

OCTOBER

gracious

HEALING
OUR BROKENNESS

OCTOBER 5–11

AWARE

PSALM 36

I have a message from God in my heart
concerning the sinfulness of the wicked:
There is no fear of God before their eyes.

In their own eyes they flatter themselves
too much to detect or hate their sin.
The words of their mouths are wicked and deceitful;
they fail to act wisely or do good.
Even on their beds they plot evil;
they commit themselves to a sinful course
and do not reject what is wrong.

Your love, Lord, reaches to the heavens,
your faithfulness to the skies.
Your righteousness is like the highest mountains,
your justice like the great deep.
You, Lord, preserve both people and animals.
How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house;
you give them drink from your river of delights.
For with you is the fountain of life;
in your light we see light.

Continue your love to those who know you,
your righteousness to the upright in heart.

(vv. 1-10)

DAILY DWELL

**“In their own eyes they flatter themselves
too much to detect or hate their sin.”** Psalm 36:2

NOTES

REFLECTION QUESTIONS

1. In a world where it's often easier to spot others' flaws than our own, how do you personally navigate this tendency? Do you recognize it as a struggle in your own life, and if so, how might you cultivate greater self-awareness?
2. Is there someone in your life who lovingly challenges you to recognize your need for God and your reliance on him? How do their insights impact your spiritual journey?
3. Psalm 36 highlights the contrast between the wicked and the faithful. How does recognizing this distinction impact your understanding of righteousness and your choices in daily life? In what ways can you strive to embody the qualities of those who trust in God's steadfast love?
4. Psalm 36 beautifully declares that the Lord's love "reaches to the heavens" and his faithfulness "to the skies" for those who know him and are upright in heart (vv. 5-10). How does this assurance encourage you to embrace your dependence on God's goodness in your daily life?



OCTOBER 12-18

ADMIT

PSALM 51

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.

Wash away all my iniquity
and cleanse me from my sin.

For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
Surely I was sinful at birth,
sinful from the time my mother conceived me.
Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.

Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins
and blot out all my iniquity.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Then I will teach transgressors your ways,
so that sinners will turn back to you.
Deliver me from the guilt of bloodshed, O God,
you who are God my Savior,
and my tongue will sing of your righteousness.
Open my lips, Lord,
and my mouth will declare your praise.
You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.
My sacrifice, O God, is a broken spirit;
a broken and contrite heart
you, God, will not despise.

(vv. 1-17)

