



AUGUST

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FOLLOWING  
GOD'S  
GUIDANCE  
AND WISDOM

AUGUST 3–9

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## A BRIGHT LAMP

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### PSALM 119

Oh, how I love your law!  
I meditate on it all day long.  
Your commands are always with me  
and make me wiser than my enemies.  
I have more insight than all my teachers,  
for I meditate on your statutes.  
I have more understanding than the elders,  
for I obey your precepts.  
I have kept my feet from every evil path  
so that I might obey your word.  
I have not departed from your laws,  
for you yourself have taught me.  
How sweet are your words to my taste,  
sweeter than honey to my mouth!  
I gain understanding from your precepts;  
therefore I hate every wrong path.

Your word is a lamp for my feet,  
a light on my path.  
I have taken an oath and confirmed it,  
that I will follow your righteous laws.

(vv. 97–106)

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DAILY DWELL

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**“Your word is a lamp for my feet,  
a light on my path.”** Psalm 119:105



## NOTES

## REFLECTION QUESTIONS

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1. How does Psalm 119 challenge and inspire you to embrace a teachable spirit? What promises are offered to those who meditate on God's Word?
2. The Psalmist declares, "Your word is a lamp for my feet" (v. 105). How does allowing God's Word to guide you lead to new life and transformation?
3. How can you dwell more deeply with God's Word this week? In what ways can a structured approach to learning and living within Scripture enhance your love for it?
4. Reflect on our focus verses this week and select a phrase that resonates with a prayer in your life. What significance does this phrase hold for you, and how can you allow God's Word to teach you in practical ways this week?

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AUGUST 10–16

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## A HEART'S DESIRE

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### PSALM 37

Do not fret because of those who are evil  
or be envious of those who do wrong;  
for like the grass they will soon wither,  
like green plants they will soon die away.

Trust in the LORD and do good;  
dwell in the land and enjoy safe pasture.  
Take delight in the LORD,  
and he will give you the desires of your heart.

Commit your way to the LORD;  
trust in him and he will do this:  
He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.

(vv. 1-6)

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DAILY DWELL

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**“Take delight in the LORD, and he will  
give you the desires of your heart.”** Psalm 37:4



## NOTES

## REFLECTION QUESTIONS

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1. What does it mean to truly desire something? What are your personal desires for yourself and for your loved ones?
2. David asserts that things rooted in envy and evil will fade away (vv. 1-2). Do you agree? Why do the things we envy or desire feel so significant in the moment?
3. How does trusting in God enable us to place our desires in his hands? In what ways does God shape and refine our desires?
4. The Psalm encourages us to “Commit your way to the LORD” (v. 5). How can you commit your plans to God and find delight in him this week? What insights can you gain by focusing on him?

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AUGUST 17–23

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## A DEEP SLEEP

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### PSALM 127

Unless the LORD builds the house,  
the builders labor in vain.

Unless the LORD watches over the city,  
the guards stand watch in vain.

In vain you rise early  
and stay up late,  
toiling for food to eat —  
for he grants sleep to those he loves.

Children are a heritage from the LORD,  
offspring a reward from him.

Like arrows in the hands of a warrior  
are children born in one's youth.

Blessed is the man  
whose quiver is full of them.

They will not be put to shame  
when they contend with their opponents in court.

(vv. 1-5)

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#### DAILY DWELL

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“Unless the LORD builds the house, the builders  
labor in vain. Unless the LORD watches over the  
city, the guards stand watch in vain.” Psalm 127:1

## NOTES



## REFLECTION QUESTIONS

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1. What invitation does this Psalm extend to us regarding our lives and priorities?
2. How does Psalm 127 challenge your understanding of success and security in life? In what ways can you invite God to be the foundation in your pursuits, whether in your family, work, or community?
3. What does it mean to you that children are described as a heritage from the Lord? How can this perspective influence the way you view relationships and responsibilities within your community?
4. What practical ways can you slow down and spend intentional time with God? How can this time help you invite God to build your life?

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AUGUST 24–30

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## A FOREVER PORTION

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### PSALM 73

When my heart was grieved  
and my spirit embittered,  
I was senseless and ignorant;  
I was a brute beast before you.

Yet I am always with you;  
you hold me by my right hand.  
You guide me with your counsel,  
and afterward you will take me into glory.  
Whom have I in heaven but you?  
And earth has nothing I desire besides you.  
My flesh and my heart may fail,  
but God is the strength of my heart  
and my portion forever.

Those who are far from you will perish;  
you destroy all who are unfaithful to you.  
But as for me, it is good to be near God.  
I have made the Sovereign LORD my refuge;  
I will tell of all your deeds.

(vv. 21-28)

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#### DAILY DWELL

**“My flesh and my heart may fail, but God is the  
strength of my heart and my portion forever.”**

Psalm 73:26



## NOTES

## REFLECTION QUESTIONS

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1. Psalm 73 encourages us to bring all our emotions to God. What insights or healing might you gain by inviting him into your struggles and feelings?
2. The Psalmist refers to God as “my portion forever” (v. 26). How does recognizing God’s constant presence in your life inspire you to remember his eternal love and guidance?
3. How does this Psalm help you understand the relationship between God’s strength and your internal inheritance as his child? In what ways can this understanding provide you with hope and resilience in challenging times?
4. In what ways can you allow God to be the strength of your heart? Are there aspects of your life where you rely on something other than him? What would it look like to replace those with a deeper trust in Christ?

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AUGUST 31–SEPTEMBER 6

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## A LOVING EYE

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### PSALM 32

For day and night  
your hand was heavy on me;  
my strength was sapped  
as in the heat of summer.

Then I acknowledged my sin to you  
and did not cover up my iniquity.  
I said, "I will confess  
my transgressions to the LORD."  
And you forgave  
the guilt of my sin.

Therefore let all the faithful pray to you  
while you may be found;  
surely the rising of the mighty waters  
will not reach them.  
You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.

I will instruct you and teach you in the way  
you should go;  
I will counsel you with my loving eye on you.

(vv. 4-8)

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#### DAILY DWELL

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**"You are my hiding place; you will protect  
me from trouble and surround me with songs  
of deliverance."** Psalm 32:7

## NOTES

## QUESTIONS

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1. What or who do you identify as your hiding place and refuge? How can you cultivate a deeper trust in God as your true sanctuary?
2. How does the idea of confessing your struggles and finding forgiveness in God inspire you to be more open and honest in your relationship with him? What steps can you take this week to embrace this freedom?
3. David declares that God always watches over us with love. How does this truth resonate with you? What practices can help you stay mindful of his constant presence?
4. Is there something specific you need God to rescue you from this week? How can understanding the importance of dwelling in his presence lead you toward that rescue?

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