

## Personal Retreat Day

Moms, Tots and Beyond

February 4, 2016

### Summary of teaching:

- Psalm 139: God knows us intimately, and is all-seeing, all-present, all-creative, all-holy.
- Psalm 73: The wicked seem to lead a life of ease – without worry or suffering. What value is there in righteousness? The answer comes in entering the sanctuary of God. We see with His eternal perspective and find true rest in God alone – our refuge, the strength of our heart and our portion forever.
- Psalm 46: God is our refuge, a place of safety bigger than the shaking mountains, foaming sea, and tottering kingdoms in our life.
- Psalm 18: God hears us in our distress and responds with the fullness of righteous emotion. David reflects on his story and recounts God's faithfulness as our rescuer, saving us from "deep waters", from sin and death, and bringing us to His spacious, freeing love.

### Thoughts on how to approach the Psalms:

"The psalms... [are] written to be a course of prayed theology that helps you process every possible personal situation through the truth about God." (p. x).

"Most of all the psalms, read in light of the entire Bible, bring us to Jesus. The psalms were Jesus's songbook." (p. ix).

"We are, in a sense, to put [the Psalms] inside our own prayers, or perhaps to put our prayers inside of them, and approach God in that way" (p. viii).

(Tim and Kathy Keller, *Songs of Jesus: A Year of Daily Devotions in the Psalms*)

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### Retreat Guide

- Revisit a Psalm we have studied that resonated with you personally, or select a Psalm of your own choosing.
- Read the Psalm two times slowly.
- Ask the questions for meditation and write out your answers.
- Turn your meditation into prayer.

### Meditation

Where is the Psalmist at the beginning of the psalm and where is he at the end? What has made the difference?

What thoughts and emotions, memories and response did this psalm evoke in me?

How do I see God in the psalm? What does it reveal about me? the people in my life?

- Is there sin that it exposes? need that it answers? hope it offers? rebuke or reassurance?
- How does it bring Jesus into view?
- Can you imagine Jesus praying this? How does it deepen your understanding of it?

How can I pray this?

### Before you begin...

Often the *press of life* competes for our attention, making it difficult for us to concentrate on the Lord and His word. Spend some time writing down the cares and concerns of your mind. Ask the Holy Spirit to guide you as you read and pray through the Psalm.