



## ***Message Discussion Questions***

**7/2/2023**

**SERIES:** Jesus Story: Psalms

**WEEK:** 2

**MESSAGE:** Selah

**COMMUNICATOR:** Pastor Rob Shader

**CHECKING IN:** How was your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's discussion?

**QUESTIONS TO CONSIDER AND DISCUSS:** These questions work well individually or in a group. The goal is to encourage spiritual growth and enhance biblical community.

1. What's the worst impulse buy you ever committed? What was the best?
  2. What is your favorite worship song? What is it about this song that brings you into the presence of the Lord? Is there a word or phrase within the song that expresses your heart for God?
  3. Which definition of "Selah" do you most identify with: A crescendo, (gets louder and makes a statement). An interlude a time in-between busyness? A life replenishing pause?
  4. Read Luke 10:38-42. What did Martha do well? Why was Mary praised for being idle? Do you think there would have been a different outcome if one of the sisters had followed the other's behavior? Why or why not? Are you more of a Martha, (doer) or a Mary (observer)?
  5. Describe what "pause" looks like to you? What do you do when you take time to pause or give yourself a "time out"? Where do you go? Do you have an example of an intentional pause you took recently?
  6. How would looking at life's challenges in the light of God's power differ from looking at God in the shadow of our challenges? Share an example with the group.
  7. How can we better position ourselves to allow God to guide us instead of making choices and decisions on our own? What specific changes can we make today to place ourselves in a better position to receive and follow the advice written in God's word?
  8. In Luke 10:40-42, Mary and Martha both loved Jesus and were servers. When was a time in your life that you were doing so many things *for* Jesus that you were not spending any time *with* Jesus?
  9. What are some of the main factors in a typical day that pull your attention away from Jesus?
  10. Have each person in the group think of an area they need to be more intentional to Selah. Share that area and why you feel a Selah would benefit you, those around you or for a specific purpose.
  11. Take 20-30 seconds to be still and quiet, a 'Selah' before the Lord. Next, have someone read Psalm 3. Listen to verses 1-2 and Selah for 10-15 seconds. Next read verses 3-4 and Selah for 10-15 seconds. Read verses 5-8 and Selah for 10-15 seconds. What do you think God may be saying in the verses and in your Selah moments? Discuss your observations with the group.
  12. **TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion? Be specific: What will you do and when will you do it? \_\_\_\_\_
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**WANT TO GROW DEEPER?** We have created some resources to help you grow. Check out and explore the *Experience God* page. Go to [canvas.church/experience-god](https://canvas.church/experience-god) or *Experience God* on the App.

### **GROUP PRAYER OPTIONS:**

- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
- **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
- **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
- **Pray for the person on your right**, *it can be out loud or in silence*, if in silence nudge the person next to you letting them know you are done.
- **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
- **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

**Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email [rickz@canvas.church](mailto:rickz@canvas.church)**