

# Our tests and triumphs

## Read: Psalm 26

Memorization Verse 2: “Test me Lord, and Try me (KJV “prove me,”) examine my heart and my mind.

**Workout:** 5 miles and share amongst your group common stretches you have used in the past.

## Reflection and background:

-Authorship of the 26<sup>th</sup> Psalm is uncertain though it is widely attributed to King David. We do, however, know the circumstances and Psalms 2-41 were composed while being attacked.

-Note verse 1: “Lord, say that I always walk with you, say that I never stop trusting the Lord.” It is important to remember when challenged that God is with us, not against us, in our trials.

-Psalms are poetic and linguistically artful prayers, do we pray with the same effort and uniqueness?

-Compare to Matt. 4:7, “do not put the Lord your God to the test.”

-Ego drives us to prove ourselves to others; faith is much deeper and cannot be driven by ego. We should never try to prove our faith to others, but grow closer to God in humility.

## Reaction:

1. Have you ever been pushed to the limits, to a point of which you thought that you were going to have to give up? Share the experience and what it taught you with your group.
2. Why do you think that we seem to need to constantly test ourselves and push limitations of the world? Are we testing ourselves or testing God? Reflect on Matt. 4:7

## Quotes for reflection:

Mother Teresa: “I know God will not give me anything I cannot handle. I just wish he didn’t trust me so much.”

Rainer Maria Rilke: “Make your ego porous. Will is of little importance, complaining is nothing.”

Chogyam Trungpa: “Enlightenment is ego’s ultimate disappointment”

