

PSALMS: Week 1 – Wrestling with Compromise

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

As the gateway to the rest of the Psalms, Psalm 1 calls for believers to meditate and delight in God's Word. His Word then gives believers the resilience of a mighty tree that has a continual source of living water. We then serve the Lord not out of duty, but out of the overflow of an abiding and personal relationship with Jesus. Because of this relationship, disciples of Jesus can enjoy peace and contentment regardless of their circumstances.

Tell the story - Psalm 1 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

- 1. What do we learn about God from this passage?** (*God's Word gives us a path for living; God wants us to delight in His Word; God wants us to meditate continually on the truths of Scripture; God blesses the person that follows His directions; God calls us to abide in an intimate and personal relationship with Him; God will bring spiritual transformation (fruit) to His disciples; God is all-knowing (omniscient); God is a righteous Judge; etc.*)
- 2. What do we learn about Man/Us from this passage?** (*I can allow ungodly relationships to distract me from fully following the Lord; I struggle with spending time in God's Word on a consistent basis; I seem to always find the time to do the things I enjoy; I need to fall more in love with Jesus; if I don't abide in a personal relationship with the Lord, I can quickly dry up spiritually; I need to hide God's Word in my heart so that I might not sin against God (Psalm 119:11); etc.*)
- 3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
- 4. In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

- 1. Psalm 1 challenges believers to love what God commands and mediate on those truths. Do you struggle having a consistent time daily in God's Word? If so, why?**
- 2. Who could you ask to help keep you accountable to daily spend time in God's Word?**

Assign next week's passage - Psalm 19 (*Ask someone to tell the story next week.*)

Close in prayer.

PSALMS: Week 2 – Wrestling with Silence

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

Psalm 19 was written by David who is described as the "chief musician." In his early years, as the keeper of his father's flock, David was continually exposed to the beauty of God's creation. David was also a great lover of God's Word. In this psalm, David contrasts and compares nature and Scripture to magnify the excellence and glory of Almighty God who is ultimately worthy of our praise.

Tell the story - Psalm 19 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

- 1. What do we learn about God from this passage?** (*The glory of God is continually seen in His creation; God's law is perfect and brings restoration to our souls; God is the Creator of all things; God is intricate in His design; the Lord is our Redeemer; the Lord looks beyond my actions to my motives; God is righteous; God blesses those who keep His Word; God's instructions are completely trustworthy; God is worthy of every moment of my life; God calls me to live by faith in Him; etc.*)
- 2. What do we learn about Man/Us from this passage?** (*I sometimes worship creation over the Creator; I cannot save myself by performing good works (Ephesians 2:8-9); the words that I say should glorify Jesus Christ (verse 14); my thoughts should bring glory to God; I can try to keep my sin secretly hidden from others, but the Lord knows it all; in spite of my trust in the Lord, I can deliberately choose to sin; I can let sin control my thoughts and actions; my appetite for God's Word needs to increase; etc.*)
- 3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
- 4. In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

- 1. From an amazing sunset to a beautiful sunrise, what is the most amazing picture of the Lord's creation that you have had the privilege of seeing? What amazed you about it?**
- 2. What are ways that you can increase your daily appetite for God's Word?**

Assign next week's passage - Psalm 23 (*Ask someone to tell the story next week.*)

Close in prayer.

PSALMS: Week 3 – Wrestling with Uncertainty

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

Psalm 23 is often described as a psalm of confidence in the Lord's care. The Lord is described as a Shepherd who cares for His sheep (verses 1-4) and as a Host who cares for His guests (verses 5-6). Just like a shepherd, the Lord protects, guides, and provides for the needs of His sheep. The Lord is majestic in how He personally and faithfully attends to the individual needs of each of His lambs.

Tell the story - Psalm 23 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

1. What do we learn about God from this passage? (*God is the perfect Shepherd, faithfully caring for His sheep; God created me to enjoy an intimate and personal relationship with Him; God's love is completely satisfying and brings great contentment (Philippians 4:11); God guides me and makes my paths straight (Proverbs 3:5-6); God's presence is always with us (verse 4); God brings comfort and relief from the harsh aspects of life; even God's discipline of me is out of love (Hebrews 12:6); etc.*)

2. What do we learn about Man/Us from this passage? (*I should be overwhelmed by God's continual love and provision; like a sheep, I am prone to wander away from the Good Shepherd's care; I have been bought with a price and should glorify the Lord with my life (1 Corinthians 6:20); I can fail to acknowledge God's authority in my life; an abiding relationship with God brings great peace and comfort to me; I am always in need of God's guidance and direction; etc.*)

3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?

4. In light of what you've learned today, what do you need to do to obey God?

Other questions specific to this passage:

1. In two or three sentences, describe the moment when the Good Shepherd placed you on His shoulders and brought you into His fold. (Luke 15:3-7)

2. Where do you go or what do you do to find peace in the midst of trial and difficulty?

Assign next week's passage - Psalm 32 (*Ask someone to tell the story next week.*)

Close in prayer.

