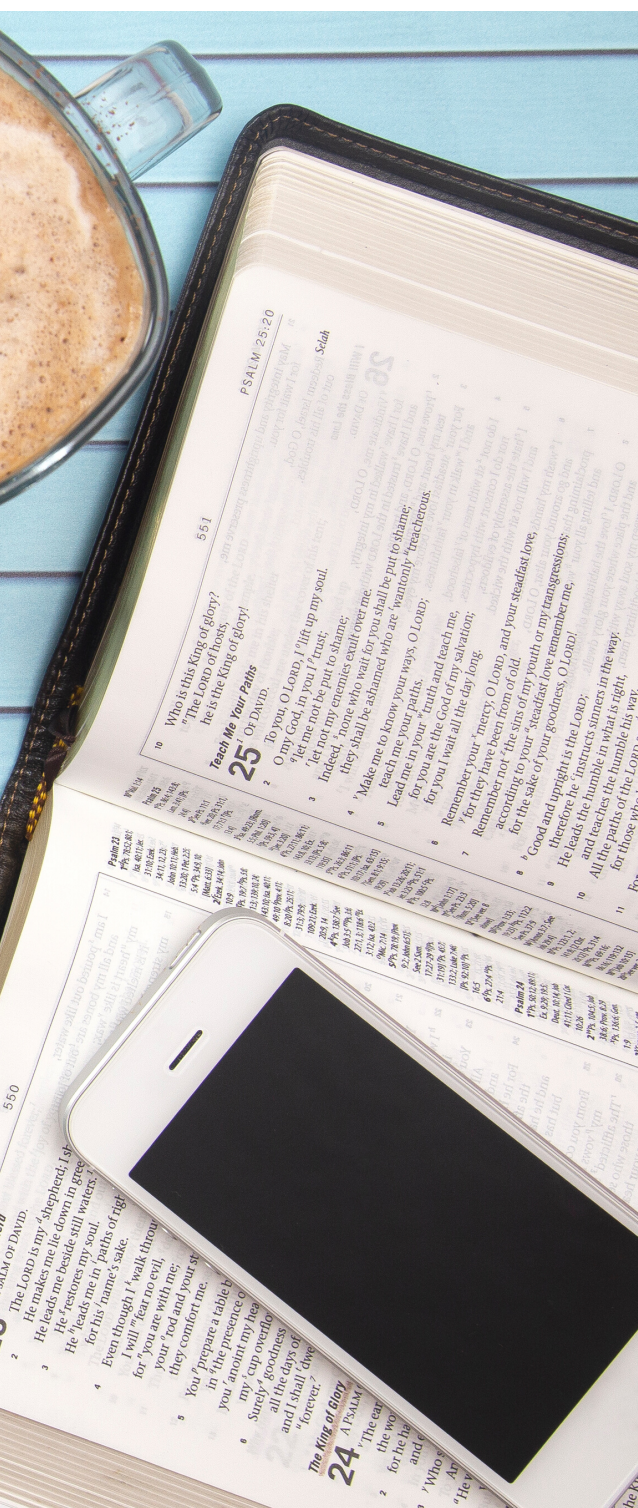
Interpretation (What does the Psalm mean?)

- The author describes several devastating circumstances. What can we learn from these descriptions? What are some of our current situations that feel similar to those in the Psalm?
- How can you find hope, peace, and stability when everything around you is crumbling? How can your heart find rest in the middle of troubling circumstances?

Journal

Application (How can I make this Psalm a part of the way I live my life?)

- Since God is with us in our times of trouble, how am I responding differently than those who don't know God?



Prayers and Gratitude

Tuesday, December 29

Read

Psalm 91



Study

Observation (What does the Psalm say?)

- Who wrote Psalm 91?
- What key words stand out to you in this Psalm?
- Take some time to write out a verse from Psalm 91 that you want to remember.
- How would you summarize the Psalm in a few sentences?

Reflect

Interpretation (What does the Psalm mean?)

- How can those who believe in God experience a sense of safety, security, and even serenity in the middle of difficult circumstances?
- Is this Psalm teaching that God's people will be exempt from danger, pressures, and problems? Look at 2 Corinthians 11:23-28 and 12:7-10 to see what the Apostle Paul says.

Journal

Application (How can I make this Psalm a part of the way I live my life?)

