

PSALM SUGGESTIONS FOR PRIVATE READING AND REFLECTION DURING WEEK 5

<u>DAY</u>	<u>PSALM(s)</u>	<u>NOTES TO ACCOMPANY YOUR READING, REFLECTION and PRAYERS:</u>
1	23	What are some ways you have been cared for by God? How have you been led by God and restored?
2	16	What aspects of this psalm make it a Psalm of Trust? For what is your heart glad and does your soul rejoice?
3	62	Look for all the words in this psalm that show evidence of trust, confidence and hope in God. How and where do you wait for God?
4	91	What names, titles and images for God are present in this psalm? The ways of describing God's work are clearly based on the life situation of the century in which the psalm was composed. How do you relate to or how would you translate the images of that day for today's world?
5	121	God is described as " <i>your keeper.</i> " From the perspective of this psalm in what ways is God a keeper? How do you see God as your keeper?
6	131	This is a short psalm. The first verse is expressed in the negative. How does this set the stage for an expression of trust? How do you " <i>calm and quiet your soul?</i> "
7	146	As you read the psalm, notice all the verbs that describe God's actions. Which of these actions do you desire of God in your life? The psalm begins and ends with " <i>Praise the Lord!</i> " Offer your own prayer of praise.