

## PSALMS: Week 5 – Wrestling with Weakness

### Open in Prayer

### Welcome/Introductions/Cast Vision

### Remind the Grow Group of the ground rules

### 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); etc.]*
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 5 – Leadership Coaching

*The purpose of this page is to help you sharpen your skills as a Grow Group leader. Each week, we will include concepts, challenges, and resources designed to assist you as you lead and shepherd your Grow Group and grow as a disciple yourself.*

### **Leading** *[learn to facilitate your group more effectively]*

Hopefully, your Grow Group is in the process of planning a service project for “Serve R City,” August 2<sup>nd</sup> – August 6<sup>th</sup>. If so, let me remind you that leading isn’t just for inside your study time. Make it a point to be a part of your mission activity, and use it as a time to get to know your members on a level that you might not be able to learn during group time.

### **Shepherding** *[know the sheep, feed the sheep, lead the sheep, protect the sheep]*

Be sure to use scripture as your filter for the time you are spending shepherding your group members. Even as growing Christians, we can sometimes cloud our filters for right and wrong based on life experiences or society’s rules. As their leader, if you constantly draw conversations back to God’s Word, you will lead them to do the same.

### **Developing** *[grow as a disciple yourself]*

The last couple of weeks we discussed how to read God’s Word. Sometimes it isn’t that we don’t know how to spend time with God, it’s just that we don’t. Let’s face it, we can all struggle with managing our time every now and then. Here are some tips to make the most out of your 24 hours:

**View time as a precious resource.** Wise people recognize how precious and limited time is. Wake up early. If you want more time, you have two options: stay up later or get up earlier.

**Exercise!** I know you don’t want to hear it anymore than I do. Exercise helps you sleep better, fight stress, and give you the mental energy you need to accomplish the millions of things on your “to do” list.

**Find a repeatable rhythm in your schedule.** It takes time to develop a healthy habit. Lay out a plan and stick to it.

**Keep a “stop doing” list.** Quarterly or annually, stop and ask yourself what you could stop doing that is taking time or energy away from something more important.

**Pray!** Continually ask the Lord to guide your steps and give you wisdom in how you invest your time.