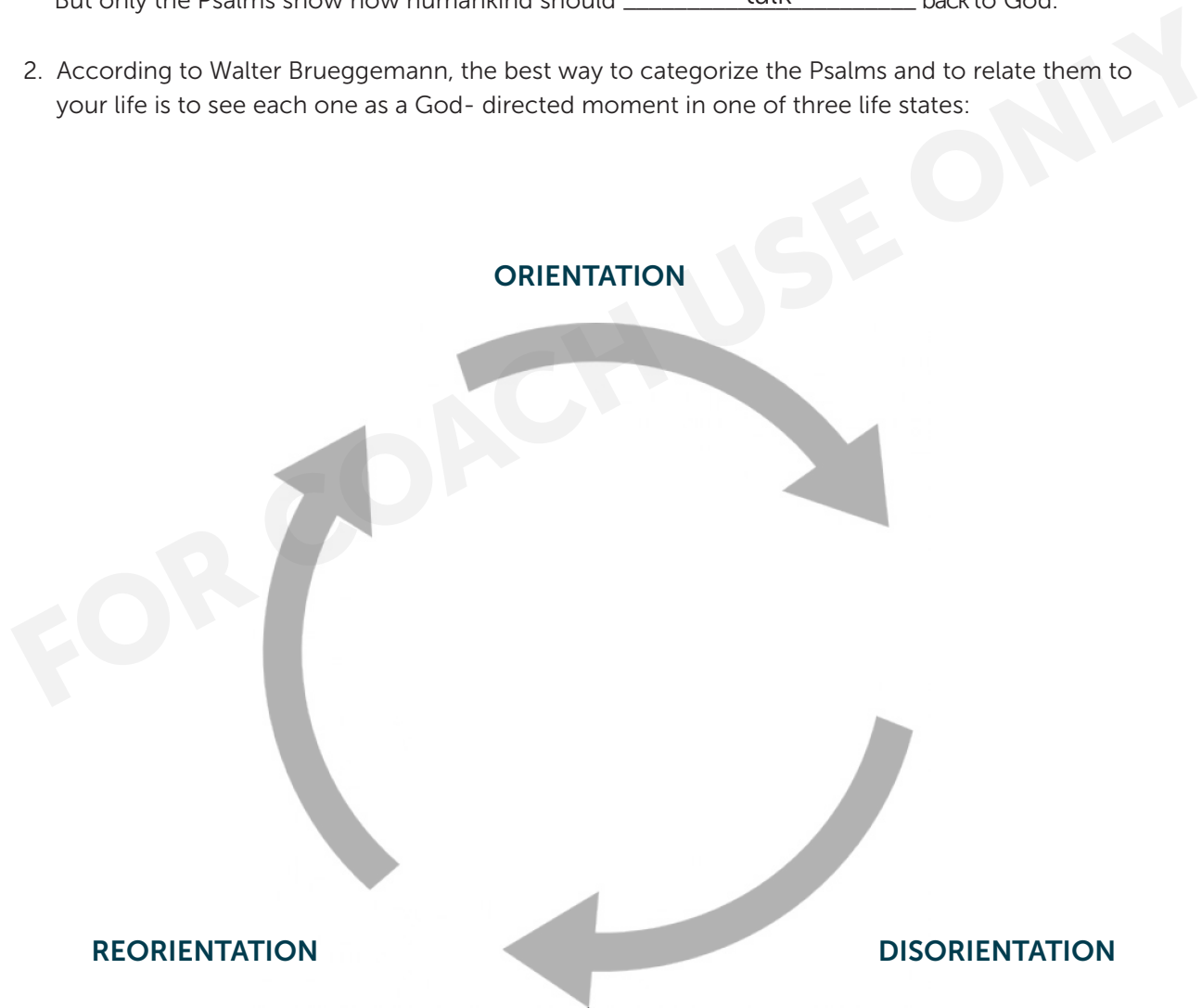


## **Psalms Spirituality: A Biblical Approach to Life Assessment**

### *Thriving, Surviving and Reviving*

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1. The Psalms are a unique part of biblical revelation. All revelation is God speaking to humankind. But only the Psalms show how humankind should                     talk                     back to God.
2. According to Walter Brueggemann, the best way to categorize the Psalms and to relate them to your life is to see each one as a God- directed moment in one of three life states:



## Psalms Spirituality

### *Thriving, Surviving and Reviving*

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3. These life states correlate with Scripture's broadest narrative and the individual lives of saints defining life as a gospel-centered, faith-accessed story cycle.
  - Thriving = Goodness at creation = Season of Summer.
  - Surviving = Judgement through sin/brokenness = Season of Fall & Winter.
  - Reviving = Restoration by Grace = Season of Spring.
  
4. The paramount observation is this: Spiritual maturity is not about how well you are doing or feeling, it's about going to God despite how you are doing or feeling.
  
5. Using "Thriving, Reviving and Surviving" as categories of assessment for our Storylines keeps our weekly reflection:
  - Ultimately God - centered, not man - centered.
  - Reminds us of the hope of the gospel, temporally and eternally.
  - Builds an anticipation of the guaranteed and redemptive goodness of God.
  - Nurtures awareness with myself and with God.
  - Accounts for having highs and lows in different areas of life at the same time.
  - Gives permission for the wide range of emotion in life. It's okay not to be okay.