



Study Guide | Week 4 | June 24-30, 2018

Wonder, Adoration, and Praise- Psalm 8

"I give thanks, my thoughts still circle about myself to some extent. But in praise my soul ascends to self-forgetting adoration, seeing and praising only the majesty and power of God, His grace and redemption"
- Ole Hallesby

This week we will use Biblical Imagination as we look at Psalm 8. Ignatius believed that God speaks to us using not just our intellect but also our imaginations, thoughts, and memories. This method invites you to allow your imagination to engage as you meditate on the Psalm. Visualize what you read as if watching a movie. Let God lead your thoughts and speak to your imagination. We encourage you to use this method with others.

- Take a posture that allows for contemplative focus and freedom
- Slowly and purposefully, using expression, read the Psalm aloud
- Pause for 2 minutes and allow for your imagination to engage.
- Share or write down your initial impressions
- Repeat this process two more times.
- Wrap up by praying for God to help you with what He has shown you. Share with others what you discovered.

(Adapted from Missio Dei Chicago "Selah: Psalms" series)

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Daily Devotions - *Psalms of Wonder, Adoration, and Praise*

Monday: **Psalm 19**

Tuesday: **Psalm 66**

Wednesday: **Psalm 103**

Thursday: **Psalm 104**

Friday: **Psalm 111**

Saturday: **Psalm 139**
