

"WHEN YOU PRAY . . ."

Selected prayers from the Old Testament

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STUDY SUGGESTIONS FOR THIS SERIES

Food for Thought – As you begin each lesson, find a quiet place and take time to calm your spirit and mind. Remind yourself that Jesus has invited you to come and be alone with Him. He takes delight in having you bow before Him and hearing from you – your praise and requests, your joys and sorrows, your hopes and concerns. The quotes which are given in this section will help you think about what it means to pray – to be in a conversation with God – Father, Son and Holy Spirit.

Words to Ponder – Jesus had many things to say about prayer as he walked and talked with His disciples. By example, He showed the His own dependance on talking with His Father. Through instruction he taught them how and why they should pray. Through His promises He guaranteed that their prayers would be heard and their requests would be granted. Take time to meditate on His words.

An Example to Follow – There are many different prayers recorded for us in the Old Testament. Each of these lessons are designed to help you think about prayer from the vantage point of different people, their needs and circumstances, and what happens when someone chooses to pray. As you contemplate the questions, you will want to explore your own reactions and responses. What did that person believe about God, about him or herself, about their circumstances? How did praying make a difference?

Lessons to Learn - Finally, you will want to listen quietly for the still, small voice of the Lord. What is it that the Spirit of God has brought to your mind and how will you follow through with this prompting in the days ahead? Will it make any difference in *why* you pray, *when* you prayer or *how* you pray? Remember, He delights in hearing your prayers!

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ABRAHAM – A Man Who Believed God

Lesson 1

"There he built an altar to the LORD and called on the name of the Lord." Gen. 12:8b

FOOD for THOUGHT – What is prayer? How do you explain it or define it?

The Westminster Catechism, written in 1646, explains it this way. "Prayer is an offering up of our desires unto God, in the name of Christ, by the help of his spirit, with confession of our sins, and thankful acknowledgement of his mercies." At this point in your journey, what does prayer mean to you? Write down your answer.

WORDS TO PONDER – "One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." (Luke 11: 1) Do you want to express this same request to the Lord? Why or why not? What do you think He might be suggesting to you personally?

AN EXAMPLE TO FOLLOW - ABRAHAM

There is no one in the Bible that is commended more often for his faith in God than Abraham. The book of Genesis begins with the creation story and then follows the descendants of Adam and Eve through to Noah and then through many more generations to the birth of Abraham (Genesis 10 - 11). Reading the whole life story of Abraham is a fascinating biography of a man who understood what it meant to listen to the LORD, to willingly follow His instructions, and to trust Him even in circumstances that seemed impossible. The writers of the New Testament picture him as example of both trust and obedience. There is so much we can learn from his mistakes but even more from his desire to listen to and obey the Lord, his God.

As you read these 3 scenarios in the life of Abraham, take note of what he knew and believed about God. Think about why he often "called on the name of the Lord". What purpose did "building an altar" serve for him and his family? How did his life time of trust and obedience prepare him for God's testing in Chapter 22?

Prayer #1 – Genesis 12 – 13

Prayer #2 - Genesis 17 – 18

Prayer #3 - Genesis 22

Abraham is remembered and honored for his faith in God – Romans 4 and Hebrews 11: 11 – 19. His life is a clear and vivid picture of what it means to believe God's promises even when it seems impossible. Do you think there is the connection between "calling on the name of the Lord" and faith?

LESSONS TO LEARN

1. What are your questions and observations as you think about Abraham's conversations with God?
2. Take some moments to listen to the Holy Spirit's still small voice. What do you hear Him lovingly asking you to do or to change? Are you open to believing that what He has promised He will do for you?

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ABRAHAM'S SERVANT – A Man Who Needed Guidance

Lesson 2

"O, LORD, God of my master Abraham, if you will, please grant success to the journey on which I have come."

Gen. 24: 42

FOOD FOR THOUGHT – Why is it important for you and me to pray? What happens when someone prays?

"Prayer means yearning for the simple presence of God, for a personal understanding of His Word, for knowledge of His will and for capacity to hear and obey Him." (Thomas Merton) Do you agree? What would you add to this quote?

WORDS TO PONDER – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1: 35) Why do think Jesus wanted or needed to do this? What did it demonstrate to his disciples? What did it do for Him?

