

Devotional for
“Praying Honestly”
Sunday, October 7, 2018

During your prayer and meditation time, using any Bible you choose, contemplate Psalm 32 and consider how the Psalmist’s feelings may be like your own.

Then, consider these questions:

- ❖ In which aspects of my life am I avoiding, denying, hiding, or pretending to escape a truth?
 - List all which apply.

- ❖ As I consider my list, what am I doing to avoid or ignore (bypass) my feelings?
 - List all which apply.

- ❖ As I consider my list, where in my body do I feel this as aches, pain, stress, tension, and/or tightness?
 - List all the places.

- ❖ When I consider the joy of the Psalm, what can I do right now to interrupt my silence, forgive myself and others, and heal my body so I am free to experience more joy in my life?
 - List as many actions as apply.

Give yourself as much time and space as you need to contemplate the text, to consider your feelings, and to allow new ways of being to unfold.