

# SEASONS CHANGE

## 4-WEEK READING/PRAYER PLAN

Sometimes we may feel like our prayer life flows freely and vibrantly. Other times, we struggle to focus or find the words. The Psalms have been not just a hymn book, but a prayer book for God's people for millennia. They give us borrowed words to authentically offer to God in our own voice, and give us permission and language for bringing every part of our life before God through every season of life we inevitably face.

This series will walk through the very real seasons we experience in life – seasons of orientation (life is working great!), disorientation (things are painful and unraveling), and new orientation (I now have renewed hope and reason to praise). What brings us from orientation to disorientation is the experience of suffering, and what brings us from disorientation to new orientation is the experience of surprise – when God intervenes, orchestrates, or shows us a new perspective that changes everything.

The following plan is structured accordingly. The goal is to experience and pray through the whole emotional arc each week. In ordinary life, while we may go from orientation to disorientation in a heartbeat, the journey from there to new orientation could take days, weeks, months, or even years. But this intentional practice will help shape us into people who learn to expect and experience changing seasons throughout our lives of faith. Through it all, we bring the good, the bad, the ugly, and everything in between to God in prayer.

I invite you to pray this prayer as you begin this journey:

*"Oh Lord, give me courage to bring every part of who I am to you in prayer, and grace to seek your very presence above answers in every season. May these borrowed words be transformed into prayers from my own heart, offered in faith, hope, and love. Amen."*

Blessings,



Pastor Quinn Tirrel

|               |                | Orientation    | Suffering      | Disorientation | Surprise         | New Orientation  |
|---------------|----------------|----------------|----------------|----------------|------------------|------------------|
| <b>Week 1</b> | // Oct 4 - 10  | Psalms 1 - 2   | Psalms 22 - 31 | Psalms 44 - 53 | Psalms 30 - 43   | Psalms 92 - 100  |
| <b>Week 2</b> | // Oct 11 - 17 | Psalms 8 - 9   | Psalms 5 - 6   | Psalms 74 - 83 | Psalms 34 - 40   | Psalms 103 - 110 |
| <b>Week 3</b> | // Oct 18 - 24 | Psalms 37 - 43 | Psalms 10 - 19 | Psalms 79 - 88 | Psalms 40 - 46   | Psalms 138 - 145 |
| <b>Week 4</b> | // Oct 25 - 31 | Psalms 16 - 21 | Psalms 69 - 78 | Psalms 88 - 91 | Psalms 116 - 124 | Psalms 145 - 150 |

