

PAUSE REJOICE & REFLECT ASK YIELD

PAUSE

“BE STILL AND KNOW THAT I AM GOD...” PSALM 46:10

Take deep breaths; center yourself upon the presence of God.

REJOICE

Rejoice with a Psalm; a worship tune...

Share gratitude and joy...

REFLECT ON PSALM 95

What word, phrase, or image grabbed your attention? _____

REFLECT ON PSALM 95

Summarize this passage in one sentence: _____

Sometimes our hearts drift away from God and/or the good works he has for us (Eph 2:10). Both acts of worship and warning can be forms of correction and realignment. **Q: Why do you think worship can serve as a way of realigning our hearts with God?** Psalm 95 uses a history lesson (Exodus 17:1-7) to bring about a warning. **Q: How does the worship and warning of Psalm 95 together reflect God’s love and care for his people?**

Take a pause

REFLECT ON PSALM 95

What did the Spirit say to you? _____

ASK (asking God to help us and others)

In light of this passage, what small thing could I ask God to provide today? _____

What big thing am I asking God for throughout this season of life? _____

Turning my attention to the world, who is someone else (person, group, community, nation)...in light of this passage, what do I want to ask God for? _____

YIELD (to God’s will in our lives)

What do you need to surrender to God? _____

What will you do? _____