

ORIENTATION



Listen to the voices of Orientation:

The Lord is my shepherd, I have everything I need.- Psalm 23:1

By the word of the Lord the heavens were made...
For he spoke, and it came to be; he commanded,
and it stood firm... ..the plans of the Lord stand firm
forever, the purposes of his heart through all genera-
tions.

- Psalm 33:6, 9, 10, 11

Lord, you alone are my portion and my cup; you
make my lot secure. The boundary lines have fallen
for me in pleasant places; surely, I have a delightful
inheritance.

- Psalm 16:5-6

Reflect on your own places of Orientation:

Describe here some of the aspects of your life that are usually predictable and settled. To what do you attribute these places of orientation? Write down your thoughts as you visit these sheets over the coming weeks.

Prayer:

Spend some time each day thanking God for these places of peace and comfort. Also, ask God to show you any places of unhealthy settled orientation in your life, and ask him to break you free from them.

[DIS]ORIENTATION



Listen to the voices of [DIS]orientation:

My God, My God, why have you forsaken me? - Psalm 51:1

Arrogant foes are attacking me, O God... save me,
because I serve you just as my mother did.
Give me a sign of your goodness.

- Psalm 86:14, 16

We are given no signs from God; no prophets are
left, and none of us knows how long this will be.
How long will the enemy mock you, God? Why do
you hold back your hand, your right hand? Take it
from the folds of your garment and destroy them!

- Psalm 74:9-11

Reflect on your own places of [DIS]orientation:

Make a record here through the coming days and weeks of places where you find yourself disorientated in either small or large ways.

Prayer:

Read the Psalms above (also Psalm 79 & Psalm 13 if you like.) Think about each place of disorientation in your own life and write your own prayers of Disorientation to God. Don't hold back, but as you write and pray recognize that you are bringing the entire truth of your very human self into dialogue with the One who already knows how you feel and calls you to truth. This is a real conversation. This may be uncomfortable for you, especially if you have always been taught to pray "nicely" to God.

"For most of us... entry into the Psalms requires a real change of pace. It asks us to depart from the closely managed world of public survival, to move into the open, frightening, healing world of speech with the Holy One."

- Walter Brueggemann.

[RE]ORIENTATION



Listen to the voices of [RE]orientation:

Lord my God, I called to you for help, and you healed me. - Psalm 30:2

I will praise you, Lord, with all my heart; before the “gods” I will sing your praise. I will... praise your name for your unfailing love and your faithfulness, When I called, you answered me; you greatly emboldened me.

- Psalm 138:1-3

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God.

- Psalm 40:1-3

Reflect on your own places of [RE]orientation:

Make a record here through the coming days and weeks, of moments when you encounter new ways of living, understanding and connecting with God and others through the places of disorientation in which you have found yourself. Allow this process to begin to train yourself to see these moments of change, growth and new life as they are: gift from God.

Prayer:

Compose and speak prayers of thanksgiving for the ways both large and small that you are experiencing new orientation in your life through times of disorientation.