



Reflect + Discuss

- Read this week's psalm and discuss any or all of the following:
 - o What word or phrase stands out to you?
 - o In your own words, what do you believe the overall message of this psalm is?
 - o What parts of this psalm are encouraging to you? What parts are challenging?
 - o What other questions come to mind as you reflect on this psalm?

- What was your biggest takeaway from the message? In what ways did the message connect with your current circumstances, or with something God is teaching you?

- If you applied what you've learned from this psalm in your life, what would change? How would your life look different going forward?

- What is one action step you can take in the coming week to apply what you learned from this psalm and message?

Pray

- Read this week's psalm aloud and use it to guide your prayer time. Thank God for what you have learned through His Word and ask for wisdom in how to apply His teachings in your life.

Next Steps

- Check out the current series page on the [Resource & Tools page](#) of the website for some resources for taking your next step!

- Reflect on the psalm as you go about your week. Try reading the psalm each morning and find a new way to engage with it each day (ex. journal about it, memorize a verse from the psalm, listen to it while you take a walk, etc.)