

Talk It Over

Questions are prepared each week and are designed to prompt insights, questions, and the life experience of each listener. If these are used immediately following the sermon, it would be much the same as what was done in Israel at the time of the early church.

Warm Up:

It has often been said that “Prayer is meant to change us, not to change God.” How does prayer change us? In what ways is prayer transformational?

Read:

Psalm 121

Discuss:

1. Why is it important to name or verbalize the things that we feel? What happens when we keep our feelings “bottled up” inside? How does talking about our emotions or feelings help us?
2. Why is it important to talk to God about how we feel? In what ways is talking to God about our feelings different from talking to another person? In what ways is talking to God more helpful than talking to another person?
3. Have you tried praying any of the Psalms over the last two weeks? What has your experience been like? Is there a particular Psalm that you have found especially helpful?
4. How would Psalm 121 help someone who was searching for God, or, someone who felt lost?
5. Why are the Psalms poems? Why is poetry an appropriate form (genre) for our prayers? What does poetry do that prose cannot?
6. Do you have any plans to continue to use the Psalms for prayer? If so, how do you intend to use them?

Wrap Up:

Close in prayer.

