



GROUNDED

**My Lord, my God, show me your heart. Ground me in your presence.
Draw me near and hold me close.**

- DAY 1 **1 SAMUEL 8:4-22**
What things in this world most often tempt you to turn away from God?
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- DAY 2 **1 SAMUEL 9:1-27; 10:1, 17-24**
When have you rejected God or his ways in order to pursue something that was popular or worldly?
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- DAY 3 **1 SAMUEL 15:1-29**
Why is obedience to God's word and ways important?
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- DAY 4 **1 SAMUEL 16:1-23**
What areas of your own heart seem misaligned with God?
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- DAY 5 **1 SAMUEL 17:26-53**
What do you see in David that motivated him to defeat Goliath?
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- DAY 6 **1 SAMUEL 18:1-16**
What was at the heart of Saul's jealousy toward David?
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- DAY 7 **1 SAMUEL 18:17-29**
Based on Saul's actions and statements in this passage, what words would you use to describe the state of his heart?
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- DAY 8 **PSALM 59**
What does it mean for God to be your strength during times of trouble?
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- DAY 9 **1 SAMUEL 19:1-18**
How have you acted in a way that may have led others to lie or engage in unkind or sinful conduct?
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- DAY 10 **1 SAMUEL 20:1-23**
Who were the people God blessed you with in painful or difficult seasons of your life?
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- DAY 11 **1 SAMUEL 20:24-42**
What emotions must Jonathan have experienced as he sat with his father at the table, knowing the man would likely ask about David's whereabouts?
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- DAY 12 **1 SAMUEL 23:7-29**
Where do you see God's presence and intervention in this passage?
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- DAY 13 **1 SAMUEL 24:1-22**
What spiritual practices-prayer, reading and reflecting on Bible passages, worship, or others- help you grow in your devotion to and trust in God?
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- DAY 14 **2 SAMUEL 1:17-27**
Where have you experienced God's faithfulness to his promises?
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- DAY 15 **2 SAMUEL 2:1-7; 5:1-16**
How do you seek to determine God's will and guidance for your life?





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- DAY 16 **2 SAMUEL 7:1-17**
What has God uniquely called you to be and do?
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- DAY 17 **PSALM 89:1-18,28-37**
What does it mean to you that God is faithful to his promises?
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- DAY 18 **2 SAMUEL 11:1-27**
What is the greatest temptation you face and what kinds of decisions make you more likely to give in to it?
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- DAY 19 **2 SAMUEL 12:1-25**
When have you suffered the consequences of your own wrongdoing?
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- DAY 20 **PSALM 51**
Based on this passage, what must you do to receive God's forgiveness?
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- DAY 21 **2 SAMUEL 15:1-18**
What did Absalom do to slowly gain followers and turn people against David?
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- DAY 22 **2 SAMUEL 15:23-37**
What situation in your life do you need to release to God's care and ask him, as David did, to do whatever seems good to him?
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- DAY 23 **2 SAMUEL 16:15-23;17:1-16**
Why did Absalom respond to Hushai's pledge of loyalty as he did?
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- DAY 24 **PSALM 3**
What spiritual practices can help you build your faith during seasons of calm in order to prepare you for times of unrest?
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- DAY 25 **2 SAMUEL 18:14-53**
When have you used, or have been tempted to use, the power you had over someone else to get what you wanted?
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- DAY 26 **2 SAMUEL 16:5-14**
How did you feel when you have been insulted or criticized and how did you respond?
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- DAY 27 **2 SAMUEL 19:9-23**
What is the difference between withholding vengeance in the face of wrongdoing and forgiving a person for their wrongdoing?
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- DAY 28 **2 SAMUEL 22:1-37**
What promise in David's song of thanksgiving do you need to remember and hold onto?
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- DAY 29 **1 KINGS 2:1-12**
When have you strayed from God's ways and how did you experience his faithfulness during that time?
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- DAY 30 **PSALM 103**
What does a heart for God look like in your particular circumstance?