PSALMS: Week 4 – Wrestling with a Conscience

Open in Prayer

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Share context of the story (*Provide context by sharing the information below.*)

Psalm 32 is characterized as a hymn of thanksgiving in which the worshippers give thanks to God because their sins have been forgiven. The psalm flows from David's anguish as he suffered under the weight of his own guilt. It then flows into a theme of happiness concerning the sin for which he had been forgiven. David writes, the one "who trusts in the Lord, loving kindness shall surround him."

Tell the story - Psalm 32 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

- 1. What do we learn about God from this passage?** (*Only God can forgive our sins; the Holy Spirit brings conviction to our hearts (John 16:8); if we confess our sins, God is faithful and just to forgive us of our sins and cleanse us from unrighteousness (1 John 1:9); God calls us to confess our sins to each other (James 5:16); God is our Deliverer; God is our hiding place; God's love surrounds His children; God will lead us into paths of righteousness (verse 8); etc.*)
- 2. What do we learn about Man/Us from this passage?** (*When I keep my sin secret, I feel miserable; the joy of the Lord should be my strength; my pride prevents me from confessing my sin to the Lord and to others; I act like I can keep my sin hidden from God; I wrongfully think that my secret sin does not hinder me from fully living for the Lord; it's often during difficult times that I reach out to God; the spiritually lost are blinded to their urgent need for a relationship with God; etc.*)
- 3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
- 4. In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

- 1. Has there been a time in your life when you were running away from a relationship with God or His will for your life? Why did you run? What was the end result?**
- 2. Is it hard for you to express joy?**

Assign next week's passage - Psalm 46 (*Ask someone to tell the story next week.*)

Close in prayer.

PSALMS: Week 5 – Wrestling with Weakness

Open in Prayer

Welcome and Introductions

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Share context of the story (*Provide context by sharing the information below.*)

Psalm 46 is characterized as a hymn of triumph. The psalm is also the spiritual catalyst for Martin Luther's great hymn, "A Mighty Fortress Is Our God." Psalm 46 also exalts the power of God to overcome the threats from nature and other nations. God certainly protects His people on earth. Israel's boast is not in its armies or fortresses, but in Jehovah, the only living and true God.

Tell the story - Psalm 46 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

1. **What do we learn about God from this passage?** (*God is our refuge, a city that cannot be destroyed; God's rule is unshakeable; God is a present help in time of trouble; God is able to do above and beyond what we could even ask or imagine (Ephesians 3:20); God's presence removes our fears; God's presence is always with us; God alone is worthy of our praise; God is our strength when we are weak (Psalm 28:7); God is all powerful, there is nothing impossible with Him (Luke 1:37); et c.*)
2. **What do we learn about Man/Us from this passage?** (*As a child of God, nothing can take away my inheritance of His love and my future home in heaven; I can foolishly choose to build my life on untrustworthy and shaky ground; when I am still and focus on the Lord, He overwhelms me with His peace and strength; nothing can separate me from the love of God in Christ Jesus (Romans 8:39); when I look to the future, I can become anxious and worrisome; etc.*)
3. **What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
4. **In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

1. To "be still" before God means to not be anxious, complaining, or boasting. Of these three mentioned, which one do you struggle with most?
2. According to Philippians 4:6-7, what is the cure for anxiety?

Assign next week's passage - Psalm 63 (*Ask someone to tell the story next week.*)

Close in prayer

PSALMS: Week 6 – Wrestling with Religion

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

Psalm 63 is a psalm of David when he was in the wilderness of Judah. It was probably written when David was fleeing from his son Absalom. Absalom was plotting ways to not only topple David as King, but also take his life. The psalm emphasizes that if we trust in God, we are completely secure. This psalm describes the absolute peace that results from trusting completely in God alone and the resulting praise to God that peace produces.

Tell the story - Psalm 63 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

1. **What do we learn about God from this passage?** (*God is the only one who satisfies the longing of my heart; God is all-powerful; there is no match for God's glory; God alone is worthy of my praise; the Lord is our helper (Hebrews 13:6); God's loving kindness is extravagant towards us; the joy of the Lord is our strength (Nehemiah 8:10); God is my refuge in times of trouble; God is the ultimate Judge (James 4:12); God should be the very center of our lives; etc.*)
2. **What do we learn about Man/Us from this passage?** (*Because nothing else completely satisfies, I hunger and thirst for an intimate relationship with God; I should respond to God's love for me with true worship and praise; I need to meditate on God's Word and His goodness; because Jesus has redeemed me, I should glorify Him with my life (1 Corinthians 6:20); I should desire more of God in my life; I am called to love others and not seek revenge (1 Peter 3:9); etc.*)
3. **What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
4. **In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

1. **How deep and how strong is your commitment to praise God? Is it a greater challenge for you to worship God privately or publicly?**
2. **What does it look like to seek after God (verse 1)?**

Assign next week's passage - Psalm 91 (*Ask someone to tell the story next week.*)

Close in prayer

PSALMS: Week 7 – Wrestling with Enemies

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

Psalm 91 gives us practical advice on how to live. It teaches that if we live according to the Word of God, we will experience some positive and powerful blessings. The psalmist is inviting us to place our confidence and trust in God, who alone is able to provide us protection and security void of fear. Yet, even though God offers us this refuge and fortress, we must willingly respond to His invitation.