AN EXAMPLE TO FOLLOW – ABRAHAM'S SERVANT

What do think Abraham's son, Isaac, and his servant remembered about the day when they went up on the mountain because God told him to sacrifice his son as a burnt offering? Now some years have gone by and it is time for Abraham to be very sure that Isaac marries a woman from his family, so he sends a servant to his home town (Nahor) to find a godly Israelite girl. It's a trip of close to 500 miles. While Abraham's instructions are clear, the servant also understands what it means to pray to God for His guidance and help. It seems like this servant has learned from Abraham what it means to believe that God will keep His promises to guide and direct him to the right family and His timing will be obvious to everyone.

As you read this love story, what do you suppose was on the servant's mind as he traveled? What kind of emotions do you think he might have been feeling? How did his prayers make a difference?

READ Genesis 24 -

1. What were Abraham's concerns? Why were these things so important to him?
What was the basis of his confidence that God would answer his prayers and guide his servant? Read Genesis 15.
2. The servant made some very specific requests as he came into town. Was this a good idea? Why?
3. What part did prayer continue to have in the life of this servant as he watched God guide and direct him?
4. In many ways it seems God had prepared the heart of both Rebekah and Isaac for this marriage? While we do not have any record of their words, do you think their responses indicate this was true?

LESSONS TO LEARN

1. Take time to recount times in your life when God has clearly directed your decisions and answered your prayer for His guidance and protection. Give Him your praise.
2. Ask the Spirit of God to bring new opportunities or possibilities to your mind, let Him reassure you that as you step out in faith He will be with you to guide you step by step. He will be a "light to your path" – one day at a time.

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MOSES – A Man Who Prayed Through His Song

Lesson 3

"The LORD is my strength and my song. He has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him." Exodus 15: 2

FOOD FOR THOUGHT – What part does thanksgiving have in your prayers?

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." (M. Beattie) Do you find this to be true? Can you think of some examples from your own experience?

WORDS TO PONDER – There is a very interesting story about 10 lepers whom Jesus cleansed in Luke 17. "Only 1 of them came back to thank him - and he was a Samaritan." Jesus asked, "Were not all 10 cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?" Then he said to the 1 leper, "Rise and go, your faith has made you well." What would you say is the difference between *feeling thankful* and *choosing to verbalize it to another person*? Which one comes most readily or easily to you?

AN EXAMPLE TO FOLLOW – MOSES and MIRIAM

One of the most exciting moments in the book of Exodus is found in Chapter 14 – the Crossing of the Red Sea. Do you remember what happened? God had miraculously freed the Israelites from their bondage of 400 years in Egypt. They were on their way to the Promised Land when Pharaoh decided to bring them back. There were moments of terror and regret as they came up to the Red Sea with the Egyptians right behind them, but God knew exactly what He was going to do to save His people and to bring glory to Himself. Not only were Pharaoh's armies big and strong, but it was getting night and darkness was descending on them. It was clearly through the LORD's power and might that several thousand Israelites made it safely through on dry land and then watched as the Sea closed over and covered the Egyptian chariots and horsemen.

This is the first Psalm recorded in the Old Testament – a musical prayer of praise to the Lord.

READ EXODUS 14 - 15: 1 – 21

1. Make a list of all phrases that Moses used to express or describe God's character, His power and His care.
2. Why do you think Miriam, the prophetess, is included in this story? She and Aaron are Moses' siblings. There are other Old Testament women who are described as having this role in the Israelite community.
3. Moses' faith is commended in the New Testament in Hebrews 11: 23 – 29. Why did Moses listen & believe what God told him to do?

LESSONS TO LEARN -

1. As you look back on your life's journey, are there times when God intervened in your life to protect you? Have you ever felt like an "enemy" (temptation) was pursuing you and God came to your rescue? Has discouragement, disappointment, unexpected crisis, or loneliness ever made life so difficult for you that you were driven to your knees in prayer, asking Him to meet you and help you? What became your song at that time?
2. This would be a great time to write your own "song of thanksgiving", bringing your own praise to your God for victories He alone has given to you and for the ones He will continue to give you as you trust in Him.

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GIDEON – A Man with Both Faith and Fear

Lesson 4

"Gideon said to God, "Do not be angry with me. Let me make just one more request."

