

DAY 7

Check in with God! (5 Minutes)

~Confess, repent, replace false beliefs with truth, connect.....

1 4

Connection Passage - Psalm 9:1-4, 9-10, Psalm 10:3-4, 11a, 13c

~ V1 **I will** give thanks to the Lord with all my heart; **I will** tell of all Your wonders.
V2 **I will** be glad and exult in You; **I will** sing praise to Your name, O Most High. V3 My enemies turn back; they stumble and perish before you. V4 For You have upheld my right and my cause... V9 The Lord is a refuge for the oppressed, A stronghold in times of trouble; V10 And those who know Your name will put their trust in You, For You, O Lord, have not forsaken those who seek You.
~ ..V10:3 For the wicked boasts of his heart's desire, And the greedy man curses and spurns the Lord. V4 The wicked, in the haughtiness of his countenance, does not seek Him. All his thoughts are, "There is no God... V11 God has forgotten... V13 He won't call me to account.."

~ Many ancient manuscripts combine Psalm 9&10 into one psalm. There are four I WILL statements that David makes in V9:1-2. Many think he sang this after a victory over the Philistines. Below are the four I WILLs. Write down practical ways you will live out each of these in your own life and why. Then add two more of your own.....

> I WILL PRAISE YOU WITH ALL MY HEART -

> I WILL TELL OF YOUR WONDERS -

> I WILL BE GLAD AND REJOICE IN YOU -

> I WILL SING PRAISES TO YOUR NAME -

> I WILL.....

> I WILL.....

~ Do you **really believe** V9:10? Why or why not? What might you change looking forward?

The Challenge

~ Psalm 9 shows us the RIGHTEOUS believe in God's loving care for them. In Psalm 10, we see the UNRIGHTEOUS believe that there is no God, and if there is, He isn't personally involved and won't discipline us. We, as CHRISTIANS, often respond the same way! When we don't see HIM disciplining us for our sin, we think HE must not care. Or we feel like we are getting away with it because there has been no punishment so far. Read Ecclesiastes 8:12. Ask yourself, "Do I keep sinning in certain areas because there are no apparent consequences?" If this is part of your thinking, confess and repent right now for using God's grace and patience as a reason to keep sinning. Then feel the joy of being free!!

Cultivating a Relationship with Your Creator

~ Be Still.....Reflect on God's GRACEWhat does it mean to you?

TRANSFORMATION

OLD TESTAMENT PSALM - WEEK 1



Connecting with God

Stand in awe...

DAY 1

Check in with God! (5 Minutes)

~ Confess, repent, replace false beliefs with truth, connect.

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4

Connection Passage - Psalm 1:1-3 & 6

~ As you are reading each Psalm, it is fun to keep in perspective that the words were designed to be sung in worship and praise to God! Try making a tune in your mind to go along with the lyrics.

~ The Psalms were written over a 1000 year span from 1410 B.C. to 400 B.C. by over ten different writers. David wrote at least 73 of the Psalms. The book of Psalms and Proverbs are the two most read books of the Bible. The book of Psalms is actually broken into five books. There are 10 different types of Psalms and the most famous is considered to be Ps 23:1, *"The Lord is my shepherd; I shall not want."* Enjoy your journey through this amazing book of the Bible!

~ *V1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. V2 BUT his delight is in the law of the Lord, and on His law he meditates day and night. V3 He is like a tree planted by streams of water, which yield its fruit in season and whose leaf does not wither. Whatever he does prospers....V6 For the Lord watches over the way of the righteous, but the way of the wicked will perish.*

~ This is the Psalm of two ROADS. You get to choose the path you will take. You can choose to be either BLESSED UP or MESSED UP! One of the areas that really affects our lives perhaps more than any other is WHO we hang with, WHO we get advice from, and WHO we work with. Read these two scriptures: 1) 1Cor 15:33 and 2) 2Cor 6:14-16

> NAME TWO RELATIONSHIPS you should remove from your life:

> 1. > 2.

> NAME TWO RELATIONSHIPS you should add to your life to help you grow in Christ:

> 1. > 2.

