

A Psalm for the Sabbath

August 30, 2026 | Psalm 92 | Pastor Jaye Rice

Sermon Outline

STOP → REMEMBER → TRUST → FLOURISH

Main Idea

Psalm 92 reminds us that Sabbath rest is an opportunity to stop from our striving, worship God, remember His faithfulness, trust His justice, and delight in His work. As we rest in God, we are renewed and rooted in Him so that we can flourish and bear fruit in every season of life.

Leader's Note

Choose the questions below that best fit your group and the time available. You do not need to discuss every question. However, we strongly recommend covering at least one question from each section: Upwards, Inwards, and Outwards.

Optional Icebreaker

What are three specific things you are grateful for from this past week?

Discussion Questions

UPWARDS - Growing in Relationship with God

1. Psalm 92:1-4 begins by declaring that it is good to give thanks and sing praises to the Lord. What does this teach us about why worship should be a regular part of our relationship with God?
2. The psalmist repeatedly reflects on God's great works and faithfulness (vv. 4–5). How does remembering what God has done deepen our worship and strengthen our trust in Him? How does the hope of Jesus' resurrection change the way we face fear, uncertainty and death?
3. Psalm 92:6-11 contrasts the temporary success of the wicked with God's enduring faithfulness. When it is difficult to see God at work, how can worship help us keep our hearts focused upward on who He is? What other passages in Scripture encourage us to worship the Lord in times of trial?

INWARDS - Growing in Fellowship with One Another

4. Psalm 92:12–14 describes the righteous as growing, flourishing, staying fresh and green, and bearing fruit. What does spiritual flourishing look like in our lives? What helps us continue to grow in faith? How can we help each other keep God before us when distractions compete for attention?
5. Verse 14 says that the righteous "still bear fruit in old age." What does this teach us about lifelong spiritual growth, and how can we cultivate a faith that remains fruitful through every season of life?
6. Psalm 92:13 says, "Planted in the house of the LORD, they [the righteous] will flourish." What practices, relationships, and commitments help keep us rooted in God and growing spiritually, especially when life becomes difficult or distracting?

OUTWARDS - Reaching Those Around Us

7. Psalm 92:15 says the righteous proclaim that, "The Lord is upright." How can our words and conversations with others point people to God's faithfulness and goodness?
8. Psalm 92:12–14 describes the righteous as flourishing and bearing fruit. What kind of "fruit" should others see in our lives, and how can our spiritual growth become a blessing to those around us?
9. The psalmist celebrates God's works and His faithfulness (vv. 4–5, 15). Who in our lives needs to hear about what God has done? What opportunities do we have to share His goodness with them?

