

## ***The Heights and Depths of Prayer***

Old Testament Challenge - Week of July 25

### **Bible Text:**

Psalm 42, 103, 106-107

### **Theme:**

The beauty of the psalms is that they help us express our heart regardless of where our journey of faith has taken us. From the highest of highs to the lowest of lows, the psalms express the full range of human emotions. But they do even more: They help us turn in faith to the God who oversees all our lives.

### **Daily Readings:**

- Monday – Psalm 13
- Tuesday – Psalm 22
- Wednesday – Psalm 42
- Thursday – Psalm 61
- Friday – Psalm 103
- Saturday – Psalm 136
- Sunday – Psalm 137

### **Bible Memory Verse:**

*Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits.* Psalm 103:1-2

### **Personal Reflection:**

1. Having read the psalm selections for this week, where would you point someone who is in the midst of struggle? The midst of great joy? Why?
  
2. Which psalm captures the kind of week you have been having? Take some time and pray this psalm back to God.

3. Do you feel comfortable expressing your frustrations to God? Why or why not? What is the difference between bringing a prayer of frustration to the Lord and grumbling?

**Discussion Questions:**

1. Having read the psalm selections for this week, where would you point someone who is in the midst of struggle? The midst of great joy? Why?
2. Do you feel comfortable expressing your frustrations to God? Why or why not? What is the difference between bringing a prayer of frustration to the Lord and grumbling?

**Action Challenge:**

In Psalm 103, David tells himself, “It’s time to worship.” He calls himself to get prepared to worship the God who saves. This week, consider how you can prepare yourself to worship on Sunday morning. Maybe by getting more sleep on Saturday evening so you can rise early and arrive in time to sit and pray. Maybe by spending some time each day recounting the good things the Lord has done, preparing your heart with gratitude. Whatever you do, seek to come to church ready to worship.