

# Summer Psalms: Psalm 139

## Life Steps | July 9 & 10, 2016

### Day 1

### Psalms 139:1-6

Begin your day by praying through these verses. After praying through verses 1-6, spend 5 minutes in quiet reflection on the closeness of God. Journal your thoughts after this.

### Day 2

### Psalms 139:7-12

Begin your day by saying the prayer from day one, then read verse 7-12. As you go through the day imagine God's literal presence with you everywhere you go. At the end of the day, journal your experiences.

### Day 3

### Psalms 139:13-18

Begin your day by using verses 13-18 as your morning prayer. Take a moment to memorize verses 13-14. Write it down on a piece of paper and carry it with you. Throughout the day recite verses 13-14 and remind yourself that you are a child of God.

### Day 4

### Psalms 139:19-24

Begin your day with the same prayer from day 3. Then take a moment for complete transparency with God where you reveal your weaknesses. Ask God for help with your anger. Keep the piece of paper with verses 13-14 on it with you today, except think about it today from the perspective of the people around you.

### Day 5

### Psalms 139

Begin your day by reading all of Psalms 139. Reflect on the different ways intimacy is created between you and God. Remind yourself throughout the day that God knows you and loves you.

### Day 6

### Romans 8:31-39

Keep these verses with you today. Live today in the promise that God's love is unconditional.

### Day 7

### Psalms 150

Begin your day by praying for everyone you will see today. Come to church ready to celebrate/mourn with those you encounter.