

LIFE GROUP GUIDE

Take Heart

The Book of Psalms represents a rich tapestry of prayer and praise. Some psalms reflect a texture of deep despair, other glow with a deep peace in the Lord's strength, still others bubble with an exuberant exaltation of the Most High God. They cover the range of human emotion and experience. What they all have in common is prayer, a reaching out to God from every imaginable experience. (Dr RF Wilson)

For the Take Heart series, we suggest that each group decide on 4 Psalms to focus on and use these questions to guide conversation around each Psalm. This allows you to choose Psalms you think are pertinent for your group. It also allows your group to grow in how to read through scriptures in a devotional way. Our hope is that this help revitalize and enthuse your group's bible reading and devotional life.

We are providing some examples of Psalms you could focus on, but if you have other Psalms you would prefer to use during this time, then go for it.

Goal for each evening

- To go deeper into a Psalm.
- To understand and know God better.
- To know ourselves better in light of who God is.
- To grow in our love for God's Word.

Suggested Psalms to choose from

Psalm 23
Psalm 27
Psalm 42
Psalm 56
Psalm 136
Psalm 139
Psalm 145

DISCUSSION

Start by praying for the evening.

1. Did anything stand out for you on Sunday? Anything that felt like a fresh look on who God is? Anything that challenged you?

Read your chosen Psalm for the evening

2. What does this Psalm tell us about God?
3. What does this Psalm tell us about us?
4. Anything that personally challenged or encouraged you in this Psalm?
5. Does this Psalm teach us anything about how to pray/worship God?
6. How does this Psalm point towards Christ?

PRAY

Spend some time thanking God and praying for each other.