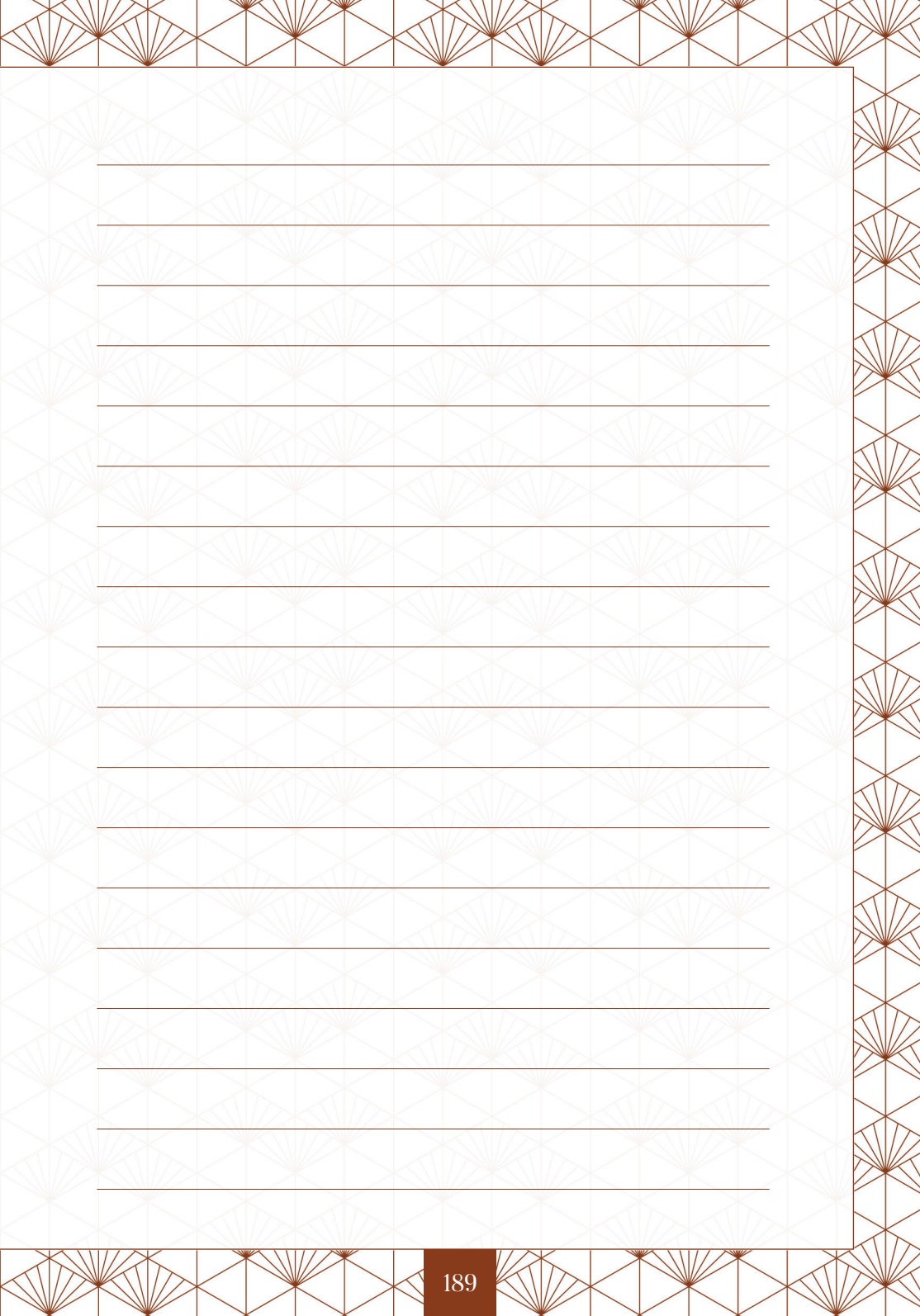
DAILY DWELL

**“Create in me a pure heart, O God,
and renew a steadfast spirit within me.”** Psalm 51:10

NOTES

REFLECTION QUESTIONS

1. David declares, "For I know my transgressions, and my sin is always before me" (v. 3). Reflect on this statement for a moment: what sins do you feel compelled to acknowledge before God?
2. How do you feel when it comes to admitting your shortcomings to God? What barriers make this process challenging for you? Is confession a regular part of your spiritual practice, and if not, what steps might you take to incorporate it?
3. In this Psalm, David expresses a profound fear of being cast away from God's presence and losing the Holy Spirit. As you confront your own transgressions, what fears arise for you? How does Scripture address those fears, and what comfort can you find in those truths?
4. Does remembering the joy of your salvation motivate you to walk the narrow path of discipleship? In what ways does this joy influence your daily choices and relationship with God? Why might it be significant for you?



OCTOBER 19–25

TRUST

PSALM 31

In you, Lord, I have taken refuge;
let me never be put to shame;
deliver me in your righteousness.
Turn your ear to me,
come quickly to my rescue;
be my rock of refuge,
a strong fortress to save me.
Since you are my rock and my fortress,
for the sake of your name lead and guide me.
Keep me free from the trap that is set for me,
for you are my refuge.
Into your hands I commit my spirit;
deliver me, Lord, my faithful God.

I hate those who cling to worthless idols;
as for me, I trust in the Lord.
I will be glad and rejoice in your love,
for you saw my affliction
and knew the anguish of my soul.
You have not given me into the hands of the enemy
but have set my feet in a spacious place.

