

Orientation

“Thriving”

- Psalms of praise and victory.
- Psalms of gratitude.
- Psalms that celebrate God’s presence and peace.
- The Torah is celebrated and the God of creation is praised.
- Psalms 1, 8, 23, 24, 33, 37, 104, 119, 133, 145

Disorientation

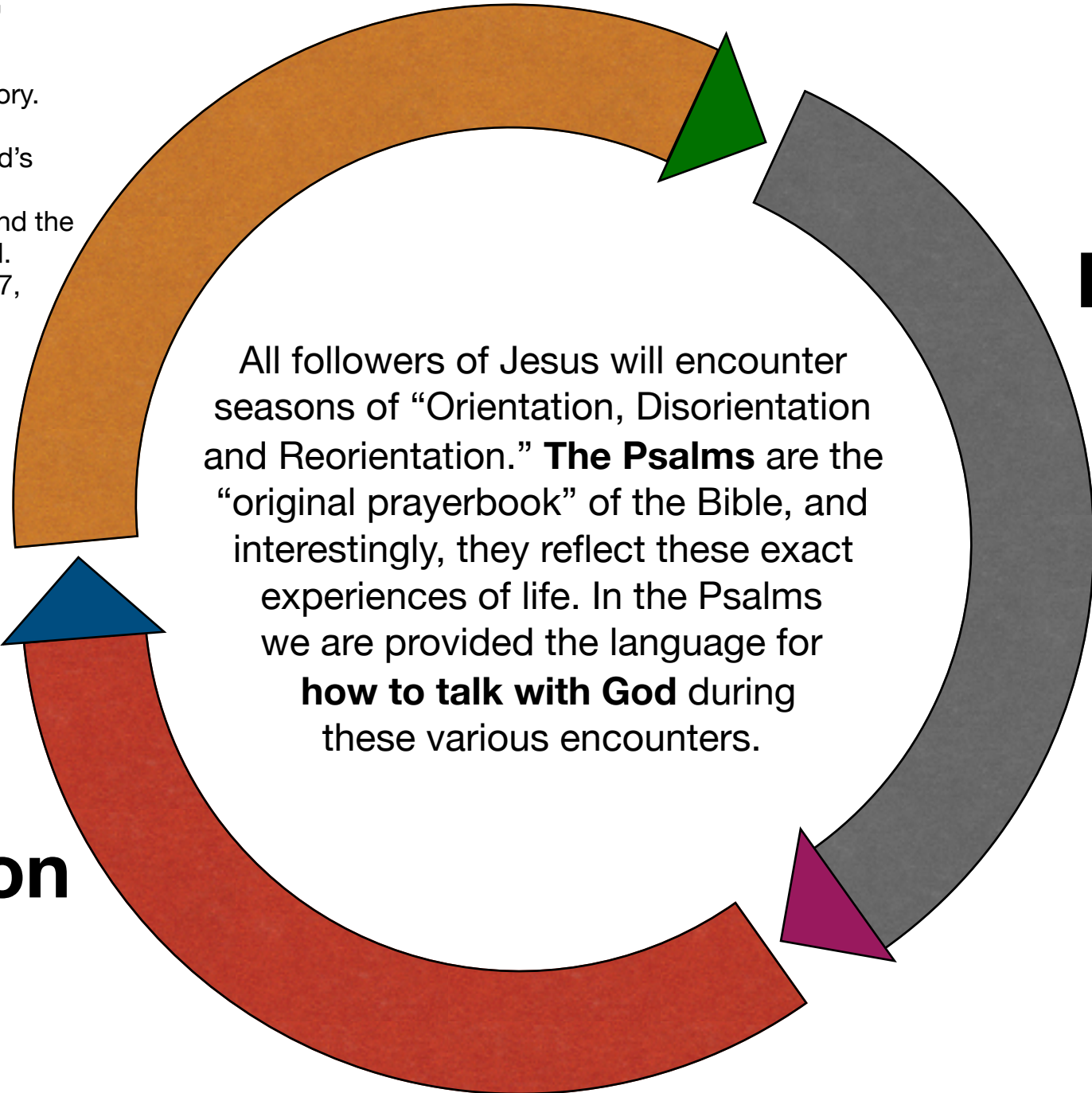
“Surviving”

- Psalms of lament and dislocation
- The reaction of God’s people when the world around them is broken.
- Psalms that reflect the pain of a people engaging with their God in world-shattering circumstances.
- Psalms that complain and ask hard questions of God.
- “Pits” and “Enemies” are frequently mentioned.
- Psalms 13, 22, 35, 74, 86, 88, 95, 137

Reorientation

“Reviving”

- Psalms of recovery.
- They express the experience of coming out of the pits of life.
- Disorientation is now past and the singer praises God for salvation.
- These Psalms are deeper versions of the orientation Psalms.
- Psalm 29, 40, 47, 51, 73, 93, 97, 98, 99, 114, 118, 148



All followers of Jesus will encounter seasons of “Orientation, Disorientation and Reorientation.” **The Psalms** are the “original prayerbook” of the Bible, and interestingly, they reflect these exact experiences of life. In the Psalms we are provided the language for **how to talk with God** during these various encounters.