

# Spiritual Disciplines Guide

## Psalms of Praise

### READ

Each day read the assigned passage and then follow the instructions below after reading.

**Day 1:** Psalm 100

**Day 2:** Psalm 103

**Day 3:** Psalm 145

**Day 4:** Psalm 146

**Day 5:** Psalm 150

### THINK

All questions might not apply. It is highly recommended to write your answers out in a journal.

- What important observations can you make about the passage?
- HEAD: How might you need to think different about God/others/myself/the world based on this passage?
- HEART: How does this passage reveal what God desires in your life, in your family, or in the world? How is that different from what you want/desire for your life, family, or world?
- HANDS: What does this passage compel you to do (or not do) based on what you've read?

### P.R.A.Y.

Based on the passage you read, pray to God following the P.R.A.Y. acronym below.

- PRAISE: How is God's character revealed in these verses? Spend time praising Him for those attributes.
- REPENT: How do these verses reveal your sin, unbelief, or inadequacy? Spend time confessing those areas to God.
- ASK: What's one thing you'd like to pray for based on what you've read? What's one thing you'd like to pray for someone else based on what you've read?
- YIELD: Spend time talking and listening to God about what you have just learned.

### SHARE

Conclude your time by committing to share what He has taught you with at least one other person. Who might God want you to share it with? Who will you come into contact with? Ask God to give you an opportunity to share what you have learned in His Word soon!