Judges 6: 39

FOOD FOR THOUGHT – "When the will of God is clear, to demand a sign is evidence of unwillingness to obey. When God's will is uncertain, but you are earnestly seeking to find it, God will make it clear to you." (Bruce Wilkinson, Daily Walk Bible, p. 287) Perhaps it is also true that "when the will of God is clear, to demand a sign is evidence of fear rather than faith." Are these 2 ideas related or similar? What would you say?

WORDS TO PONDER – Remember the story of Jesus in the boat with his disciples when a furious storm suddenly came up on the lake? (Matthew 8: 23 – 27) They knew that Jesus was right there with them and yet they pushed the panic button, didn't they? Jesus' response was simple – "You of little faith, why are you so afraid?" What alternative response could those disciples have had?

AN EXAMPLE TO FOLLOW - GIDEON

The book of Judges documents a period of about 350 years. In these years a cycle is repeated 7 times - sin and idolatry, God's discipline through foreign oppression, repentance, a God sent deliverer, and finally peace is restored. Again and again God faithfully manifested His grace and mercy to His covenant people. It is in one of these times of rebellion that God gave the children of Israel into the hands of the Midianites until they finally cried out to Him. Once again God came to their rescue through a man named Gideon. Would you agree that God's instructions and will were totally clear to Gideon at each turning point in the story?

READ JUDGES 6: 1 – 7: 21

1. Chapter 6 - Why did Gideon hesitate to believe God? What did God do to reassure him?
2. Why did Gideon want/need to "put out the fleece" in order to really trust God's plan for him? Was it weak faith, fear, or something else?
3. Why do you think Gideon is listed as a man of faith in Hebrews 11? What moved Gideon from a place of questions and doubt to a man of obedient action?
4. Do you find Gideon to be a role model for believers today? Why or why not?

LESSONS TO LEARN -

1. Would you say that "putting out a fleece" is a legitimate or helpful or risky way of discovering God's will? When you are asking the Lord for guidance and clarity, what do you find is helpful and wise?
2. As you wait quietly before the Lord, what are some of your questions? Is God opening up a new opportunity of service, hospitality, or ministry for you? What's holding you back? What would give you a sense of confidence and purpose? HE is waiting to hear from you!

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HANNAH – A Woman Who Pleaded with God

Lesson 5

"In bitterness of soul Hannah wept much and prayed to the Lord." I Samuel 1:10
"So in the course of time Hannah conceived and gave birth to a son." I Samuel 1:20

FOOD FOR THOUGHT – "Prayer is not overcoming God's reluctance. It is laying hold of His highest willingness." (Richard C. French - 1807-1886) How do you see God? Do the answers to your prayers depend on your words, your sincerity, your worth or your repetition? Why does God sometimes say "yes", at other times "no" and quite often "wait"?

WORDS TO PONDER – In the Sermon on the Mount, Jesus tells the people to "keep on asking, seeking and knocking" because those who do will receive and be welcomed – Matthew 6: 7 – 8). Just like a father gives good gifts to his children, "so much more your Father in heaven gives good gifts to those who ask Him". How could these words impact why and when you pray?

AN EXAMPLE TO FOLLOW – HANNAH

The stigma of childlessness during this period in history was one of the worst afflictions a Jewish woman could experience. While it should not surprise us that Hannah was deeply distressed, she also knew that there was a God to whom she could bring her requests and who would listen to them. Little did she know, however, that God's "delay" was all in His perfect timing because the son she and Elkanah would have would become a very important leader for the Israelites. As time went on, he became the last judge for the nation and eventually appointed Saul as its first king. God certainly heard her prayer!

READ I Samuel 1: 1 - 2: 11

1. What do you think Hannah knew and believed about God? About herself? Why do you think God "closed her womb" for that period of time? How did God provide for Hannah in her distress?
2. What do you think Hannah was thinking and feeling as the months passed and finally the time came for her to take Samuel to Eli and leave him there? (Samuel was probably about 3 when he was weaned.)
3. When Hannah took Samuel and gave him to the Lord, little did she know how God would use his life in very strategic ways. As you read over her prayer in Chapter 2 make a list of all of the attributes of God that Hannah expressed as she prayed. How do you think her attitude influenced her son's life?

READ I Samuel 2: 26 and Chapter 3 - Samuel's Response to God

Does this part of Samuel's story impact or change the way you view prayer? How?

