



PSALM 8

Summary

To one degree or another, we all want to feel valued. We long to be worthy and significant so we spend ourselves to that end. As children of God, this Psalm is a great orientation for us. In a world where most value is transactional, meaning you are worth what you can offer, the gospel is an incredibly freeing place. In God's economy our worth isn't based on what we are able to contribute. God didn't make us in his image because we would one day impress him. God also didn't save us because we would one day earn his great gift. He did all of this because he wanted to. Which means we no longer have to produce our value. We can just rest in the value that has been entrusted to us from our creator.

Discussion Questions:

- Describe a moment where you have felt small. Did you like this feeling or dislike it?
- In this Psalm we see David feel small and significant at the same time. When you feel small and insignificant, what things do you do to feel big and important?
- What do you rely on to bring you value?
- **Who** is it that you are tempted to impress in order to gain value?
- **How** do you work to make yourself valuable? (ie, social media, relationship, words, sports, grades)
- What would it look like for you to live your life finding value from God this week? What would change?

Spiritual Homework

Begin to identify the specific moments you are operating from a self centered value system. These are typically the moments you are working for value instead or working from a place of being valued by God. One of the strongest tools we can fight with is identifying when we are weak. Once we become aware of frailty and the specific ways we are weak, we can make plans to turn to God.



Create a plan for your moments of misplaced value. Do this by identifying the Who, When, and the Why of your misplaced value. Once you identify the Who, When and the Why, you can make plans for how you will turn to God.

Example:

Who influences my need to produce value? **Anyone who I think is important or that I want to like me.**

- How will you turn to God? When I know I am going to see this person, I will turn to God by praying and reminding myself of my value in Christ before I see them.

When am I vulnerable? **When I don't feel important in the eyes of someone I want to like me.**

- How will you turn to God? I will remember that their opinion of me doesn't define my value. My ultimate value is secure in Christ. He has paid the price to make me right with God. I will remind myself of the freedom that I have to not impress others.

Why do you feel the need to impress? **Because I want people to think that I am awesome. I want them to want me around and like me for what I bring to the table in our relationship.**

- How will you turn to God? I will remember that we are all valuable in God's image. There is no need for me to try to put myself ahead of anybody. I will instead think of ways to love the person I am trying to impress. I will be honest and vulnerable with them instead of using my words to gain their approval.