

GROW. PRAY. STUDY.
First United Methodist Church - Weekly Study Guide
"equipping people in becoming deeply committed Christians "

"ReCreation": God's Recreation - A Summer Journey Thru the Psalms (May 30-June 5)

Monday– READ Psalm 104

Hymns – The Hebrew title of the book of Psalms, Tehillim, actually means “hymns” or “songs of praise.” It is thought that many of these psalms were sung corporately as an act of worship, praising God for the gift of creation or for acts of love and faithfulness. In Psalm 104 what is the author of this hymn trying to convey? Notice verses 10-15, paying attention to how God provides plants, animals and people. How do you depend on creation and the resources of the natural world around us? Do you view this as God providing for you? Reflect on your plans for the next few months. Are you taking time to play, have fun, and to be outside? How might you open yourself up to re-creation in the coming weeks?

Other hymn psalms include: 8, 19, 33, 104, 145-50

Pray the Wesleyan Covenant Prayer

Tuesday– READ Psalm 93 & 95

Royal Psalms – The royal psalms are about extolling and bringing honor to Yahweh as King or to an earthly king that ruled as a representative for God. Some of these were liturgies composed for special royal celebrations such as coronations or weddings, see Psalm 45 as an example. Having read Psalm 93 & 95, in what ways is God like a royal ruler? Is God a tyrant? What does God’s leadership as a shepherd (Psalm 23; 95:7; John 10:11) teach us about how we should approach roles of power and leadership? (Other royal psalms include: 18, 21, 29, 47, 72, 101)

Pray the Wesleyan Covenant Prayer

Wednesday– READ Psalm 22 & Psalm 90

Lament Psalms – The lament psalms are prayers for God’s help in the midst of hurt, grief, or despair. These prayers were prayed both by individuals and on behalf of the community as a whole. Many of the prayers have a tone of desperation as they plead for God’s help, but they also have a tone of hope and confidence in God’s faithfulness. Psalm 22 is the lament of an individual. Do you ever feel forsaken or that God is far from helping you? These are words that we hear Jesus saying in Mark 15:34; it is appropriate to take our prayers and pleas to God when we are in difficult situations. Psalm 90 is another example of a lament Psalm. How is this lament psalm different? If you were to write a lament psalm on behalf of our country or our world today, what might you include? What would be your word of hope and faith in God in the midst of the plea? (Other lament psalms include: 17, 44, 51, 58, 83, 120, 129, 139)

Pray the Wesleyan Covenant Prayer

Thursday– READ Psalm 1 & 112

Wisdom Psalms – These psalms have a similar message to that of the book of Proverbs; they address the contrasting lifestyles of the wicked and the righteous. They also lift up the fear of the Lord and the practice of following instruction, specifically the Torah or the Law. What Psalm 1 and Psalm 112 do teach us? Read Proverbs 3: 13- 18. How are these messages similar? What is the wisdom suggested in these readings regarding what truly matters in life? Reflect on what you are created to be as a person made in God’s image. Are you pursuing the life of the righteous? Celebrate the ways that you are doing this. In reflection upon the ways you find yourself broken, foolish, or falling short, pray for God’s ongoing re-creation in your life. (Other wisdom psalms include: 36, 49, 73, 78, 127, 128)

Pray the Wesleyan Covenant Prayer

Friday– READ Psalm 118

Songs of Thanksgiving – Many of these psalms express gratitude to God for a response to a specific situation. The psalms can be songs of praise to God, and you will find that the words in many of the songs we sing in worship are rooted in the Psalter text (see Psalm 107 for example). The songs of thanksgiving were generally sung by one person before those gathered to worship as a testimony of God’s help and deliverance. Reflect on a situation in your life about which you could say, “Out of my distress I called on the LORD; and the LORD answered me” (Psalm 118:5). Give thanks to God for this situation. How does the act of giving thanks to God re-create us in healthy ways? (Other songs of thanksgiving include: 18, 34, 65-67, 107, 116, 136)

Pray the Wesleyan Covenant Prayer

Saturday READ Matthew 11:28-30, Psalms 84:1-4;10-12

Today you will be reading the passage we will use in worship tomorrow. Pray that God will open your heart and prepare you for a powerful worship experience as we come together tomorrow as the body of Christ.

I invite you to pray the following prayer:

Dear God,

As I read this passage today help me do so with an open heart, sincerely listening for your voice in my life. Use this passage to prepare me for worship tomorrow. As I read it help me to set aside my own agenda and my own desires so that I may come to worship tomorrow prepared to be molded by you as I continue my journey to becoming a deeply committed disciple of yours. In Christ’s name I pray, AMEN

Here at FUMC we believe part of becoming a Deeply Committed Christians is praying daily. If you find yourself struggling with what to say, we suggest you try praying Wesley's Covenant Prayer.

A Covenant Prayer in the Wesleyan Tradition

I am no longer my own, but thine.
Put me to what thou wilt, rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed by thee or laid aside for thee,
exalted for thee or brought low by thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things to thy pleasure and disposal.
And now, O glorious and blessed God, Father, Son, and Holy Spirit
thou art mine, and I am thine. So be it.
And the covenant which I have made on earth,
let it be ratified in heaven. AMEN