LESSONS TO LEARN

Do you have prayer requests that weigh heavily upon your heart and soul? Make a list of them. Do you believe that God hears and cares? Where do you think God wants to move you in your willingness to wait patiently?

Psalms 27: 13 - 14

Psalms 62: 8

Psalms 56: 3 - 4

Philippians 4: 6 - 7

Psalms 57: 1 - 2

I Peter 5: 7

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DAVID – A Humble and Devoted King

Lesson 6

"Give thanks to the Lord, call on His name; Make known among the nations what He has done.
Sing to Him, sing praise to Him; Tell of all His wonderful acts." I Chronicles 16: 8 – 9

FOOD FOR THOUGHT - "Prayer is abandoning your place in the center of your world and daily surrendering that place to God alone as an act of heartfelt worship." (Paul Tripp) Would you agree that this is an easy concept to quote and a much more challenging concept to actually put into practice – day by day? What helps you move from pride to genuine humility?

WORDS TO PONDER – When the disciples asked Jesus to teach them to pray, He started out with worship, didn't He? "Our Father in heaven, hallowed be Your name". Immediately following that, His request was for "God's kingdom to come and His will to be done on earth as it is in heaven". In your intentional and quiet times of prayer, where do you begin? What helps you relinquish your control and your desires (as good as they may be) to the LORD Almighty, your Father, Redeemer, and Counselor?

AN EXAMPLE TO FOLLOW - DAVID

It was very important to King David to build a place for the Ark of the Lord in Jerusalem, the City of David. For too long the ark of the covenant had been in the hands of the enemies and then in a rural location. When it finally arrived and was set inside the tent, there was great rejoicing and offerings made to the Lord. Soon after that David went to Nathan, the prophet, to talk about his desire to build a permanent dwelling for the Lord in Jerusalem - the temple. When King David finds out the Lord has other plans for the building of the temple, he goes again to the Lord in prayer.

PRAYER #1 - READ I Chronicles 16

The Ark of the Covenant was the most important symbol of the Jewish faith. It was the only physical object that served to remind the people of God's presence and their faith. It had been built by Moses for the tabernacle and protected by the Israelites throughout their history - see Exodus 25 for details. David was thrilled to have it come to Jerusalem again – Ch. 15.

1. Notice all the ways that David pictures his God and the verbs that he uses (Give thanks, sing, glory, look to, etc.) This psalm of thanks is quoted in Psalms 96, 105 and 106.
2. Try inserting a personal pronoun into these verses. "I will give thanks. . . I will call on. . . I will sing and tell. . ." How does this change the depth and insight of David's words for you?

PRAYER #2 – READ I Chronicles 17 (Also in II Samuel 7)

1. What are some of the different reactions David could have had to the news that Nathan gave to him from the Lord. How did he respond? Look for clues in his prayer.
2. As David prayed, what do you think the Lord did for him? What was he able to say and believe and focus on? In your experience, does the Lord bring understanding to you through your times of prayer?

LESSONS TO LEARN

How would you describe your mood today? Very often we experience a wide variety of emotions even in the span of a few hours. The old hymn reminds us that whatever is on your mind and heart today, it is good to "take it to the Lord in prayer". Weak and heavy laden? He understands! Full of joy and expectancy? He wants that for you! Disappointed or discouraged? He is waiting to show You His tender mercy! At peace? It's His gift to you! TAKE IT ALL TO THE LORD IN PRAYER.

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JONAH – A Man On the Run

Lesson 7

"Those who cling to worthless idols forfeit the grace that could be theirs.

But I, with a song of thanksgiving, will sacrifice to you.

What I have vowed I will make good. Salvation comes from the Lord." Jonah 2: 8-9

FOOD FOR THOUGHT - "Prayer never begins with man; it begins with God! True prayer is never a man's plans which he brings to God for Him to bless. God is always the One Who proposes. Prayer enters in when God then enlists the partnership of man in carrying out His program. Unless we base our prayers on a promise, or a warning, or a conviction of God's will, we have no right to pray." (Ray Stedman) Have you thought about God's desire to *partner* with you to fulfill His purposes?

WORDS TO PONDER – Isn't it interesting that Jesus' final instructions to His disciples, according to Matthew, was to "Go and make disciples of all nations, baptizing . . .and teaching them to obey everything I have commanded you." Would you say that we (you, me, your church) are doing a poor, good, excellent job of this today? On what are you basing your answer? Take some time to think about your own willingness to participate in this call.

