

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