

Psalms of Summer
A Song of Trust
7/12/26 – Pastor Joe Chambers
Psalm 31:1-7,15,16,

Connect: Where have you struggled with fear? Where have you struggled with trust?

Engage: Reread Psalm 31:1-7 15, 16

What verses do you resonate with? Why?

Joe gave us two thoughts

1. Pray your troubles

Do you feel that you can be completely honest with the Lord about how you are feeling?

How do you feel that praying your doubts, tears, anger and desperation is an act of faith?

How Shall I pray?

Are tears prayers Lord?

Are screams prayers or groans or sighs, or curses?

Can trembling hands be lifted to you or clenched fists or the cold sweat that trickles down my back or the camps that knot my stomach?

Will you accept my prayers, Lord? my real prayers, rooted in the muck and the mud and the rock of my life, and just my pretty, cut flowers, gracefully arranged bouquet of words?

Will you accept me, Lord, as I really am, messed up mixture of glory and grime? Lord, please help me!

What do you think of the Ted Loders prayer? Do you resonate with it, or do you find your resisting some of it?

Is life really in your hands or in other's hands? Do you struggle with control?

Pride always whispers in our ears that we should take matters into our hands.

What do you think of Joe's statement that trying to control is pride?

2. Trust your Savior.

Look at verses 15-16

What do you think of the statement? "You don't know that until Jesus is all you have that's when you know Jesus is all you need."

What do you think of Lynette's story of forgiveness?

Is there someone you need to forgive? Where do you need to ask forgiveness of someone?

Do you believe that God is faithful to you deep down in your soul?

Where do you need to commit your spirit to the Lord? Can you accept the strength of the Lord who went to the cross for you and gather that strength?

Apply: What is the invitation for you this week? Where do you need to pray your troubles and then trust your Savior? Where do you need to give up some control? Where do you need to give up pride?