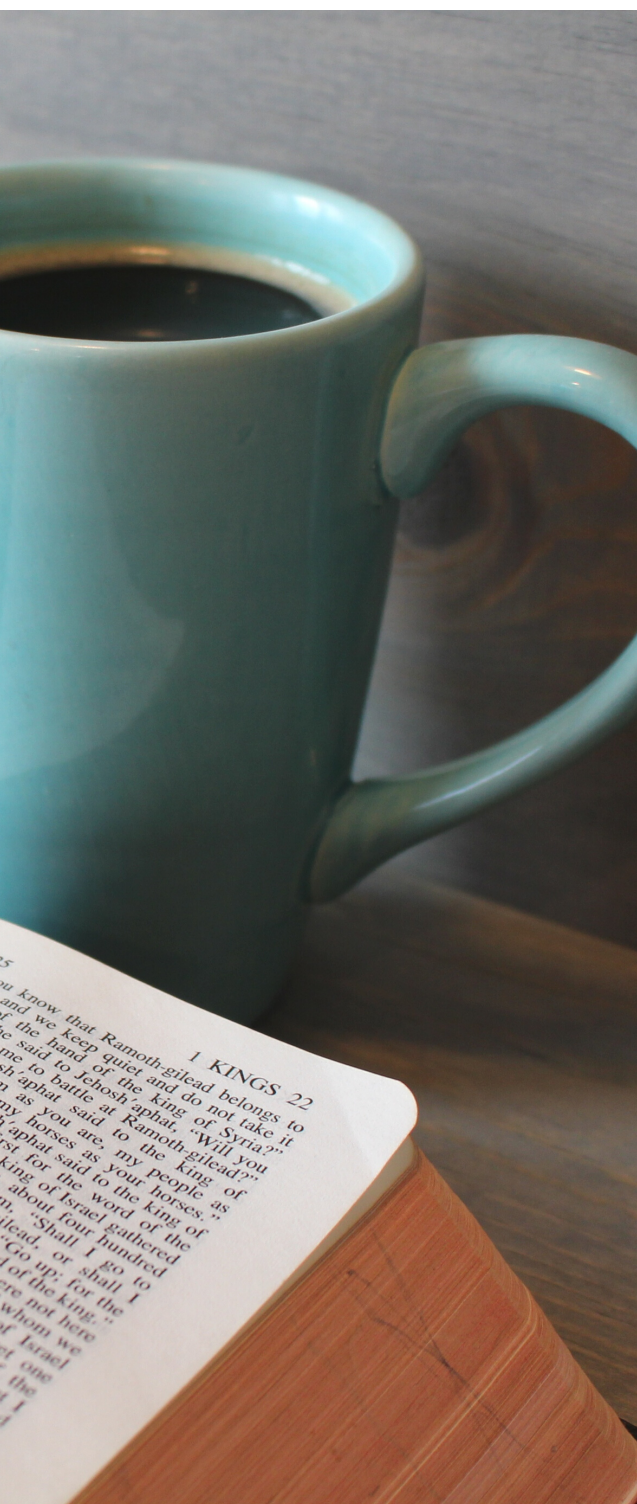
- Where or who do I usually turn to for refuge? How can I learn to take refuge in the Lord?

Prayers and Gratitude

Wednesday, December 30

Read

Psalm 92



Study

Observation (What does the Psalm say?)

- Who wrote Psalm 92?
- What key words stand out to you in this Psalm?
- Take some time to write out a verse from Psalm 92 that you want to remember.
- How would you summarize the Psalm in a few sentences?

Reflect

Interpretation (What does the Psalm mean?)

- In what ways can God's works be a source of gladness and joy?
- Looking at verse 13, what is the best environment for spiritual growth and fruitfulness? Practically, how can followers of Jesus live in that kind of environment?

Journal

Application (How can I make this Psalm a part of the way I live my life?)

- What would it look like for me to set aside a day for rest and honoring God?

Prayers and Gratitude

Thursday, December 31

Read Psalm 145

Study

Observation (What does the Psalm say?)

- Who wrote Psalm 145?
- What key words stand out to you in this Psalm?
- Take some time to write out a verse from Psalm 145 that you want to remember.
- How would you summarize the Psalm in a few sentences?

Reflect

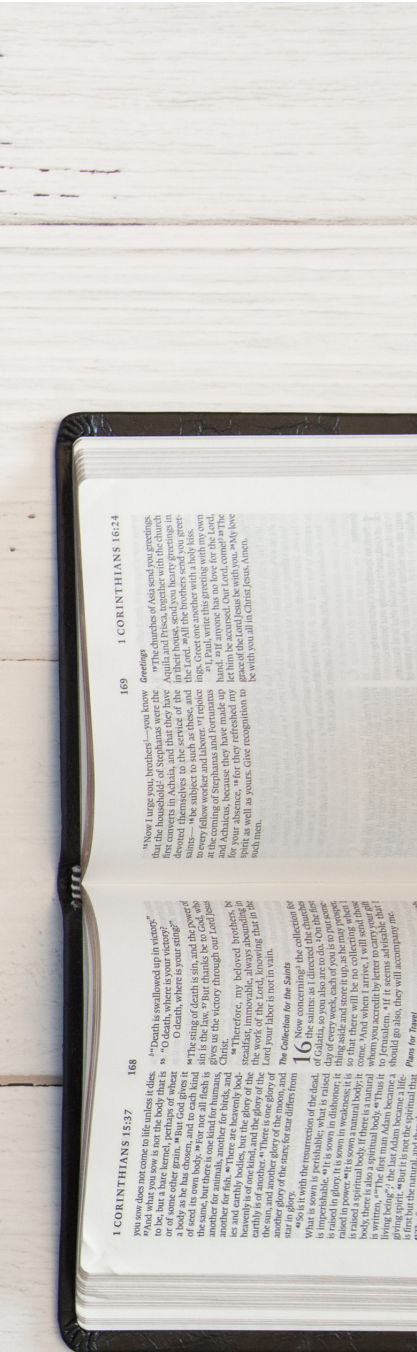
Interpretation (What does the Psalm mean?)

- Pay special attention to the verbal actions of praise in this Psalm. Why do you think it's important to speak God's praises to Him and to others?
- This Psalm foreshadows Jesus' life and ministry, who was yet to come when the Psalm was written. What connections do you see between each of these verses from Psalm 145 and the New Testament passage?
 - Verse 5 and Matthew 17:1-2
 - Verse 6a and Matthew 8:26-27
 - Verse 7 and Luke 19:37
 - Verse 14 and Luke 13:10-13
 - Verse 15-16 and Matthew 14:15-20

Journal

Application (How can I make this Psalm a part of the way I live my life?)

- What does it look like for me to praise God and bless His name with my whole life?



Prayers and Gratitude

Friday, January 1
