

Reading Guide David Week 4

Too often we feel like what we read in the Bible washes over us without ever really sinking in. This series of readings, and their accompanying meditation exercises, is designed to help you connect with God's word in a deeper way. Most of us don't have much practice meditating so you might find yourself frustrated, wishing you could just write down a few answers to some questions and get on with your day. But once you begin to feel a deeper intimacy with God, you will be amazed at how present he is in His word and in your life. You will find that your time with Him makes you feel centered and peaceful. Keep in mind that the purpose of meditation is "to enable us to hear God more clearly." (Richard Foster) To this end, you will get the most out of these readings if you do them regularly in a quiet place when you are not distracted by time pressure (and when you aren't sleepy!)

May God use His word to form His heart in you.

Day 1 **Psalm 19**

This week your meditation exercises based on David's psalms come to a conclusion with a crescendo of praise. Each psalm that you read this week focuses on praising God, for who he is and for what he does.

Psalm 19 has been called "the greatest poem in the Psalter and one of the greatest lyrics in the world" (C.S. Lewis, [Reflections on the Psalms](#).) Read the psalm through once. Then reread verses 1-4. Think about an occasion when you have spent time looking at the sky, maybe at night looking at the stars. What thoughts came to your mind as you sat under the immensity of the heavens? What message do you think they communicate as "day after day they pour forth speech"? Read Romans 1:18-20 to amplify your answer.

Read verses 5-8 where David talks about the sun and God's law. Writers often compare two apparently unlike images to help the reader understand each thing better. For example both the sun and the Bible "give light to the eyes" and "nothing is hid from them" (see Hebrews 4:12, 13.)

Spend a few minutes thinking about the sun and about God's word and then think about the similarities already mentioned and see if you can come up with any more. Read verses 9-11 carefully, thinking about what each verse says. Do you agree or disagree with what David says here? Why? Finish your devotional time today turning verses 12-14 into a prayer to God.

Day 2 **Psalm 29**

This psalm praises God for his attributes, for his power, majesty, strength and glory. Read the psalm out loud two times, picturing in your mind what each verse says and trying to "worship the Lord in the splendor of his holiness." Which images in this psalm convey God's strength?

Underline or make a note of every time the word "glory" is used in this psalm. What does this psalm teach or show about God's glory?

Day 3 **Psalm 65**

This psalm praises God for the good things he gives us, for hope, joy, and provision for our needs. Read the psalm once through.

Then carefully re-read each verse or section, turning it into a prayer, affirming what David is saying or thanking God for his provision for the world in general and for you in particular.

Day 4 **Psalm 103**

This psalm praises God for the spiritual benefits God provides for those who love him. Read the psalm carefully through once. Then read it again thanking God for each of the things David mentions that God does for his people and for the ways he relates to us (with compassion, with grace, etc.)

Choose a verse that resonates with what is going on in your heart. Memorize it and repeat it to yourself throughout the day.

Day 5 **Psalm 145**

Read the psalm out loud, using the words of David to get you started expressing to God what you feel in your heart.