

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

## CLOSE IN PRAYER

## SUMMER OF PSALMS

Psalms 37: "Fret Not"

August 27, 2017

Of David.

*"Do not fret because of those who are evil or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away. Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun. Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil."*

Psalm 37:1-8 (NIV)

### How to get past worry, to really trusting and enjoying God:

#### 1. Fret not

*"Do not fret because of those who are evil or be envious of those who do wrong... do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil."*

Psalm 37:1, 7-8 (NIV)

If you attend church every week you will live on the average 5.7 years longer than people who don't attend church every week.

*"Trust in the Lord and do good... Commit your way to the Lord; trust in him."*

Psalm 37:3 & 5 (NIV)

#### 2. Trust in the Lord.

#### 3. Delight in the Lord.

*"Take delight in the Lord, and he will give you the desires of your heart."*

Psalm 37:4 (NIV)

Man's chief end is to glorify God and enjoy Him forever.

-The Westminster Catechism

*"O Lord, how many are Your works! You made them all in wisdom. The earth is full of what You have made. There is the wide sea full of both large and small animals. There are too many for us to number. The ships sail there. And the very large sea animal You have made plays in it."*

Psalm 104:24-26 (NLV)