~ List **six ways a man's life could be better** if he MEDITATES on God's Word day and night.

> 1. > 4.

> 2. > 5.

> 3. > 6.

>> What does God say this man's life will be like in V3? Describe in your own words. <<

~ What does it MEAN TO YOU that the Lord watches over you day and night (V6)? How does this make you FEEL?

The Challenge

~ God has not made us HUMAN-DOINGS but HUMANS-BEINGS. He desires us to BE Christian men whose lives reflect HIM and HIS characteristics to a lost world. The question is how do we become this person? Today, Psalm 1 gives us three WAYS to do this. 1) By choosing the right friends to live life with. 2) By choosing daily to meditate on HIS Word. 3) By realizing the LORD sees everything and watches over your way of life. The next question is will you take these SERIOUSLY? **I challenge you!** Blessed is the man who...

Cultivating a Relationship with Your Creator

~Spend at least 15 minutes with God simply MEDITATING on HIM!!!

DAY 6

Check in with God! (5 Minutes)

~ Confess, repent, replace false beliefs with truth, connect.

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Connection Passage - Psalm 8:3-6, 9

~ *V3 When I CONSIDER YOUR heavens, THE WORK OF YOUR fingers, the moon and the stars, which You have set in place, V4 what is mankind that You are mindful of them, human beings that You care for them? V5 You have made them a little lower than the angels and crowned them with glory and honor. V6 You made them rulers over the works of Your hands; You put everything under their feet.... V9 Lord, our Lord, how majestic is Your name in all the earth!*

~ Write down the definition of the words below from the dictionary:

>> CONSIDER -

>> REFLECTION -

>> CONTEMPLATION -

~ Why do you think it is SO important that God would put in His Word that we are to CONSIDER HIS CREATION AND THE WORKS OF HIS HANDS in V3? How does this help you live life differently?

~ Why were you created? What is your purpose? What are you passionate about in your service to GOD?

~ Reflect on this scripture: "I know the plans I have for you," DECLARES THE LORD, "plans to prosper you and not harm you, plans to give you hope and a future." Jer 29:11

The Challenge

~ Sometimes we don't understand how respecting and worshipping the Creator, God Almighty, Our Father, can free us from sexual bondage. Sadly, we often spend more time seeking the counsel of men than seeking what and Whom we are living for. When we grasp our purpose and the One we are serving here on earth, then our desires change and life becomes less about us and OUR WANTS and more about God, others, and HIS WANTS! Take a few minutes to listen to this song and consider this God who loves you and wants to see you free from the bondages of sin.

>> **So Will I (100 Billion X) - By Hillsong United** <<

Cultivating a Relationship with Your Creator

~ Consider if HE can keep the universe intact, can HE handle your problems, your life?

>> GIVE IT ALL TO HIM NOW!! <<

DAY 5

Check in with God! (5 Minutes)

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~ Confess, repent, **replace false beliefs with truth**, connect!!

Connection Passage - Psalm 7:8-12, 14-17

~ V8 The Lord judges the peoples; judge me, O Lord, according to my righteousness and according to the integrity that is in me. V9 Oh, let the evil of the wicked come to an end, and may You establish the righteous— You who searches the minds and hearts, O righteous God! V10 My shield is with God, who saves the upright in heart. V11 God is a righteous judge, and a God who feels indignation every day. V12 If a man does not repent, God will whet his sword..... V14 Behold, the wicked man conceives evil and is pregnant with mischief and gives birth to lies. V15 He makes a pit, digging it out, and falls into the hole that he has made. V16 The trouble he causes recoils upon his own head, and on his own skull his violence descends. V17 I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High.

~ Define **INTEGRITY** from the dictionary -

~ If the Lord judged you in the areas of righteousness and integrity, what would He say? V1

>> Your **Righteousness** ~

>> Your **Integrity** ~

~ In V14-16, GOD is explaining what happens if we persist in following our lustful desires. Describe a time where you have experienced the reality of this verse.

~ Do you see God's desire for **real REPENTANCE** in V12? Do you need to repent of anything right now? If so, do it!

