

PSALMS

Psalms 86 | Sunday, July 26, 2026

(5-10 min) *Optional Ice Breaker: If you could have an endless supply of any summer treat, what would it be?*

LEADERS: Please share these announcements with your Home Group!

Announcements

Steps Orientation, Monday, August 3, 6:30 - 8:00 pm: *Steps is a semester-long intensive discipleship program that includes daily homework, one-on-one mentoring, teaching, and small group time. This program helps you gain traction in your relationship with God and provides you with the necessary tools to become a fully formed disciple of Christ. Attending the Steps Orientation class is the first step in participation and will provide you with a roadmap for the program.*

Register: <https://citizenschurch.com/event/bm4fsg8/steps-orientation>

Read God's Word Aloud

Psalms 86:6-12 (ESV)

Give ear, O Lord, to my prayer; listen to my plea for grace. In the day of my trouble I call upon you, for you answer me. There is none like you among the gods, O Lord, nor are there any works like yours. All the nations you have made shall come and worship before you, O Lord, and shall glorify your name. For you are great and do wondrous things; you alone are God. Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name. I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.

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Discuss God's Word and God's World

Important: *The goal is to use this Guide to spark sanctifying conversation and opportunities for intercessory prayer, not to “get through” every question like a checklist. Feel free to linger on the questions that best facilitate that for your group.*

Start here: *Take a few moments to share and reflect together on what stood out to you from this week's Bible passage and the sermon about it.*

1. "The Soundboard Check"

Alan used the image of an audio soundboard to describe how we approach God: our circumstances are often blaring at maximum volume, while God's truth gets pushed into the background.

- **Question:** If you looked at your prayer life over the past month, which "channel" has been pushed up highest—the volume of your circumstances or the volume of who God is? What causes our circumstances to get so loud in our daily routine?

2. Tuning In to "What's True"

David knew God's character so deeply that in the middle of a life-or-death crisis, 94% of his prayer was focused on who God is (His mercy, kindness, and faithfulness) rather than the crisis itself.

- **Question:** What is one specific attribute or promise of God from Psalm 86 (e.g., *ready to forgive, slow to anger, abounding in faithful love, the God who answers*) that you need to "turn up the volume on" in your life right now? What practical routine can help you keep that truth on repeat this week?

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3. Re-Mixing Our "Verse 14"

In verse 14, David names his overwhelming situation (*"a gang of ruthless men intends to kill me"*), but he immediately brackets it with God's character in verses 13 and 15.

- **Question:** What is a current circumstance, stressor, or fear in your life right now that needs its volume turned down? How does declaring God's unchanging nature right next to that circumstance change its impact on your heart?

4. When We Let Noise Win (Confession & Repentance)

In verse 11, David asks God to *"give me an undivided mind [unite my heart] to fear your name."* Often, we allow the volume of our circumstances to pull our hearts in a dozen different directions—leading us to trust in control, anger, anxiety, or self-reliance instead of God.

- **Question:** Where have you allowed the loudness of a trial to lead you into a "divided heart" or a lack of trust in God? Let's take time to confess where we've let the noise of our circumstances dictate our posture instead of resting in God's character.

5. "Turning Up the Volume" for Each Other

Alan reminded us that we often need the body of Christ to speak and pray truth over us when our own situations feel deafening and we can't hear God clearly for ourselves.

- **Question:** How can our Home Group specifically help each other "turn down the volume of circumstances and turn up the volume of truth" as a collective practice? (*For example: starting our meeting text thread with a truth about God each morning, speaking specific attributes of God over someone before they share a hard request, or praying scripture over each other*).

6. Intercession

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When someone is in the thick of a storm, they don't just need advice; they need brothers and sisters to "borrow language" from Scripture and lift them up when they feel weak.

- **Question:** Who in our group or church family is currently walking through a situation that feels overwhelming right now? Let's pray for them together, using the text of Psalm 86 to turn up the volume on God's comfort, strength, and presence over their lives
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Sanctificational Prayer Guidance

Thank the Lord for listening to our prayers and answering our cries for mercy.

Father, teach us Your ways and give us undivided hearts that trust You completely.

Praise God with all your heart and bring praise to His Name!

Family Memory Verse of the Month for July

Therefore encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11 (ESV)