

David was called a man after God's own heart: he blew it bad, but always came back to God. And he is responsible for many of our psalms that give us language for our prayers and journey of faith. In Psalm 143 David is not in a good place and is needing to see his life from God's perspective.

1. Read Psalm 143 slowly through three times (once out loud). Choose the verse or phrase that seems to be drawing your attention most. Write down or share why you are drawn to it.
2. **Bigger View:** David begins by simply naming his circumstances. Reread 143:1-4. He is crying out with the reality of his pain. We can be totally honest with God and others. This can help us realize that we are in one chapter of a much bigger story. David said his heart was dismayed. If you had to write out how your heart was in this season, what would you say? *My heart is...*
3. **Rear View:** In order to see our way forward, we sometimes have to look backward. The Israelites piled stones to remember--when they forgot, they lost their way. Sometimes you may think, "I don't want to look back; it's too painful." But you recognize more of the story when you look back. What was it that God did in your pain or through your pain? (David did this in verses 5-6.) How has God taught you and/or come through for you in your past pain?
4. **Present View:** Verses 7-10 are such an honest dialogue with God for it is filled with weakness, humility, trust and willingness to follow. What stands out to you as you review David's words? What relates to your life? Which ones do you need to verbalize to God in order to stand in your present circumstances?
5. **Higher View:** The psalm ends with verses 11-12. What do the phrases, "For your name's sake.." and "...for I am your servant" tell us about David's intentions? Which of these might you choose to own in order to right your perspective on your life? Why one over the other?
6. **Prayer:** *LORD my God, help me to gain your perspective as I move forward into my days.*