

Small Group Leaders Guide – Mar 27/22 - Read Psalm 131

1. David prayed to God by talking about his thoughts and feelings with Him as though they were close friends. This is a prayer of examen. What is your experience with the prayer of examen?

Allow others to share about their prayer experience with God. Explore with one another how the prayer of examen can be prayed more often by ourselves.

2. David talked about reining in his heart from proud ambition, his eyes from restless comparison, and his feet from trespassing into places too grand for him. How do we let our hearts become proud, our eyes restless, and our feet trespassing into places too grand for us?

When we place our identity in places, in people, in things, in experiences and circumstances that are beyond our reach, our hearts become bloated with pride. When we think that we can find ourselves "out there" and over the picket fences of our lives and over to our neighbours, we scan and evaluate and compare ourselves to others and our eyes become restless. When we get preoccupied with things too great for our brains and hearts and our control, our feet trespasses into those places we are not supposed to be in.

3. David described himself like a weaned child with its mother. How can we foster quiet contentment in ourselves before God as we live our lives in this world?

A starting point towards quiet contentment is to be self-reflective. And then we reflect those self-reflections back to God and entrust ourselves to Him and His care. We also practise the discipline of thanksgiving for all the blessings of this life. We especially consider and reflect upon the primary blessings of our adoption, salvation, forgiveness, and reconciliation with God in Jesus.

4. David beckons Israel to hope in God. What does hoping in God look like today?

We hope in God like a child looks to their mother. A child looking to their mother is someone who depends entirely on someone who is able to care for them, support them, out of their love for that someone. In the same way, we look to God because we trust that He cares for us, supports us, out of His love for us in Jesus. This quiet and contented disposition undergirds us all through the rest of our lives in the plenty and in the lack of life.