

For the week of July 7, 2019
Preacher: Sandra Sharp

Remember to Rest

Third week in the series: *Songs of the Soul*

Psalm 131

Only when we quiet and calm ourselves, our souls, as the psalmist says in Psalm 131:2, can we remember to put our hope in God and experience the kind of rest and contentment that only he provides.

Discussion Questions:

1. Do you know your prideful tendencies? Are you exposing them and how?
2. How is your soul within you this morning?
3. How do you quiet and calm your soul?
4. What helps you remember who God is?
5. What does it mean for you to choose to put your hope in God?