

**Day One: Psalm 10**

- What questions does the psalmist ask (1)? What does the wicked man do to his victims (2, 8-10)? How does he relate to God (3-5, 11)? How else is he described (5-7)? For whom is the psalmist pleading (12)? Recall a time you prayed like this. How did you feel and what response did you sense from the Lord?
- What does the psalmist ask about the wicked man (13)? How does he answer his own question from verse one (14, 16-18)? What does he ask God to do to the wicked man (15)? For when you're angry, what do these latter verses of the psalm teach you about praying in the fear of the Lord instead of flippantly?
- When Christians respond to oppression, injustice, etc. by praying, how do you think it influences our culture? Finally, consider what it would look like for you to pray for those in authority, even when they are corrupt. What is God speaking to you about this?

**Day Two: Psalm 46**

- How does God act as our protector (1, 7, 11)? What does this enable us to do (2)? Despite what hardships (2-3)? How would you describe the prayer of these first three verses? When have you prayed like this: proclaiming trust in the Lord despite chaos all around you. How do you think God feels about such prayers?
- Describe the Lord's dwelling place (4-5). How is the city of God protected (5)? Contrast earthly kingdoms with the Lord's dominion and power (6). What role does God play in global conflict (8-10)?
- Re-read verse 10 and consider how one way to pray is to simply "be still." What makes it hard for you to be still in both your body and your mind? Invite the Lord into these struggles and ask for grace to "be still." What impact do you think praying in a contemplative fashion like this will have on your life?

**Day Three: Psalm 51**

- Describe what makes God merciful (1). From what does David want cleansed (2)? How (7-9)? How does he describe his sin (3-5)? This is a moment of radical honesty and confession for David. Imagine exposing your own sin in this way. How would that feel?
- What does David think of God's judgment (4)? What does the Lord expect of us (6)? Describe David's picture of a repentant life (10-12). Take some time to memorize these verses (10-12) and recite them as a quick but intentional prayer whenever you feel tempted or overwhelmed. What fruit do you think will come of this? What fruit does David expect to come when the Lord hears such a prayer (13-15)? What sacrifices matter to God (16-17)? What is David's hope for all the Lord's people (18-19)?
- Return to verse one and meditate on the phrases "unfailing love" and "great compassion." Begin to visualize these qualities of God during times of repentance. What impact do you think this will have? Spread the love this week: encourage one other person to focus on these God qualities when in prayer and confession.

**Day Four: Psalm 146**

- Describe how the author begins this prayer by actively esteeming the Lord (1-2). Notice that he tells his own soul to "praise the Lord." Why do you think he included this? What are some ways to better orient all parts of your being toward giving thanks to God?
- Why is it unwise to put our ultimate trust in people, even those in power (3-4)? Meanwhile, who is blessed (5)? We are not called to ultimately trust those in authority, but as Paul



writes in 1 Timothy 2:1-2, we are called to intercede and give thanks. Take a moment now to pray accordingly for someone in a position of authority.

- Describe God's omnipotence and faithfulness (6, 10). What about all the ways he fights for the underdog (7-9)? Which of these efforts speaks most to your heart? Why? Conclude by writing and reading aloud your own prayer of thanksgiving. Pray for grace and discipline to write and recite such prayers on a regular basis.

#### **Day Five: Colossians 4:2-6**

- With what posture are we to "devote ourselves to prayer" (2)? What do you think it means to be "watchful" in prayer? What are some specific ways you can take on this posture when you pray?
- In this letter full of warnings and corrections, Paul also asks his readers for prayer. What is his prayer request (3-4)? Describe his request's similarities to what he wrote in 1 Timothy 2:1-4.
- Across all of his letters, Paul often reminds us to focus on the broad and inclusive call of the gospel. Reflect on the content of your own prayer life these past few weeks and compare them to Paul's prayers. What is one way you want to pray more like Paul? Pray God would do the work in you that would make it so.
- What specific counsel does Paul give for interacting with "outsiders" (5-6)? Which piece of advice do you think is most valuable in today's world? Why? Which one would push you most outside your comfort zone? Why? For the sake of the gospel, pray for power to start walking it out.