Tell the story - Psalm 91 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

1. **What do we learn about God from this passage?** (*God desires for us to abide in a personal relationship with Him; God is our Deliverer from the penalty of sin; God is our perfect refuge; God is faithful to us; God's perfect love casts out all fear (1 John 4:18); God is all powerful; God will judge the wicked; God often uses His angels to protect us; God hears us when we pray; God doesn't promise us a trouble-free life; God is a present help in time of trouble (Psalm 46:1); God is bigger than our fears; etc.*)
2. **What do we learn about Man/Us from this passage?** (*I have to make abiding in Christ a priority of my life; I am often tempted to place my trust in people or things other than Almighty God; when I face difficulty or don't feel in control of a situation, my first response is fear; I can make bad choices based upon poor judgment; I can let my fears control me; I forget that God is my shield and my protection; I must constantly be vigilant against the schemes of the enemy; etc.*)
3. **What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
4. **In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

1. **What types of situations currently cause you fear and anxiety? What does the world offer as an escape from the pressure that this fear and anxiety bring to us?**
2. **Describe what it looks like for you to run to God and find refuge/protection in Him?**

Assign next week's passage - Psalm 137 (*Ask someone to tell the story next week.*)

Close in prayer

PSALMS: Week 8 – Wrestling with Consequences

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

The historical setting of Psalm 137 was the conquest of Jerusalem by the Babylonians. Although the author is unknown, he was no doubt a victim of the exile because he expressed the homesickness of those carried off into a foreign land. The Israelites had turned a deaf ear to the warnings of the prophets and were now suffering the consequences of their disobedience. Their once joy-filled memories now brought them tears.

Tell the story - Psalm 137 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

1. **What do we learn about God from this passage?** (*God is righteous and just and must punish sin; God's Word gives us clear direction on how to live our lives; God allows us to suffer the consequences of our sin; the Lord disciplines the ones He loves (Hebrews 12:6); God should have the highest place and priority in our lives (Matthew 6:33); God is near to the broken-hearted (Psalm 34:18); God will fulfill His promises; God commands us to love our enemies and pray for those who persecute us (Matthew 5:44); etc.*)
2. **What do we learn about Man/Us from this passage?** (*I often fail to value God's blessings until they are gone; just like the Israelites, I can be stiff-necked and refuse to follow the Lord's leadership; it usually takes me suffering the consequences of my sin before I make changes in my life; I can let difficult circumstances rob me of my joy; I am prone to seek revenge instead of entrusting judgment to God; I can experience the peace of God in the most difficult of circumstances (Philippians 4:6-7); etc.*)
3. **What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
4. **In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

1. **Forgiveness doesn't mean forgetting or excusing. It means deciding not to retaliate and leaving justice to God. What wrongs are hard for you to forgive?**

2. **Do you have a relationship that needs reconciling? What is your part in the process?**

Assign next week's passage - Psalm 139 (*Ask someone to tell the story next week.*)

Close in prayer

PSALMS: Week 9 – Wrestling with Insecurity

Open in Prayer

Welcome and Introductions

Remind the Grow Group of the ground rules

Share context of the story (*Provide context by sharing the information below.*)

Psalm 139 was authored by David and celebrates the omnipresence and omniscience of God. This psalm stands preeminent and is often referred to as the "crown of the Psalms." David was overwhelmed at the intimate way that God knew him. God formed us in our mother's womb and ordained all of our days before a single one came to be. Like David, we have great reason to proclaim His greatness to everyone around us.

Tell the story - Psalm 139 (*Have someone tell the story.*)

Rebuild the story (*Group members tell the story together based on what they remember.*)

Read the story out loud (*Read the scripture passage to see if anything was added or omitted.*)

Discuss these questions:

- 1. What do we learn about God from this passage?** (*God knows everything about me; God knows my thoughts and the motives behind my actions; God knows what I am going to say even before I say it; God desires to have an intimate and personal relationship with me; God desires to lead me and guide my path (verse 10); God is my Creator ; God alone is worthy of my praise; God is my protection; it is truly amazing that God think s of us often (verse 17); God deserves my life; etc.*)
- 2. What do we learn about Man/Us from this passage?** (*I cannot escape the presence of God ; I mistakenly think that I can hide my sin from God; I can rest confidently in the love and care of my Heavenly Father; I should be astounded and amazed by His knowledge of me; not even death can separate me from God's love (Romans 8:3 8-39); I can become prideful in my knowledge; my knowledge is nothing compare d to God ' s; I should ask the Lord to examine my thought s and motive s, seeking to honor Him; etc.)*)
- 3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?**
- 4. In light of what you've learned today, what do you need to do to obey God?**

Other questions specific to this passage:

- 1. Although we may believe God is everywhere, we don't always experience it. In what ways have you sensed God's presence recently? Do you feel near to God or distant?**
- 2. How do people try to "flee" from God? Have you ever tried it? Why?**

Close in prayer