The Challenge

~ God's ability to search our "minds and our hearts" in V9 can be a very **scary** thing, or it can be very **comforting**. You can't fake Him out! You can't hide your sin. He knows every motive behind your behavior. NOTHING CAN BE HIDDEN! **Scary** or **comforting**? The good news is you don't have to perform for Him because He knows when you aren't being real. You don't have to try and impress Him! He made you and formed you! HE KNOWS YOU! Because He knows you intimately, YOU can TRUST HIM 100%. This is the comforting side of His Knowledge! He chose you knowing everything about you! He wants to work through your weaknesses with you. He lets you make your own choice to earnestly seek Him or to do what you FEEL is best for you! But He rewards those who earnestly seek Him! Hebrews 11:6

Cultivating a Relationship with Your Creator

> **REFLECT ON THE COMFORT OF KNOWING HOW PERFECTLY HE KNOWS YOU!!**

DAY 2

Check in with God! (5 Minutes)

1

4

~ CONFESS, repent, REPLACE false beliefs with truth, CONNECT.

Connection Passage - Psalm 3:1-8

~ V1 Lord, how many are my foes! How many rise up against me! V2 Many are saying of me, "God will not deliver him." V3 But you, Lord, are a shield around me, my glory, the One who lifts my head high. V4 I call out to the Lord, and He answers me from His holy mountain. V5 I lie down and sleep; I wake again, because the Lord sustains me. V6 I will not fear though tens of thousands assail me on every side. V7 Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. V8 From the Lord comes deliverance. May Your blessing be on Your people.

~ This is a Psalm about DAVID fleeing from his rebellious son, ABSALOM, and a host of other traitors who long to seize the throne. In times like this, we can wonder where God is? But this moment in time is a result of David's disobedience to God; sleeping with Bathsheba resulted in the birth of ABSALOM from a Canaanite woman. As you read this Psalm, replace David's "foes" with **someone** who is trying to oppose you or **a sin** in your life that seems determined to destroy you.

~ Psalm 3 describes four different ways how the Lord is with us during times of opposition. Think of a time you have felt attacked or opposed and describe how God was with you in each of the four ways below:

> MY SHIELD (V3)-

> MY ANSWER (V4)-

> MY SUSTAINER (V5) -

> MY DELIVER (V7-8) -

The Challenge

~ When circumstances seem to have turned against you, you have a choice to make: 1) You can **Blame God** or 2) **Seek God**. We often get stuck in these times by what I call "GENIE THEOLOGY." We change our prayers from "requests" into "wishes." We expect to "rub" our magic lamp the right way and God will give us what we want. If God grants us our wishes, then HE is a good and powerful God. But if He doesn't do what we are "commanding" Him to do, then we start to question Him, HIS power and His love for us.

~ In David's story we don't see God immediately remove David from the terrible circumstances coming against him, but we do see how God is WITH David in all four ways listed above. When David fled from Saul for nearly seven years, he lived in caves daily battling for his life. GOD SHIELDED him from harm, ANSWERED his prayer for protection, SUSTAINED him with food and safety, and ultimately DELIVERED him! It probably wasn't what David had in mind when he asked God to deliver him from Saul.

~ How about you? Will you trust God fully even when you don't see HIM ANSWERING your prayers the way you want or as fast as you want? Are you asking Him to answer your prayers yet walking in willful disobedience? Are you experiencing the consequences of your sin and now wondering why God doesn't fix the issues because you have stopped sinning?

I've been there and done that! I found VICTORY IN SURRENDER....and you will too!

A God Moment - Rededicate your entire life to HIM now! Accept HIS forgiveness!

DAY 3

Check in with God! (5 Minutes)

1 4

~ MAKE SURE YOU DO THIS EACH DAY - Confess, repent, replace false beliefs, connect.

Connection Passage - Psalms 4:2-4 & 7-8

~ V2 How long, O you sons of men, will you turn My glory to shame? How long will you love worthlessness (delusions) and seek falsehood (lies)? V3 But know that the Lord has set apart for Himself him who is godly; the Lord will hear when I call to Him. V4 Be angry, and do not sin. Meditate within your heart on your bed, and be still..... V7 You have put gladness in my heart, more than in the season that their grain and wine increased. V8 I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.

