

Make It Your Own:

Once you have read through this psalm and thoughtfully considered each prayer write out your own prayer. Consider including some (or all) of the following:

1. Read back through the assignment and identify the statements/sentences throughout that most comfort you. Maybe begin with, "Lord, as I read through this psalm and the accompanying prayers my heart was comforted by these phrases:
_____."
2. Which statements are challenging for you to accept? Why are these challenging? Write this out in your prayer.
3. What emotions were evoked as your read through the verses and prayers?
4. What functional beliefs about God might you embrace that make some aspects of this psalm challenging? Share these in your prayer. Include confessions and seek God's faithful forgiveness.

*This handout only covers the first seventeen verses of Psalm 139.