Be merciful to me, Lord, for I am in distress;
my eyes grow weak with sorrow,
my soul and body with grief.
My life is consumed by anguish
and my years by groaning;
my strength fails because of my affliction,
and my bones grow weak.
Because of all my enemies,
I am the utter contempt of my neighbors
and an object of dread to my closest friends —

those who see me on the street flee from me.
I am forgotten as though I were dead;
I have become like broken pottery.
For I hear many whispering,
"Terror on every side!"
They conspire against me
and plot to take my life.

But I trust in you, Lord;
I say, "You are my God."
My times are in your hands;
deliver me from the hands of my enemies,
from those who pursue me.
Let your face shine on your servant;
save me in your unfailing love.

(vv. 1-16)

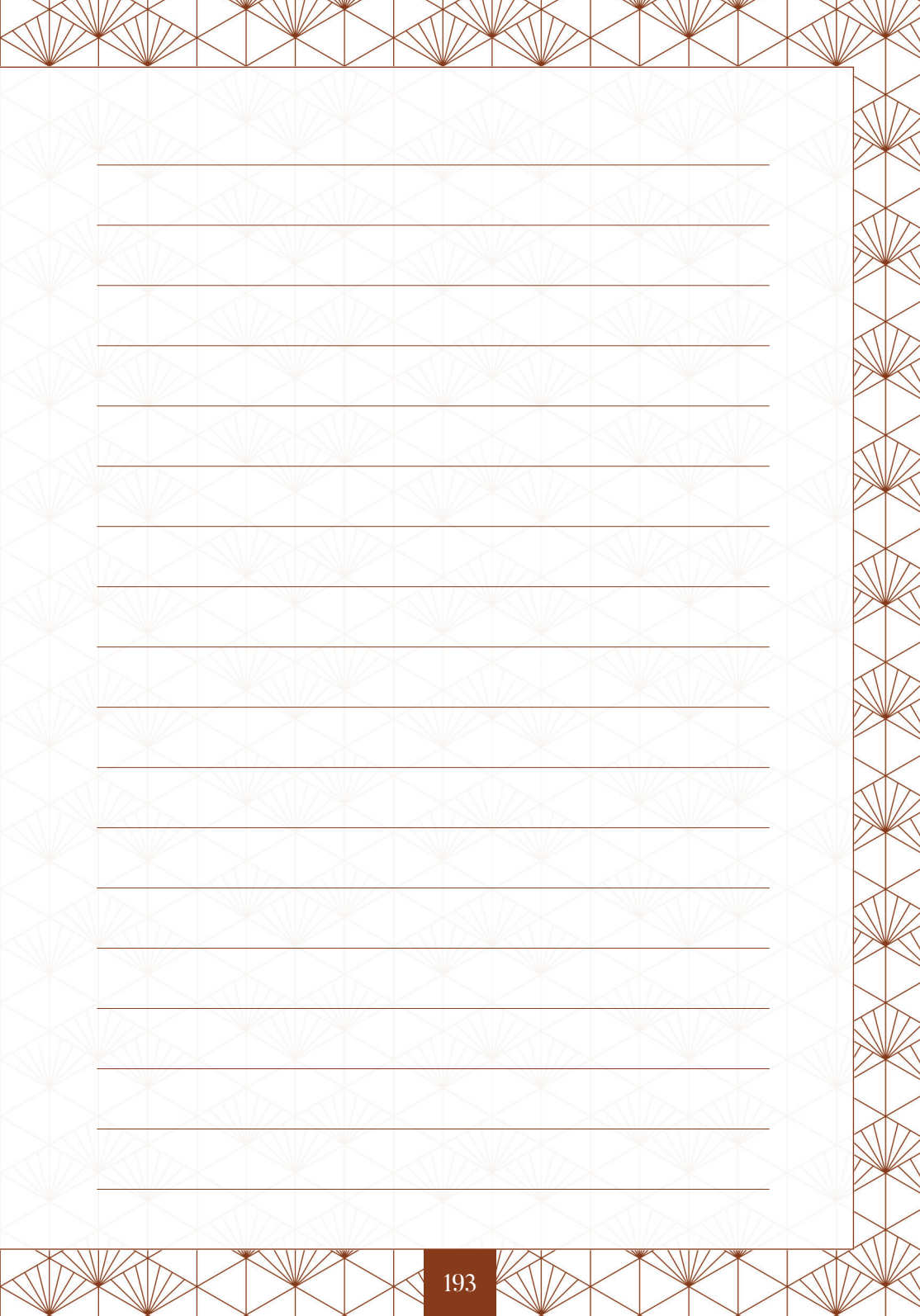
DAILY DWELL

**"Into your hands I commit my spirit; deliver me,
LORD, my faithful God."** Psalm 31:5

NOTES

REFLECTION QUESTIONS

1. What people, systems, or places do you rely on daily for support? What qualities or experiences lead you to trust them? What does it mean to place your trust in something, and how does that impact your sense of security?
2. David cries out, “come quickly to my rescue” (v. 2). How deeply do you trust that God will respond to your needs in times of trouble? What might hinder you from fully believing in his ability to rescue you?
3. David consistently reflects on God’s past acts of salvation, recalling how he has been rescued from his enemies and how his people have experienced deliverance. How can you incorporate similar practices into your life to remember the good that God has done for you? In what ways does this act of remembrance strengthen your trust in God’s promises?
4. How does acknowledging your own vulnerabilities open the door for you to experience God’s protection and strength? What steps can you take to lean into God during times of uncertainty or fear?



OCTOBER 26–NOVEMBER 1

REMEMBER

PSALM 103

Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits —
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.

The Lord works righteousness
and justice for all the oppressed.

He made known his ways to Moses,
his deeds to the people of Israel:
The Lord is compassionate and gracious,
slow to anger, abounding in love.
