

Looking for a Group to connect and dive deeper in your relationship with God and others? Check out Group Life on our app or contact Connections Pastor, Dustin Bramer, at [dbramer@myhope.church](mailto:dbramer@myhope.church).



### **Community Group Questions:**

#### *Psalm 37*

- From listening to some people talk, the “comparison game” is a new thing. Do you think it’s a new game? If so, what makes you think so? If not, is there something different about the game today than older versions?
- What kind of “control issues” seem to be most “out of control” today? And why do you think so? What needs to be done about that?
  - Self-control
  - Controlling others
  - No one seems to be in control
- Why do you think it bothers us so much when someone “gets away with it?” What does that indicate about our need for a shared sense of morality and justice?
- Can you tell the difference between these feelings: fretting, anger, and wrath? How would someone else know which one you are experiencing?
- Psalm 37:3 suggests, “Dwell in the land and enjoy safe pasture.” Literally, it is saying to “graze on the stability of God.” In counseling, they call this “grounding.” It’s a way of noticing your own physical safety when you’re tempted to worry that the whole world is on fire. The practice is intended to help people calm down when their fretting is out of control. What helps you to “get grounded” when you feel like everything is out of control?
- Psalm 37 gives a list of 8 things “to do” instead of just telling us “don’t fret.” Which of these things do you need to start this week? Pray about that in your group.
  - Trust in the Lord
  - Do good
  - Dwell in the land
  - Enjoy safe pasture
  - Take delight in the Lord
  - Commit your way to the Lord
  - Be still before the Lord
  - Wait patiently for him