

PRAY EVERY DAY May 21, 2023 Resource

Praying the Psalms: Psalm 43:5 (NRSV)

Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall praise him,
my help and my God.

Praying the Psalms: Psalm 55:22 (NRSV)

Cast your burden on the LORD,
and he will sustain you;
he will never permit
the righteous to be moved.

The Bible in a Year with KUMC

This plan is available at KUMC and on the church website. This plan can be started at any time.

Small Group or personal study

- What was your furthest moment from God this week?
- What was your closest moment to God this week?
- Where do you need hope in your life?
- Where does our community need hope?
- The source of hope in the Bible is in God. Read the three Bible passages below and look for ways that God brings hope.
 - Read Psalm 23 and note hope in God who is with us, leads us, and gives life in all situations—even the shadow of death and when surrounded by enemies.
 - Matthew 6:25-34 and note hope because of God's knowing what we need and God's love for us. For what does Jesus direct us to exchange our worries?
 - Read Romans 8 and note hope because of what Jesus Christ has done, how the Holy Spirit helps us, what God has destined us for, and nothing can separate us from the love of God.
- Cast your cares on God today in prayer.

Spend time in silence

Prayer for others and yourself

The Lord's Prayer

Share the Love of Jesus because It's All about Relationships

How will you or how did you share the love of Jesus with neighbor today with no strings attached?

Charge from Joshua 1:9 (NRSV)

"I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go."