

DISCUSSION GUIDE

Psalms for the Road| Part 2
July 15th & 18th



I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.
Psalms 121:1-2

1. Read Psalms 121

Think back over the last week, when the raging wildfires filled the air with smoke and the heat seemed unrelenting, was it easy to believe that God was watching over our lives or that he was still in control?

When is it easy to believe that God is keeping us from all harm and watching over our coming and going?

How do we hang on to our faith in a God who remains constant regardless of the circumstances?

2. Read Phil 1: 3-6

Who began the good work in us and who has the job of carrying it on to completion?

3. When you tackle a project, do you prefer projects that are similar to a one-day makeover or do you enjoy a months-long marathon with slow and steady reveals of progress? What is the satisfaction of each type of project?

4. Read Phil 3: 12 - 13A, Romans 8:28 -29

Are we conformed to the image of Jesus overnight or is it a lifetime process?

In your life, are there things that interrupt the transformational process, and where do the disruptions come from?

What's our role in the transformation?

5. Read Numbers 11: 4-6, Phil. 3:13 - 14 and I Tim 1:16

What is the danger of looking to the past?

Why does Paul encourage us to forget the past?

If we have a tendency to live in our past, (either lamenting over how good it was or beating ourselves up over past mistakes), how does it affect the present or the future?

6. Read Hebrews 12: 1-3

How does focusing on Jesus keep us from getting distracted by circumstances, time or fears?

7. Read 2 Tim 4: 7 -8

In a race, what's the point of everyone crossing the finish line long after the first, second and third place finishers have already earned their medals?

Why do we keep running in our spiritual race to cross the finish line?

Pray together.