

Week Two
Conversations with God

THE PSALMS



INTRODUCTION

Each week the daily Scripture readings will come from different areas of Scripture. This Conversations with God page will give a brief introduction to the readings along with insights for cultivating authentic conversations with God.

READ

Central in Scripture is a deeply passionate collection of writings: the Psalms. The Psalms were in large part written by David, and David is not shy with his heart. These writings are often poetic, but they are not purified. Many refer to them as David's journal. We read of struggle and hardship, victory and joy.

We begin with the Psalms because they offer a rich example of conversing with God from our hearts. As you read them, listen for your own heart, your own struggle, and your own joys. See if you can join into the particular psalm you're reading and make it a starting place for your own conversation with God. It's not uncommon for a psalm to chronicle the working out of the writer's own struggle. The psalm may begin with the writer's frustration and move slowly toward worship.

As you read each psalm, consider not just the content but the artistic expression. There's power in a carefully chosen word or a well-crafted phrase. You'll read this differently than you would read a biography, a news article, or even a novel. With poetry, you experience rich metaphors, figurative language, and poignant emotional expression. In short, you read for inspiration more than you do for information.

MEMORIZE

It's not uncommon for a book or spiritual exercise to suggest a few passages of Scripture to memorize at the end of a chapter. Commonly, though, the suggestion is disregarded. We turn the page convinced the verses are a mere suggestion and not important to our reason for reading the book or doing the exercise, and oftentimes, this is true. Such is not the case with *Morph*. Scripture memory is critical to this experience. This may or may not make sense now, but as you move through this experience, if you truly engage this discipline, you will see the great returns on your investment of time and energy to truly memorize these brief passages.

The Scripture cards included with *Morph* make this exercise simple. Take note of the review system on the back of each card. If it's not helpful to you, feel free to ignore it, but as you have more passages committed to memory, this simple review system will keep previous passages from falling off your radar.

This week's memory verses:

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And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him (Hebrews 11:6).

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart (Hebrews 4:12).

MEDITATE

Among other things, the Psalms model two important suggestions for cultivating authentic conversations with God: 1) Pour out your heart, 2) Consider journaling.

Your heart

In Scripture, we are told to “*Cast all your anxiety on him because he cares for you*” (1 Peter 5:7). What are you worried about? What has you fearful? What did you discover about your desires in the Heartstorming exercise that might inform your conversation with God? Mechanical prayers lack heart and passion. Follow the psalmist’s lead and pour out your heart to God.

Journaling

You may not be the writing type, but the writing type is not needed for journaling. Journaling need not be the writing of lengthy entries in a leather-bound notebook. Rather, pick up an inexpensive journal and begin by limiting yourself to a single page. What’s on your heart? What’s on your mind? What do you hear God saying to you through the passage you read or memorized, and how are you wrestling with that? There is no magic formula. God simply wants to hear from you. If, after journaling for a while, you find it doesn’t work for you, then scrap it. But many will find this a powerful exercise.

Most important, you are encouraged to make your meditations with God highly personalized. Talk to God. Listen to God. What is on your heart and mind? What is on God’s heart and mind? Resist the urge to simply check the box and move on. Rather, carry the conversation with God through your day, and listen for his voice as you go.

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