AN EXAMPLE TO FOLLOW?? – JONAH

It's a story about a rebellious prophet and a change of heart. Or maybe not! Jonah, who was born near Nazareth, was an Israelite, and was called by God to take a message from God to Ninevah. It was a large city in Assyria – east of Israel by 500 miles. He lived during the time of King Jeroboam II – 792 – 753 B.C. – before the Exile. You might call him "God's reluctant or hardhearted spokesman" or you could call him the "first missionary". It's difficult to understand why Jonah thought he could run away from God, isn't it? No doubt, he needed to learn some lessons the hard way. God, who is sovereign, patiently taught Jonah, and in the process accomplished His work in Ninevah. There is no question that from the beginning of time, God's love and compassion was to be extended to all people.

READ – The book of Jonah

1. Give each of the 4 chapters a title. Note when and why Jonah prays.
2. Why do you think Jonah made the decisions he did in Chap. 1? Why did the sailors take him seriously?
3. What impresses you about Jonah's prayer in Chapter 2? Why did God choose to spare his life?
4. As you read chapters 3 and 4, does it seem you that God blessed Jonah's message with great results *because of* his obedience or *in spite of* his attitude?
5. God's final interaction with Jonah is very revealing. How would you answer God's final question?

LESSONS TO LEARN

1. Jonah really did not want God to extend His compassion and mercy to the Assyrians – to "the enemy". How about you? How willing are you to cooperate with God to bring the message of His love to those who are different, repulsive, unfair, or in some way your enemy?
2. As you quietly listen to the Lord, where is He directing your thoughts, your heart and your will?

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DANIEL – A Devoted and Trustworthy Man

Lesson 8

"Praise be to the name of God for ever and ever; wisdom and power are His.
He changes times and seasons; He sets up kings and deposes them.
He gives wisdom to the wise and knowledge to the discerning." Daniel 2: 20 – 21

FOOD FOR THOUGHT – "The essence of prayer is the expression of our dependence on God through requests. If you want to walk in prayer all day long, you will need to linger in prayer in times of quiet communion with God. You can enjoy continual fellowship with God on the run if you have gone deep with God in the stillness of the season of prayer." (J. Piper)
Do you believe this is true? How do you find time for "lingering in quiet communion with God"?

WORDS TO PONDER – As you read Jesus' invitation to his followers, what would you say he means by the phrase, "Come unto Me, all you who are weary and burdened . . ."? What is His invitation to you? Read Matthew 11: 28 – 30.

AN EXAMPLE TO FOLLOW – DANIEL

Is there any greater example of dedication and integrity than Daniel? He was taken captive by the Babylonians and chosen to be one of a select group of young men who would be indoctrinated and brainwashed with their culture and goals. However, Daniel, and his 3 famous companions, chose to stand firm in their convictions and trusted God for the outcome throughout their entire lives. Daniel found favor with King Nebuchadnezzar, interpreting his dreams, and demonstrating God's power and sovereignty in all circumstances. As power passed from Babylonia to Media and finally to Persia, God continued to use him, not only as a leader under these Gentile rulers, but as a prophet. His prophecies are a foundation for understanding much of the prophetic ideas in the rest of Scripture – both Old and New Testament. "Dare to be a Daniel. Dare to stand alone. Dare to have a purpose firm. Dare to make it known."

PRAYER #1 Read - Daniel 1 - 2: 23

1. What are the reasons Daniel came to God? What does Daniel believe about God?
2. The end of Nebuchadnezzar's story is so amazing – Daniel 4: 28 – 37. What are your thoughts?

PRAYER #2 – READ - Daniel 9: 1 - 23

1. Repentance and forgiveness - How do you explain what Daniel believed about God's love and mercy? About his justice and his sovereignty?
2. What experiences in Daniel's life would have strengthened his convictions?

LESSONS TO LEARN

1. What experiences have you had that give you confidence in a great and awesome God? You might have not been in a real "lion's den" but as you look at your own story, how has God protected and blessed you?
2. What is God like in your mind? Find Daniel's descriptive words and use them as you pray to JEHOVAH today.

