

DAY 9

Today's Date: _____

Begin by listening to the audio recording.

Pray and ask the Lord to speak to your heart about these verses.

Read Psalm 40:11-12

Read this entire Psalm in the NLT (New Living Translation). (17 verses)

David is the psalmist. As you read what he penned, don't you get the sense of being privy to someone's deepest thoughts, hopes, and pain? Reading through the book of Psalms is akin to reading someone's journal. When I'm struggling I tend to turn first to the Psalms because in there I always find verses that express exactly what I'm feeling, and remind me of truth in the midst of my pain. I love the honesty and intimacy of the Psalms. It makes me feel heard and understood.

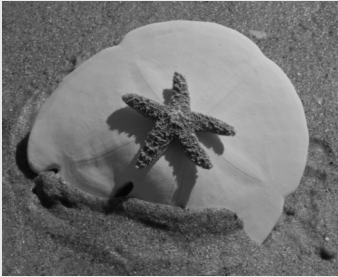
Try writing your own psalm following a similar pattern as David wrote Psalm 40. I'll guide you through the process. It can be as short or as long as you desire. The only requirement is that it be from your heart.

Verses 1-5: David's focus—Acknowledging and praising the Lord

Verses 6-8: David's focus—What he's learned

Verses 9-10: David's focus—How he stood

Verses 11-12: David's focus—What's happened/happening, what he's requesting of God



DAY 13

Today's Date: _____

Begin by listening to the audio recording.

Pray and ask the Lord to speak to your heart about these verses.

Read Philippians 4:14

Besides Philippians 4:14, I encourage you to also read Hebrews 10:33, and Romans 12:15

On Day 4 we saw how the devil prowls around like a lion looking for someone to devour. For a lion to get close enough to its prey to bring it down, he must first isolate the animal away from the rest of the herd. *So then, is it any surprise that you feel alone in the midst of adversity?* As a matter of fact, any time you look around and it feels like you're standing by yourself—look out!

1. You may have been walking in your own strength, according to your own way, not noticing how far off track you've gotten until you're positioned far away from others who could stand with you.
2. You may have experienced hurts and now feel you can't trust people with your innermost heart. So you deliberately stopped letting people in, leaving you feeling unknown, invisible, and alone. You tell yourself you don't care. You're fine—just you and God.
3. God may have blocked some relationships that were not in your best interest, or perhaps even a stumbling block. He may be trying to get your attention so you will get things in proper priority with Him first. (Satan will try to use this situation to his advantage!)
4. Satan may be trying to pull blinders over your eyes, whispering lies, preventing you from reaching out and calling for help when you need others to stand with you. "See nobody is there, nobody cares. If you were a better person/not such an idiot/a stronger Christian, etc. you wouldn't have these problems. If people really knew what's going on they would think less of you. Even God has abandoned you. "

If you have a couple of dear friends who know you and love you—warts and all, thank the Lord for them. If not, ask Him to open your eyes to what's going on, and guide you to those whom He would like you develop godly friendships with. We need each other!
