



Time in the Chair
the week of **June 5-10**

DAY ONE: Revealed Through His Word Read Psalm 19:7-9

God not only reveals himself through the world he's created Psalm 19:1-6, he also reveals himself through his Word. After reflecting on the created world, and what it tells us about God, David turns to Scripture and how God reveals himself on the written page. In the space of these three verses, God's Word and what it accomplishes overwhelm David.

Using multiple synonyms of God's Word ("law of the Lord," "statutes of the Lord," "decrees of the Lord"), this king of Israel proclaims its benefits: "refreshing the soul," "making wise the simple," "giving joy to the heart."

David knew that life is heavy and difficult. His own experiences tell us this. It's very possible, on those evenings when life weighed him down—and maybe even as he gazed at God's creation—he took a scroll of Scripture and started to read. As he did, he would've been reminded of these truths.

Today, do the same thing—take your Bible and slowly read through this powerful psalm. Take your time as you allow God to speak to you words of encouragement, wisdom, and joy.

DAY TWO: God's Word Read Psalm 119:9-16

Read the passage and then choose **one verse** that seems important to you and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

Then talk to God about what you read/learned and respond appropriately to it. Take a few minutes to begin memorizing the verse you chose and review it throughout the week.

DAY THREE: Following Him Read Psalm 119:33-40

Many times we want to be become “like Jesus” without actually following him. We want discipleship to happen on our own terms so we can be in control. This is exactly why The Chair (having a Quiet Time) is so important—and not just for the purpose of spending time alone (though this can be helpful) or silencing the noise (although silence is equally refreshing). Jesus’ time of silence and being alone was direction-setting and mission-clarifying. It should be for us too.

Instead of organizing our life around activity for or about God, The Chair helps us address the internal motivations hindering us from a life of trust and submitting to God’s ways. The purpose of The Chair is to help us hear what God is saying as we seek direction regarding where to spend our time and energy. Here, we determine to turn away from the things keeping us from becoming like Jesus and step toward the leadings of his Holy Spirit.

Today, as you welcome God into your day, include time to talk with him. As you reread Psalm 119:33-40, pray each verse back to God with your own words. Stop to think about what God might want you to remember throughout the day.

DAY FOUR: God’s Word Read Psalm 119:97-104

Read the passage and then choose **one verse** that seems important to you and answer the questions that apply:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

Then talk to God about what you read/learned and respond appropriately to it.