

Psalm of the week:

Psalm 138

WEEK 2:

November 23-28, 2020

SONGS FOR THE WEEK:

[Sovereign Over Us](#)

[The Love of God](#)

Links to these songs can be found on our Facebook page or on our website: spoonerwesleyan.org

Day One

Listen for 2 minutes.

Read slowly [Psalm 138](#).

In a sentence or two, summarize what this psalm is saying.

In a sentence or two, summarize the “feelings” expressed in this psalm.

Question 1: What does this psalm tell you about God?

Question 2: What does this psalm tell you about you?

Listen for 2 minutes.

Day Two

Listen for 2 minutes.

Read slowly [Psalm 138](#) (in an alternate translation, if possible).

In a few sentences, write down a concern you have in your life that relates to this psalm.

Question: How can you apply what this psalm says to your concern?

Listen for 2 minutes.

Meditation: A few times later today (perhaps when anxious or afraid), meditate on a phrase in this psalm that speaks to you & your situation.

Day Three

Listen for 2 minutes.

Read [Psalm 138](#).

Write down the characteristic of God portrayed in today’s psalm that makes you most grateful today.

Listen to or sing “[Sovereign Over Us](#)” or “[The Love of God](#)”.

Listen for 2 minutes.

A couple times today, thank God for what this psalm says about His care for His children.

(On day 3, also join Pastor Quenton and others from our church on [Facebook](#) as they discuss characteristics of God.)

Day Four

Listen for 2 minutes. Pray that God speaks directly to you through this psalm.

Read [Psalm 138](#) as if it were the first time. Read until God shows you an insight, promise, correction, or encouragement, and write that down.

Listen for 2 minutes.

Throughout the day, recall with thanksgiving how God spoke directly to you through this psalm.

Day Five

Listen for 2 minutes.

Read [Psalm 138](#), asking the Holy Spirit to bring to mind someone who needs the encouragement it provides.

Share with that person how God spoke to you this week through this psalm, and what He brought to mind about them. Speak face-to-face if possible, but call or text if necessary.

Listen to or sing “[Sovereign Over Us](#)” or “[The Love of God](#)”.

Close out your time in prayer for that person.