



23

A N D • M E

WEEK 7

“My cup runs over...”

A STUDY OF THE 23RD PSALM

- CURRENT SERMON SERIES -

MORNING

READ | Psalm 23

As you read the length of this Psalm, what imagery is most striking? Allow yourself to settle into the word/passage where you feel most naturally drawn, and stay there. As you notice your attention drifting elsewhere, gently bring yourself back to the word/passage in the Psalm.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

TUESDAY//

JULY 27TH

MORNING

READ | Psalm 23:5

You prepare a table for me in the presence of my enemies...

- Psalm 23:5

Where do you most experience “enemies” these days – internally or externally? Take time to name them and release them in the presence of God.

EVENING

REVIEW: Look back on your day with God. What was your experience of love (of harmony) with God, with yourself, with others?

Notes: _____

MORNING

READ | Psalm 23:5

"You anoint my head with oil..."

- Psalm 23:5

What are you anointed with? What is the significance of this anointing taking place in the presence of your enemies?

EVENING

REVIEW: Make yourself aware of God's presence. With God, look back on your day. What are you grateful for?

THURSDAY// JULY 29TH

MORNING

READ | Psalm 23:5

"My cup runs over..."

- Psalm 23:5

What is your "cup?" What does it run over with? What would you desire it to run over with? In other words, what content do you suppose would give you a sense of contentment?

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

READ | Psalm 37:11

But the meek shall inherit the land, and delight themselves in abundant prosperity.

- Psalm 37:11

What does it require to remain meek?

EVENING

REVIEW: In the presence of God, consider: who was encouraged by my presence today?

Notes: _____

SATURDAY// JULY 31ST

MORNING

READ | Matthew 5:5

"Blessed are the meek: for they shall inherit the earth..."

— Matthew 5:5

What in these words surprises you? What encourages you?
How might this principle be put into practice in your life today?

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

SUNDAY//

AUGUST 1ST

MORNING

Look back at all the verses, prayers and meditations this week. Spend some additional time with whatever was most helpful.

EVENING

COMMIT: Spend time with someone you love. Call them on the phone, take them out to dinner, just relax with them.

Notes: _____



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