

# Vertical Habits

*Scripture Passage*  
*Psalm 25*



# Vertical Habits

*Reflecting on and refining our regularly repeated patterns of conversation with God.*



# Vertical Habits

*Hello*

*I love you*

*I'm sorry*

*Thank you*

*What can I do?*

*Help*

*I'm listening*

*Bless you*



# Help

## *Take a childlike posture* *Trust-expectation sandwich*

<sup>1</sup> In you, LORD my God,  
I put my trust.

<sup>22</sup> Deliver Israel, O God,  
from all their troubles!



# Help

## *1. Help me feel safe and confident*

- <sup>2</sup> I trust in you;  
do not let me be put to shame,  
nor let my enemies triumph over me.
- <sup>3</sup> No one who hopes in you  
will ever be put to shame,  
but shame will come on those  
who are treacherous without cause.



# Help

## *2. Help me be a lifelong learner*

<sup>4</sup> Show me your ways, LORD,  
teach me your paths.

<sup>5</sup> Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.



# Help

## *3. Help me get my identity from you*

<sup>6</sup> Remember, LORD, your great mercy and love,  
for they are from of old.

<sup>7</sup> Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, LORD, are good.



# Help

## *4. Help me stay humble*

<sup>8</sup> Good and upright is the LORD;  
therefore he instructs sinners in his ways.

<sup>9</sup> He guides the humble in what is right  
and teaches them his way.

<sup>10</sup> All the ways of the LORD are loving and faithful  
toward those who keep the demands of his  
covenant.

<sup>11</sup> For the sake of your name, LORD,  
forgive my iniquity, though it is great.





# Help

## *5. Help us with work and vocation*

<sup>12</sup> Who, then, are those who fear the LORD?

He will instruct them in the ways they should choose.

<sup>13</sup> They will spend their days in prosperity,  
and their descendants will inherit the land.



# Help

## *6. Help us be attentive and listen*

<sup>14</sup> The LORD confides in those who fear him;  
he makes his covenant known to them.

<sup>15</sup> My eyes are ever on the LORD,  
for only he will release my feet from the snare.



# Help

## *7. Help us be healthy*

- <sup>16</sup> Turn to me and be gracious to me,  
for I am lonely and afflicted.
- <sup>17</sup> Relieve the troubles of my heart  
and free me from my anguish.
- <sup>18</sup> Look on my affliction and my distress  
and take away all my sins.
- <sup>19</sup> See how numerous are my enemies  
and how fiercely they hate me!



# Help

## *Summary: help us be dependent*

<sup>20</sup> Guard my life and rescue me;  
do not let me be put to shame,  
for I take refuge in you.

<sup>21</sup> May integrity and uprightness protect me,  
because my hope, LORD, is in you.



# Help

*Expectation that comes with trust*

<sup>22</sup> Deliver Israel, O God,  
from all their troubles!

