



# RESHAPED

Here's my heart, Lord. Speak what is true.

Here's my life, Lord. Speak what is true.

- DAY 1 **PSALM 1**  
*What emotions and thoughts occupy your mind and heart the most during a typical day?*
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- DAY 2 **PSALM 2**  
*What is your typical reaction when you learn of an injustice carried out by your government?*
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- DAY 3 **PSALM 4**  
*What one step can you begin to take to release your biggest worry to God's care and provision?*
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- DAY 4 **PSALM 7:1-9**  
*In what circumstances are you tempted to believe that the false accusations that plague your thoughts are true?*
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- DAY 5 **PSALM 11**  
*What do you sense God is seeking to show you about who he is in the middle of the threats you are currently facing?*
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- DAY 6 **PSALM 14**  
*In what area of your life have you all but said, "There is no God," with your actions and attitudes?*
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- DAY 7 **PSALM 16**  
*In what ways do you cope with fear and anxiety today?*
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- DAY 8 **PSALM 18:1-24**  
*Is there something going on in your life that seems too big or too hard for you to handle but about which you haven't yet prayed?*
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- DAY 9 **PSALM 20:1-5**  
*How might you adapt the words of this psalm to be a blessing over someone in your life?*
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- DAY 10 **PSALM 21:1-7**  
*Where do you see God's goodness to you over the past six months?*
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- DAY 11 **PSALM 23**  
*In what area of your life have you wandered away from the shepherd, refusing his guidance and rest?*
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- DAY 12 **PSALM 25**  
*How have you imagined God responding to you in the midst of your failures to follow his ways?*
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- DAY 13 **PSALM 26**  
*What does it mean that God loves you unfailingly?*
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- DAY 14 **PSALM 29**  
*In what area of your life do you need to acknowledge God's power and ability to bring strength and peace?*
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- DAY 15 **PSALM 32**  
*What keeps you from confessing your wrongdoing to God?*





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- PSALM 33:4-11**  
DAY 16 *Reflect on the most significant relational upheaval you've experienced in your life. How does that experience fit into God's plans to restore and redeem all things?*
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- PSALM 34**  
DAY 17 *Are there certain people with whom you tend to gossip or speak ill of others more than you would otherwise?*
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- PSALM 37:1-24**  
DAY 18 *When you see injustice in the world, what is your typical reaction (sorrow, anger, compassion, etc)?*
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- PSALM 40:1-10**  
DAY 19 *How have you seen God act in your life over the past month and what was your response?*
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- PSALM 41:1-12**  
DAY 20 *How might you learn from and seek to understand those who have substantially less?*
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- PSALM 42**  
DAY 21 *What kind of experiences or circumstances tend to hijack your emotions?*
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- PSALM 46**  
DAY 22 *What events, tragedies and disasters in the world make you afraid for your family, the world or the future?*
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- PSALM 49:12-20**  
DAY 23 *What practices tend to build your trust in God and your ability to find your security in him instead of in things such as money and possessions?*
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- PSALM 51**  
DAY 24 *According to this psalm, what things does God give us when we come to him with a contrite heart?*
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- PSALM 56**  
DAY 25 *What are the fears that keep from fully experiencing God's presence?*
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- PSALM 57**  
DAY 26 *What helps you notice God's presence and fingerprints throughout your day (being in nature, praying, being quiet, serving others, slowing down, worshipping)?*
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- PSALM 62**  
DAY 27 *What aspect of God's character do you need to be reminded of consistently?*
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- PSALM 63**  
DAY 28 *When you long for God's presence but can't feel it, what thoughts go through your mind?*
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- PSALM 66**  
DAY 29 *What experience have you had recently that makes you in awe of God's greatness and love for you?*
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- PSALM 67**  
DAY 30 *What blessings has God given you that you shared with others?*





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DAY 31 **PSALM 73:21-26**  
*What circumstances, relationships, and activities tend to turn your heart toward bitterness?*

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DAY 32 **PSALM 77**  
*How has God shown himself to you when you went through a valley and found yourself unanchored, desperate, or groaning?*

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DAY 33 **PSALM 84**  
*When do you feel a sense of longing for God's presence?*

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DAY 34 **PSALM 86**  
*What changes would you need to make to allow yourself to fully partner with God's attempts to give you an undivided heart, centered in his purposes and equipped to be a light in the world?*

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DAY 35 **PSALM 88**  
*How do you hold on to hope and make it through seasons of darkness?*

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DAY 36 **PSALM 96**  
*What things and people absorb your thoughts and heart more than God (your job, money, family)?*

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DAY 37 **PSALM 100**  
*What emotions do you feel when you read and receive the truth that you are God's?*

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DAY 38 **PSALM 104**  
*What part of creation most represents God's power and majesty for you?*

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DAY 39 **PSALM 105:1-8**  
*If a friend were to ask you how to love God, what practical counsel would you give?*

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DAY 40 **PSALM 111**  
*Who comes to mind when you think of wisdom? What characteristics does that person have?*

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DAY 41 **PSALM 112**  
*When you give of your money, time, or energy, what do you feel you are sacrificing?*

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DAY 42 **PSALM 115**  
*What are your idols? Why do you think your heart tends to attach to whatever you identified?*

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DAY 43 **PSALM 116**  
*What is one thing you could do to create a little more rest in your life?*

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DAY 44 **PSALM 119:65-80**  
*Which of God's commands are hardest for you to follow and why?*

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DAY 45 **PSALM 121**  
*Who has God used in your life to bring help in difficult circumstances?*





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- DAY 46 **PSALM 130**  
*What are you currently waiting on God for and how does it feel to be waiting?*
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- DAY 47 **PSALM 133**  
*Where there is division in your own life, what step do you need to take to foster unity?*
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- DAY 48 **PSALM 138**  
*What experience or practice has helped form a spirit of humility in you?*
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- DAY 49 **PSALM 139**  
*How have you seen God act in your life over the past month and what was your response?*
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- DAY 50 **PSALM 141**  
*Reflect on the last time you were under very stressful circumstances. How would an objective person have experienced your words and actions during that time?*
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- DAY 51 **PSALM 145**  
*What characteristics of God listed in this psalm are you most grateful for today?*
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- DAY 52 **PSALM 146**  
*What does it look like to place your trust and hope in god alone?*
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- DAY 53 **PSALM 147**  
*What would it look like to turn over the hurting parts of your heart to God for healing??*
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- DAY 54 **PSALM 150**  
*What has God changed, transformed, or healed in your heart as you've read through the Psalms?*
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