

Lifeline

BELONG

ICE-BREAKER

Did you watch the Super Bowl? Do you have any fun traditions for the big game?

SCRIPTURE

Psalm 31:21-24 NLT

21 Praise the Lord,

for he has shown me the wonders of his unfailing love.

He kept me safe when my city was under attack.

22 In panic I cried out,

“I am cut off from the Lord!”

But you heard my cry for mercy

and answered my call for help.

23 Love the Lord, all you godly ones!

For the Lord protects those who are loyal to him,

but he harshly punishes the arrogant.

24 So be strong and courageous,

all you who put your hope in the Lord!

Psalm 32:7-9 NLT

For you are my hiding place;

you protect me from trouble.

You surround me with songs of victory. Interlude

8 The Lord says, “I will guide you along the best pathway for your life.

I will advise you and watch over you.

9 Do not be like a senseless horse or mule

that needs a bit and bridle to keep it under control.”

BE

Do you journal? Have you ever tried it? What was your experience like?

What do you think about the Psalms? Fun? Hard? Confusing? Encouraging? Do you have a favorite Psalm?

Read Psalm 31:21-24 NLT. What stands out to you? What questions do you have? What is the context of these scriptures? Have you seen Psalm 31 show up elsewhere in scripture? (e.g. Psalm 71, Jonah 2:8, Jeremiah 6:25, 20:3, 20:10, 46:5, 49:29, Lamentations 2:22, 1 Corinthians 16:13, Luke 23:46, Acts 7:59)

When you read God’s word, do you read with expectation? If so, what are some examples of things that you sometimes expect?

Read Psalm 32:7-9 NLT. What stands out to you? Do you believe what the Lord says in this passage? What response does the Lord tell you to have?

DO

The Lord loves when we engage with Him and His word. He is inviting us to reflect and responding as a natural reaction, just as you would in a conversation with a trusted friend.

Spend time thanking God that He has started the conversation. Ask Him to bless each person to engage with the Lord as they would a dear friend, a close parent, an intimate lover.

Conclude by reading from a Psalm together (consider reading Psalm 32.)

