



Session 5-September 8th

Group Opener:

Favorite thing about the Fall Season?
In your opinion what is the hardest thing about parenting?

Sermon Discussion

1. Read: Psalm 23 As A Group
 2. Talk About What Sticks Out To You Most In This Passage?
 3. What does this passage teach us about God?
 4. What does this passage teach us about ourselves/our humanity?
 5. Terrence pointed out three barriers to rest that often plague parents
 - The Practice of Worry
 - The Wounds of our Heart
 - A Guilty Conscience
- Share which of these are true for you and why?

Rest Check- In

What does Rest look like for you right now?

How are allowing Jesus to be your support and sustainer in this season?

How are you trading the work of tending to your kids (or other responsibilities) to allow God to tend to you?

Are you choosing to trade the truth of your Christ Identity for the regrets of past life decisions anywhere in your life?

Action Steps

I will statement

Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. Put it in the form of
I will _____.

Make it concrete, simple, and achievable.
Share your I Will statement with the group.

Close

Close your discussion time today by reading the prayer. Afterwards, Set a 60 second timer and invite the group to simply sit in silence together.

Our Little Lives

Our little lives, our big problems—these we place upon Your altar! The quietness in Your temple of silence again and again rebuffs us: For some there is no discipline to hold them steady in the waiting, and the minds reject the noiseless invasion of Your spirit.

For some there is no will to offer what is central in the thoughts—

The confusion is so manifest, there is no starting place to take hold. For some the evils of the world tear down all concentrations And scatter the focus of the high resolves. We do not know how to do what we know to do. We do not know how to be what we know to be. Our little lives, our big problems—these we place upon Your altar! Pour out upon us whatever our spirits need of shock, of life, of release. That we may find strength for these days— Courage and hope for tomorrow.

In confidence we rest in Your sustaining grace Which makes possible triumph in defeat, gain in loss, and love in hate. We rejoice this day to say: Our little lives, our big problems—these we place upon Your altar!

Pray Together

Take prayer requests
Pray for the person on your left