

## Small Group – Leader’s Guide – Feb 27

### Read Psalm 126

1. The psalmist remembered God's salvation like someone who dreamed, leaving them with a lingering sense of joy and delight. What are those "dreams" in our society that we pursue and long to grab hold of?

*Allow for open and honest reflection and sharing. Societal dreams include: fame, wealth, recognition, success, family, love, romance, pleasures, relevance, legacy, meaning, purpose, connection, identity, etc.*

2. While dreams give us a sense of longing and delight, they also then leave us with a lasting sense of loss as dreams fade away even beyond memory. How do we as a society handle and cope with loss, disappointment, and despair?

*We can turn to substances, entertainment, busyness, vacations, music, consumer experiences, to numb ourselves from the pain of life. We can also choose to ignore our sadness, fear, and anxiety and go on life without acknowledging or addressing our deep-seated emotions. We will then unravel and snap, go into a mental or emotional breakdown, and this is not healthy for ourselves and for our relationships.*

3. The psalmist turns to God with an urgent request, asking Him for a sudden and surprising salvation like the flash floods in the Negeb. As Christians, what are our usual attitudes and postures in prayer and what makes us turn to God in desperation?

*Often, we pray when it is convenient. We do not make time to pray. We pray when it becomes a real emergency, when we are desperate. Prayer becomes a last resort, like dialing 911. Instead, prayer is ideally the moment by moment demeanour of our inner consciousness as one always in the presence of God. We endeavour as Christians to pray without ceasing in the sense of being always aware of God with us, even when we pray without words.*

4. Even as the psalmist requested of God for a quick salvation, they realise that salvation is not always sudden. They are reminded to wait as a farmer waits for the crop and harvest, even in tears and sorrow. How can we as Christians foster a posture of patient endurance and faithful suffering?

*We ultimately fix our attention on Jesus who embodied patient endurance and faithful suffering, not because we are trying to prove ourselves as resilient and tough, but for the joy that is promised in the future. Pain and suffering in this life is inevitable, and it's not just a matter of accepting it with a fatalistic attitude, but to also embrace it as a method of deepening our trust in God who is the only One who can save us, and who is the only One who can transform our pain and sorrows into a harvest of joy in Christ.*