



## MARCH THEME



### Week Two

#### Monday ~ **READ**

READ Psalm 146 in two translations.

\*Additional Reading of Joshua's story if desired: Numbers 13-14:9, Joshua 1-6  
www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

#### Tuesday ~ **COPY**

COPY Psalm 146 in your preferred translation.

#### Wednesday ~ **PONDER**

PONDER Psalm 146 using the following questions and prompts:

- Vs. 1-2- What decision has the writer made about his posture toward God?
- Vs. 3-4- Identify and write down the writer's 2 reasons for not trusting in man. Do you have a tendency to trust in people? If so who or what kind of people? And, why?
- Vs. 5- This verse makes a clear statement that we are blessed if God is our "help" and our "hope." By this description, would you call yourself, "blessed" today? Why or why not?
- Vs. 6-10- From these verses, list the works of God which should give us reason to hope in Him.  
\*hint, we found 14
- Considering Joshua's story alongside the list you just wrote from verses 6-10, which ones of these works of God would have stirred hope in the Lord in his heart? Why?
- Looking again at your list from verses 6-10, pick at least three that speak hope to your current struggles? Then describe why they do.

#### Thursday ~ **PRAY**

PRAY into hoping in the Lord by using Psalm 146 as a backdrop:

- Start by expressing to the Lord that your hope is in Him, not in man...
- Continue, going phrase by phrase through verses 6-10 and talking to the Lord about your struggles that need hope, alongside the descriptions of the ways He works in our lives...
- Conclude your prayer with a focus on verse 10 by declaring His reign, and speaking forth His praise for the hope you have in Him...

#### Friday ~ **LISTEN**

LISTEN to a brief message on Psalm 146. You'll find it on our YouTube Channel, *Established Footsteps Ministry*.

\*This video will be posted by Friday and a link will be sent to you via email.

#### Saturday ~ **SHARE**

SHARE Psalm 146 with someone who needs some hope!