



January 25-26, 2025



Opening Conversation Starters

- Share a meal together.
- Share an experience from your daily devotions (How is God at work in your life?)
- Share a takeaway from the Weekend Message (What has God been saying?)

Discussion Questions from Weekend Message (To help you hear *and* practice)

- Share how any of the disciplines we have talked about recently (meditation, prayer & fasting, simplicity, confession) have caught your attention and any actions you have taken. Remember we are looking for progress not perfection!
- Pastor Scott reminded us that worship is more than just singing, that it reflects what is in our hearts. What are some things that help you get your heart in a better place to worship when you are struggling? Below are some ideas that may help.
- Read [Psalm 95](#). Verse 1 suggests that worship is expressing our joy to God through our songs. What happens when we don't feel joy?
- How would you explain the description of God as the "Rock of our salvation?" Have a couple people share the joy they experienced when they first experienced God as their "rock of salvation."
- What might increase your joy in verses 3-5?
- Verse 6 calls us to bow down or kneel. What can taking that physical posture do to our attitude? Do you ever use this physical posture to bring more reverence? What would it mean to kneel in our spirits (with our hearts)?
- What thoughts does verse 7 stir in you concerning how God cares for you? How would this affect your worship?
- Read [Exodus 16:1-4 & 17:1-7](#). Were Israel's concerns legitimate? Would their hearts have gone astray if they had focused on the truths we have just discussed? Describe a time God gave you what you didn't expect.

Prayer Time

Consider closing your meeting focusing on recognizing God as savior, maker, and shepherd.

Rhythms of Discipleship

For a great time of worship, consider taking a meeting in the future for the Psalms Prayer Experience on our [Life Groups Website](#), [Leader Helps](#), [7 Rhythms](#), [Psalms: A Prayer Experience](#).



Prayer