

Daily Spiritual Practice: Monday, July 6: *Live, Love, Share...Generously*



READING AND WRITING THE PSALMS

PURPOSE:

To help people prayerfully express their deepest thoughts and feelings by modeling the Psalms.

PROCESS:

The Psalms express human emotions of joy, praise, anger, fear, grief, and love. Choose one of the Psalms provided, or find another that you are drawn to. Offer a prayer for guidance and read the Psalm slowly two or three times.

What images or insights come as you read? How does this Psalm draw you in to God's generosity? How does such generosity call you deeper into your own discipleship?

After ample time for reflecting, write a short psalm in your journal or on a piece of paper. Create an honest "psalm prayer" expressing the emotions you are feeling today and ways that you feel called to be generous. Offer your psalm to God in trust and hope.

PSALM EXAMPLE: Psalm 19- *God's Glory in Creation and the Law*

- 1 The heavens are telling the glory of God
and the firmament proclaims his handiwork*
- 2 Day to day pours forth speech, and night declares knowledge*
- 3 There is no speech, nor are there words;
their voice is not heard;*
- 4 yet their voice goes out through all the earth,
and their words to the end of the world
In the heavens he has set a tent for the sun,*
- 5 which comes out like a bridegroom from his wedding canopy;
and like a strong man runs its course with joy*
- 6 Its rising is from the end of the heavens, and its circuit to the end of them;
and nothing is hid from its heat...*

Other Psalms to consider: 21, 23, 28, 30, 32, 33, 40, 61, 62, 63, 65, 66, 78, 84, 87 (use provided bibles)