



Welcome!

SERIES: SOUL REPAIR

Today's Message: Calm Down

Dr. Lance D. Watson, Senior Pastor

PRAYER: Glorious is your name, O God. You are our peace. You are our joy. You are our strong tower. You are our refuge, and we rest in you. Calm our anxious spirits, calm our restless minds, calm our troubled souls that we might find contentment in your promise, your power, and your presence always. In the name of Jesus, we pray. Amen.

ICEBREAKER: What is something that made you anxious over the last twelve months? How did you manage that experience?

INTRODUCTION: Psalm 131 is a maintenance psalm. It is as functional to the person of faith as pruning is functional to the gardener: it gets rid of that which looks good to those who don't know any better, it reduces the distance between our hearts and their roots in God.

SCRIPTURE: Read Psalms 131 (New Living Translation)

DISCUSSION:

1. What stood out in today's message? What is the danger in seeing yourself as the smartest man or woman in the room? What does it mean to be proud or haughty in your view? Why do we get overly involved with things above our paygrade?
2. Eugene Peterson wrote that, "Ambition is aspiration gone crazy. Aspiration is the channeled, creative energy that moves us to growth in Christ." Do you agree or disagree? What is the difference between aspiration and ambition as you see it? When does aspiration become unhealthy?
3. Read Psalm 131. Why do you think the Psalm begins with an assertion of David's humility? What is the connection between humility and being calmed and quieted in one's soul?
4. In verse 2, the songwriter says, "*I do not occupy myself with things too great and too marvelous for me.*" What does this mean to you?
5. How do we balance our desire for quiet and calm with the value of being engaged in the world and joining with others in acts of love, justice, and compassion, and thus participating in something bigger than ourselves?
6. In verse 3, David addresses Israel directly and commands them to "*hope in the Lord from this time on and forevermore.*" How would you describe the state and the location of your hope these days?

THE SAINT PAUL'S BAPTIST CHURCH
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CHALLENGE: This week's practice is a centering prayer. This is an ancient prayer practice where you meditate on one word. Your focus will be one of our key words: calm, quiet, hope, or trust. Calm: We will begin by coming to the Lord to calm your heart and quiet your soul. As you become relaxed, silently and gently offer the sacred word, calm, to God. Meditate on the word calm, drawing yourself into God's calming presence. As other thoughts, memories, feelings or images come to your mind, gently return to calm

SERVE: Pray over Psalms 131 this week. **Praise** God for your growing ability to find contentment in God. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@myspbc.org)
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): Wallace Simms (Wallace.Simms@myspbc.org)

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.