

21 Days *in the Psalms*

Read today's Psalm in full and then spend some time answering these questions.

What emotions are present in the Psalm?

- Anger**
- Anxiety**
- Delight**
- Fear**
- Gratitude**
- Grief**
- Hope**
- Joy**
- Longing**
- Love**
- Optimism**
- Peace**
- Remorse**
- Sorrow**
- Sympathy**
- Other** _____

What does the Psalm say about the Psalmist's circumstances?

How does the Psalmist describe himself?

What requests are made of God?

What instructions are given to the reader?

How is God addressed and/ or described?

What situation in my life does this Psalm call to mind?