




PSALM 63

verses 1-8

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be fully satisfied with the richest of foods;
with singing lips my mouth will praise you.

On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.





PRACTICING PRAYER:

As this week begins, consider changing the way you typically might pray in a "normal" week:

“God, thank you for prayer and the opportunity to commune with you more deeply this week. May Your spirit in me come alive as I tune myself to your words and sit with you in prayer. May I know Your presence in my life in a more tangible way this week. Amen”

Set aside the things that typically distract you from prayer (to do lists, technology, thoughts) and pursue intentionality in your prayer time with God. Consider setting up a specific space this week where you will enter to commune with God each day.

Plan a family or household meal this week and pray the Lord’s Prayer together as part of your blessing of the meal. During the meal, ask each person to share a high from the past day (something that brought joy) and a low (something that brought sadness or frustration). Offer all that was shared to the Lord.

CONNECT & SHARE:

Share about your experience over the last week in your practice. Some things you might share:

What ideas did you try (from the suggestions or consider sharing another idea for your group)?

What worked well for you?

Can you articulate how it felt to be open to God’s work in your life as you opened yourself up to this practice?