

# MESSAGE

STANDALONE MESSAGE | PSALMS 136, 13, 51, 63, 86, 150 | DECEMBER 28/29, 2019  
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## **Spiritual Practices for a New Year from the Psalms:**

- Thanksgiving - Psalm 136
- Lament - Psalm 13
- Repentance (Confession & Turning Away) - Psalm 51
- Focus on God - Psalm 63
- An Undivided Heart - Psalm 86
- Praise - Psalm 150

## **Looking Back:**

- What am I most thankful for from the past year (5-10 items)?
- How have I most seen God at work in me or around me this past year (3-7 items)?
- Who am I closest to in my life and how has that proved true this past year (2-3 items)?
- In what ways am I experiencing a lack of resolution from this past year in my personal life, my relationships, my endeavors, or my life with God (2-3 items)?
- What must I confess to God or repent over from this past year (2-3 items)?

*Gather all these responses up in prayer before God, concluding with the Lord's Prayer.*

## **Looking Ahead:**

- What am I most looking forward to in this coming year (5-10 items)?
- What do I sense are my greatest desires or needs for growth with God this year (2-3 items)?  
What are the practical means by which I will pursue that growth daily, weekly, or monthly?
- Who do I want to become this new year?
- What must I let go of in order to grow in this way (2-3 items)?
- What must I grab ahold of in order to grow in this way (2-3 items)?
- How are my relationships helping or hindering my growth with God or my development as a person (2-3 items)?
- What relationships must I prioritize and how will I practically do this daily, weekly, and monthly in this coming year?
- In what ways do I sense God is inviting me to serve Him by serving others this year (3-7 items)?
- How will I do that practically on a daily, weekly, or monthly basis?

*Gather these responses up in prayer before God, trusting His providence for your life, relinquishing control of your life, and yielding your will actively to the Holy Spirit for strengthening. Conclude with the Lord's Prayer.*