

**Monday: Psalm 130:1-131:3. Consider:** What is your attitude when you come to God to pray and read the Bible? Are you rushed, dutiful, relaxed, loving, self-focussed, or worshipful? The attitude shown in Psalm 130:5 is a good one to cultivate!

**Tuesday: Psalm 139:1-24. Reflect:** When you focus on God's knowledge of you, expressed in this Psalm, how do you feel? What does it motivate you to pray, and how does David's prayer in verses 23 & 24 reveal his awareness of his own limitations?

**Wednesday: Proverbs 15:1-9. Think:** What do the opening verses of this chapter teach you about the way you should speak? Do any of these principles apply to your current circumstances and relationships?

**Thursday: Proverbs 16:10-20. Pray:** There are principles here that apply to our society, and those who govern? Pray that the UK will be a nation "established through righteousness" (v12) and for the new Government to "take pleasure in honesty" (v 13)

**Friday: Proverbs 17:1-17. Reflect:** Read these verses again, pausing after each one. Which one resonates most with you today? Is there something to pray about or apply or take to heart as a result?

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