

Psalm 22

Tuesday Study Notes and Questions

As I read through this Psalm, I noticed that David's words start out in verses 1-2 with a very honest heart's cry of feeling alone. Again, in verses 12-18, David admits that he is emotionally feeling like he is at the end of his rope. As David openly expresses his thoughts to God, he is careful to transition his thinking by not purposely dwelling further on his feelings, but on the one true God who is the theme of his praise. As I read these verses, I wondered if David was tempted to go down a path of complaining, but then paused, and intentionally turned his thinking towards God. What a beautiful example for us to follow!

As you wait on God, does it sometimes feel as though He has forgotten about you, and feels far off? During stressful times, days of being weary, periods in our life where we feel emotionally drained or simply alone, it is so easy to let our emotions drive our thinking patterns. If we dwell on the why God has allowed us to have certain circumstances in our lives, or why He hasn't changed our situation, we can transport our thinking to unhappiness and insecurity. When we do this, we become very vulnerable to stop trusting God. If we focus on what we don't have at the present time, and what we would rather have, we can find ourselves lost in a world of discontent.

Our thoughts are powerful and need our navigation. When we allow them to run rampant in negative directions, focusing on things that lead us away from God's perspective, our thoughts can lead us to places of resentment, hurt, destruction, discontent, misery, and stress....all places we do not want to be.

Just like David transitioned his thoughts to praising God, we must do the same. Developing an attitude of gratitude keeps us connected to the reality of God's presence throughout our day. By doing this, our thoughts are navigated down a path where God is glorified, and we know peace.

One of the things that I need to practice each and every day is to be intentional about praising God as I go through my day. I have come to find that I need to express my thanks to God as I get ready for my day... as I work...as I run errands...pick up messes around the house... do the laundry...handle all the unexpected interruptions... face a difficult situation... fix dinner...search for that misplaced item... clean the house that sometimes feels as if it is continual! If I am not careful, it is really easy for me to do these things with a complaining attitude.

Read Philippians 2:14. What does it say? _____

The Lord has taught me, when I am tempted to complain about having to do something, or when the negative thoughts creep into my mind, to transition my thinking by looking for how I can praise Him in that moment.

When I have to be up for work at 5:30 in the morning, and it's hard to get out of bed, to purposely think about the benefits I have as a result of the job that God has given to me and be thankful. When I am tempted to complain about doing the laundry, I praise God for the clothes we have to wear, and the convenience of my large front load washer and dryer. When I am upset at the unexpected interruption, I praise God for the opportunity to serve Him with meeting someone else's need, or the opportunity to rely on Him to show me how to handle the circumstance.

The Lord is also teaching me to count the ways that He shows Himself faithful to me each day even in the small, seemingly mundane ways. Let me share with you some of those ways:

- "Thank you Lord for keeping my daughter safe as she drove back to school last night."
- "Thank you for helping me to find that item on sale!"
- "Thank you for that coffee break with my friend...for our laughter and joy!"
- "Thank you for the rest and quiet I had this afternoon."
- "Thank you for helping to ease my headache."
- "Thank you for the opportunity I had today to organize that drawer."

Application:

- How is your attitude lately? Do you find it easy to complain?
- Do you look for ways throughout the day to praise God, even in the mundane things?
- Consider beginning your quiet time each day with a time of Thanksgiving. Think back to the ways you saw His faithfulness the day before and record them in a journal.
- As you go through your day, thank Him for your current circumstances.
- When you feel the urge to complain, or complaining words have come out of your mouth, stop and consider how you can praise God for that situation. Transition your thinking.
- (Add your application) _____