~ Are you glorifying God with your life or are you bringing Him dishonor? V2 If dishonor, don't be shamed by this. Instead ask yourself, "What do I need to change in order to GLORIFY HIM?"

~ V3 Do you believe the Lord hears you and will respond to you when you call on HIM? What is this belief based on? What is the truth?

~ V7 Speaks of two types of joy. 1) **Inward** joy that comes from knowing and trusting God 2) Happiness, not joy, that comes from **outward** and pleasant circumstances. What brings you joy inwardly? Outwardly?

> INWARD -

> OUTWARD -

~ **What is the result of living by:**

> INWARD TRUTH -

> OUTWARD CIRCUMSTANCES -

~ Why was David able to lie down and sleep soundly even though men were chasing him and trying to kill him? Do you sleep sound? What can you learn from David in V8?

The Challenge

Pursuit of sexual sin or anything we are trying to find joy from outside of God will lead to destruction and, maybe worse, sleepless nights! ;-} Rom 8:6 *"The mind set on the flesh is DEATH, but the mind that is controlled by the Spirit is LIFE & PEACE!"* God says there are consequences to the choices we make. Our choices will not all be perfect. Walk in God's grace and mercy, but learn from HIM that HIS ways are best, guaranteed! **Memorize** Romans 8:6 and remind yourself of this truth every time temptation knocks at your door!!

Cultivating a Relationship with Your Creator

~ Talk to God about cleansing your conscience so you "sleep" like a baby. Now listen!

DAY 4

Check in with God! (5 Minutes)

1 4

~ **Confess, Repent, Replace false beliefs with truth, Connect.**

Connection Passage - Psalm 5:3-7 & 11-12

~ V3 In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. V4 For you are not a God who is pleased with wickedness; with you, evil people are not welcome. V5 The arrogant cannot stand in your presence. You hate all who do wrong; V6 you destroy those who tell lies. The bloodthirsty and deceitful you, Lord, detest. V7 But I, by **Your great love**, can come into your house; in **reverence** I bow down toward Your holy temple..... V11 But let all who take refuge in You be glad. V12 Surely, Lord, You bless the righteous; You surround them with Your favor as with a shield.

>>>> REFLECT FOR A MOMENT ON WHAT YOU JUST READ <<<<

~ Most people find if they don't have a special time set apart with God in the morning they don't get that time later. I believe this is one of the secrets to a CLOSE RELATIONSHIP WITH GOD. Read Phil 4:4-7. Try praying A.C.T.S. to build routine in your morning.

> "A" Adoration (Worship HIM in words, and tell HIM who He is to you, e.g., Redeemer, Lord, Creator, Counselor, Peace, etc.)

> "C" Confess & Repent (Admit to God you know you are guilty of sinning against Him and your willingness to turn from your sin. Be specific.)

> "T" Thanksgiving (Tell God everything that comes to your mind that you're thankful for. Ask Him to show you new things to be thankful for each day.)

> "S" Supplication (Humbly make requests to God in Expectation He will answer! Trust Him to do the right thing in the right time!)

~ The second part to a CLOSER RELATIONSHIP WITH GOD is "Waiting in Expectation" (V3) knowing with confidence that He hears you. Write a note to God telling Him how you will trust Him with your life.

The Challenge

Ask yourself truthfully if you are ARROGANT (V5)? ARE YOU A LIAR (V6)? ARE YOU DECEITFUL (V6)? What does the Psalm say God thinks about people who live like this? This is the time to honestly talk to God about these areas of your life that need an overhaul! Then rejoice in V7! His **"great love"** was to send His Son to die for all your sin! He WANTS you and He personally **CHOSE YOU** to LIVE with HIM in His HOLY TEMPLE that now dwells inside of you. C'MON!!! He simply wants a deep relationship with you! Ask yourself what your response should be to HIS GREAT LOVE!

Cultivating a Relationship with Your Creator

~ **Be Still.....Listen....Accept His Love...Let Him wash you clean right now!**