



AUGUST THEME



Week Three

Monday ~ **READ**

READ Psalm 37:1-11, John 10:10 and Psalm 107:9 in your preferred translation. Then go back and read them in these: Psalm 37:1-11 in The Passion Paraphrase, John 10:10 in The New Living Translation, and Psalm 107:9 in the New American Standard Bible. *www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

Tuesday ~ **COPY**

COPY Psalm 37:1-11, John 10:10 and Psalm 107:9 in your preferred translation or paraphrase.

Wednesday ~ **PONDER**

PONDER Psalm 37:1-11, John 10:10 and Psalm 107:9 using the following prompts:

- Make a list of the three deepest desires in your heart.
- Psalm 37:1-11 – the popular verse among these is this verse 4, no doubt you've probably heard it before. Read it out loud and then soak in its goodness. But then consider this... verse 4 is a part of a conversation with God that includes much other instruction too. Scour verses 1-11 and write down each instruction and promise you find there, including those in verse 4.
- Psalm 37:4 – Is there a connection in *“delighting ourselves in the Lord”* and the *“desires of our heart?”* Do any of your desires in prompt 1 conflict with a heart delighting in the Lord? Journal your thoughts.
- Psalm 37:1-11 – These verses identify one reason we often get frustrated about our own desires that are not yet satisfied... the reason being that people who are not even following God seem to have all of their desires met. Scour the passage again... what does God reveal about people who are not seeking Him, and what does God reveal about those who do.
- Psalm 37:1-11 – Go back to the list of your desires from prompt 1, and go back through the list of instructions and promises from prompt 2. Then as you give your deep desires to the Holy Spirit, sit with Him as you ponder each instruction and promise and what He would have them to mean in your life.
- John 10:10 – What is Christ's heart for you? And why did He come? How does this Truth magnify even more the Truths of Psalm 37:1-11? Journal your thoughts.
- Psalm 107:9 – read verse 9 out loud several times and then write it down from memory. Ponder your desires in light of this Truth. Journal your thoughts.

Thursday ~ **PRAY**

PRAY Using the prompts below, pray into the promises of God about the desires of your heart:

- PRAISE God that He desires to satisfy you with abundant life!
- EXPRESS your frustrations of desires not yet met and your trust in the Lord's care for your heart.
- CONFESS where you have missed in the mark in light of the instructions in Psalm 37:1-11.
- DECLARE your intention moving forward regarding each instruction in Psalm 37:1-11.
- PRAISE God ahead of time for the satisfaction He will bring in your life as you delight in Him!

Friday ~ **LISTEN**

LISTEN to a message on Psalm 37:1-11, John 10:10 and Psalm 107:9 on our YouTube Channel, *Established Footsteps Ministry*. *The video will be posted by Friday and the link will be sent to you via email.

Saturday ~ **SHARE**

SHARE Psalm 37:1-11, John 10:10 and Psalm 107:9 with someone who is discouraged.