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NEHEMIAH – A Man With a Deep Longing

Lesson 9

"O Jehovah, God of heaven, the great and awesome God, . . . I confess the sins we Israelites, including myself and father's house, have committed against You. " Nehemiah 1: 5 - 6

FOOD FOR THOUGHT – "God loves to show the fullness of His grace in meeting the needs of humble, dependent – that is, praying – people, because it magnifies His riches and makes our joy." (John Piper) As you consider this, put it in terms of your own experience. What do you believe God's grace really is? How do you define and recognize it?

WORDS TO PONDER – When is the last time you heard a sermon or read a devotional about the subject of repentance? When Jesus sent His 12 disciples out to preach, do you know what their topic was? Take a look at Mark 6: 12. In your experience, what happens when you actually confess a sin and acknowledge your need of repentance – "to change your mind"? God has always been eager to forgive, to restore, to enable the one who comes to Him with a contrite heart – Psalm 51.

AN EXAMPLE TO FOLLOW – NEHEMIAH

The book of Ezra-Nehemiah tells of a very thrilling time in the history of God's chosen people. For decades they had been captives in Babylonia. When Persia defeated the Babylonians, some of the people returned to Jerusalem only to find it in ruins. Under the leadership of Zerubbabel and then Ezra both the temple and worship had been restored. When we meet Nehemiah, he is the cup-bearer for King Artaxerxes, but his heart longs for his people to know God and to be able to build up the city walls as a protection for the temple and the city. He knows that God alone is the One who can make this happen!

READ – Nehemiah 1 and 2

1. What did Nehemiah believe about God, about himself and what results does he expect?
2. How does prayer continue to be a part of Nehemiah's outlook and life?
3. Do you think opposition to this project surprised Nehemiah and his co-workers? Read Chapter 4: 1 – 20. How did they handle it? Where did they get their strength, energy and determination? Chapter 6: 15 – 16.

LESSONS TO LEARN

1. Observation was Nehemiah's first step. What are your concerns these days?
Are there "walls that need repair" - in your life, in your family relationships, with your neighbors or friends?
2. Mourning, fasting, praying before the God of heaven – what is your habit or practice or experience?
3. Action – Is there something that God is "putting in your heart to do"? Are you willing? Why or why not?

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AT THANKSGIVING - A Psalm by DAVID

Lesson 10

"I will exalt You, my God the King; I will praise Your name for ever and ever.
Every day I will praise you and extol Your name for ever and ever." Psalm 145: 1-2

FOOD FOR THOUGHT – "Praising and adoring God is the noblest part of the saint's work on earth, as it will be his chief employ in heaven." (B. Wilkinson) How do you cultivate an attitude of gratefulness to the Lord Jesus? Of contentment? Of joy? How easy is it for you to "speak in praise of His holy name?"

WORDS TO PONDER – Do you have a favorite hymn or praise song? This would be a great time to take a look at the words and to start singing. Sing a song of praise or worship first thing in the morning, at each meal, throughout the entire day and as you get ready to drift off to sleep. As the old song says, "It will brighten your road. It will lighten your load." It actually might become a helpful habit!

AN EXAMPLE TO FOLLOW – READ PSALM 145

The Psalms may be the greatest collection of songs, prayers, and poetry ever published. In them we find the deepest passions and emotions of mankind expressed – from joy to sorrow, despair to hope, fear to confidence, confusion to peace, along with heartfelt praise, thanksgiving and adoration to God. The various Psalms were written over a period of 1000 years. While David is the one who authored the majority of them, many other authors are also included.

Psalm 145 is both a wisdom Psalm and one of declarative praise. It is the last of 8 acrostic poems, meaning there is 1 verse for each letter of the Hebrew alphabet.

1. Read Psalm 145 out loud and slowly. Read it in a variety of translations. Copy it by hand or computer.
2. To through this Psalm and highlight all of the adjectives or descriptive phrases about God.
Ex. – gracious, full of compassion, etc.
3. Read verses 4 – 7 and verse 21. Did you learn to love and praise the LORD from past generations? Give God your thanks for those people. Are your children and grandchildren eager to know Him because of you? What do you do to intentionally make this happen?

CHALLENGES TO ACCEPT –

1. Write your own acrostic psalm of thanksgiving or praise. Can't do that? Then simply make a list of all the adjectives that you can think of for God starting with each letter of the alphabet.
A – awesome, almighty, able
B – benevolent, big

Get some help from your family or friends!

2. Choose one section of this Psalm to memorize. Post it on your bathroom mirror or refrigerator.