



SELAH

• L I S T E N & R E S P O N D •

Pause
Discussion Guide
July 8, 2018
Psalm 27

Before you begin, please read Psalm 27 as a group.

1. Share with each other about your experience during Sunday's "Selah" service. What was challenging for you? What did you find to be refreshing?
2. We live in a culture that's increasingly fast, loud and distracting. What are some practical ways you can build a regular habit of pausing, reflecting and responding to God?
3. Have you ever considered doing personal reflection and preparing your heart for worship on Sundays before you come to the service? What might this look like for you (and if applicable, your family)?
4. David gives a declaration of who God is in Psalm 27:1. Although we may know truths about who God is, why is it beneficial for us to declare who He is (whether verbally or in thought/prayer)?
5. Spend a few minutes as a group discussing other words or phrases that describe who God is. See how many you can come up with!
6. What does Psalm 27:4 tell us about what fulfills us most and what we're ultimately made for?
7. Who or what do you tend to seek in place of God to fulfill your deepest longings? How can we keep both good and bad things from taking the place of what ultimately matters? Get as specific as possible.
8. Group Prayer Activity: Take some time to pause, reflect and respond to God as a group. You can decide how your group wants to do this, or use the outline below as a model:
 - Open by inviting God to be present with you
 - Pray for the group to release their worries and thoughts about life for the next few moments to focus on God
 - Simply sit for a couple minutes of complete silence
 - Spend time praising God specifically for *who He is*
 - Spend time thanking God specifically for *what He's done*
 - Leave another minute or two for silence to let those truths soak in
 - Close by praying for the group to live in a way that honors and glorifies our Father