

Psalm 86

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does David describe God in this prayer, and what does he ask for?

2. What does it show me about people — and about myself?

What do you most need to ask God for in your own situation?

3. What will I obey this week? (a concrete step, with a day)

Where is your heart divided that you could ask God to make it whole this week?

4. Who will I tell?

Who could you point to God's goodness and mercy?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, you are good and forgiving, abounding in love. Teach me your way, and give me an undivided heart to fear your name.
