# The Protector / Psalm 141

2/16/2022

### OPEN

What is your name and one thing you are grateful for.

### DIG

1. Psalm 141. Imagine you are reading this passage in your daily quiet time. What verse gets your attention and why?
2. What do we learn about prayer from this Psalm?
3. Psalm 141.3 Imagine you worked on memorizing and meditating on this verse for the next thirty days. Imagine you posted a copy on your mirror at home, in your car, and somewhere at work. Imagine you repeated it every day before you ate. How do you think your life might be different thirty days from now?
4. What are some common sins of the tongue? Let’s make a long list.
5. OK, everyone. Sounds like we need to try really hard to control our tongues. Is that it? Is that Christian living—trying really hard?
6. If we don’t overcome a tendency to gossip, to complain, to murmur or to lie by trying really hard, how do we overcome the tendency to sin with our tongue?
7. Psalm 141.4. Do not let my heart be drawn to what is evil. What part of the answer to this prayer is God’s doing, and what is our part?
8. How do we keep our eyes fixed on God?
9. What does God do to keep our eyes fixed on Him?