He will not always accuse,
nor will he harbor his anger forever;
he does not treat us as our sins deserve
or repay us according to our iniquities.
For as high as the heavens are above the earth,
so great is his love for those who fear him;
as far as the east is from the west,
so far has he removed our transgressions from us.

As a father has compassion on his children,
so the Lord has compassion on those who fear him;
for he knows how we are formed,
he remembers that we are dust.
The life of mortals is like grass,

they flourish like a flower of the field;
the wind blows over it and it is gone,
and its place remembers it no more.
But from everlasting to everlasting
the Lord's love is with those who fear him,
and his righteousness with their children's children —
with those who keep his covenant
and remember to obey his precepts.

The Lord has established his throne in heaven,
and his kingdom rules over all.

Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.
Praise the Lord, all his heavenly hosts,
you his servants who do his will.
Praise the Lord, all his works
everywhere in his dominion.

Praise the Lord, my soul.

(vv. 1-22)

DAILY DWELL

**“as far as the east is from the west,
so far has he removed our transgressions from us.
As a father has compassion on his children, so the LORD
has compassion on those who fear him.”** Psalm 103:12-13

NOTES

REFLECTION QUESTIONS

1. What blessings and abundance can you thank God for this week? Take a moment to reflect on specific ways he has provided for and protected you. Consider writing a prayer of thanksgiving to express your gratitude for his goodness in your life.
2. Who do you love most in the world? Describe the depth of that love. Is it pure and unconditional? Reflect on how God's love surpasses even that profound connection. How does recognizing the depth of his love influence your response to him and your understanding of love itself?
3. Psalm 103 highlights God's compassion and mercy. In moments when you've felt overwhelmed or unworthy, how can you remind yourself of his grace? What can you learn about God's character from this Psalm?
4. We are to bless the Lord with everything in us. What does it mean for you to bless God in your daily life? How can you actively express your worship and gratitude beyond just words?
