

Calming Yourself in the Lap of the Lord

Psalm 131:1–3 || April 21st–27th

ANNOUNCEMENTS:

- First Aid, AED, CPR Training Class: April 27, 9am–1pm
- Youth Mariners Outing: April 26 from 5pm–9:30pm
- PrimeTimers Fraud Alert and Potluck: May 2, 11:30–2pm
- Honored Senior Single Women's Lunch: May 7, 11am–1pm

INTRODUCTORY QUESTION: Have you ever had a time when you seriously questioned whether God was watching over you or listening to your petitions?

QUESTIONS FOR DISCUSSION:

1. What initial observations can you make from these verses such as repetition, keywords and phrases, similarities and contrasts, etc.?
2. The picture in verse 1 is of humility. David examined his heart and declared that he was not proud or haughty. What is humility and why is it such an important characteristic for believers?
3. Sometimes God allows things into our lives to humble us. Has this happened to you? How were you humbled and how was it a grace?

4. Sometimes things happen in our lives that we've just got to move on from, leave the past behind, and trust God without clear resolution. Has this happened to you before? How has it caused you to trust the Lord "whose ways are higher than our ways"?
5. Does the analogy in verse 2 give you a different picture of how you think about God? How does the example of a weaned child trusting his mother help us to have a calm and quiet spirit? What are some ways you quiet your soul during troublesome situations?
6. Read Proverbs 3:5–6. In what current situations do you find it hard to trust God and instead try to figure it out on your own?
7. How has God tested your faith this past year so that you can draw closer to Him? How has it helped you to "hope in God"?

Men and Women Group Time:

PRAYER: Pray for quietness of soul and trust in the Lord for those experiencing seasons of trial and suffering.

Personal Practical Application: What is an area in your life right now where you need to "hope/trust in the Lord"?