

Spiritual Barometer

How Is My Soul Focused?

1. Answer the questions.
2. Read the Psalm.
3. Consider how David might respond to the question by looking at the corresponding verses.
4. What does this tell you about your soul's focus?

Questions for the Journey

Psalms 143

To whom do you usually cry? (v. 1, 6)

[1] LORD, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

Whom do you fear, seek to please, or serve?
(v. 2, 10, 12)

[2] Do not bring your servant into judgment, for no one living is righteous before you.

[3] The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

[4] So my spirit grows faint within me; my heart within me is dismayed.

Who/Where does your mind tend to dwell? (v. 5)

[5] I remember the days of long ago; I meditate on all your works and consider what your hands have done.

[6] I spread out my hands to you; my soul thirsts for you like a parched land.

Who/what is it you seek? (v. 6, 7, 10)

[7] Answer me quickly, O LORD; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

Who/Where are you inclined to place your trust?
(v. 8)

[8] Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

Who/Where do you typically take refuge? (v. 9)

[9] Rescue me from my enemies, O LORD, for I hide myself in you.

[10] Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Lessons Learned:

[11] For your name's sake, O LORD, preserve my life; in your righteousness, bring me out of trouble.

[12] In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.