



## LOVE

**A new commandment I give to you, that you love *one another*... (John 13:34)**

- *Internal*: How was your week? Any new life updates? How was your walk with the Lord this week?
- *External*: Practically, is there any individual or family that needs encouragement from us a group?

## TRUTH

**Let the word of God dwell in you richly, teaching and admonishing *one another*... (Col. 3:16)**

1. When you reflect on the message from Sunday, what most resonated with you?
2. Let's read our primary text. How does David begin the psalm in verse 1? What does this reveal about his relationship with God?
3. In verses 2–3, what problem is David facing? Have you ever experienced this?
4. What instructions does David give in verses 4–5?
5. How does David define true joy?
6. How does the psalm end in verse 8? Why is this significant?
7. What “distress” are you currently facing that you need to bring to God? What keeps you from sleeping peacefully at night? What kinds of worries or pressures tend to fill your mind when you lie down?
8. How does this Psalm point forward to Christ?
9. Any other thoughts you would like to share before we wrap up this text?

## GREAT COMMISSION

**Go therefore and make disciples of all nations... (Matt. 28:19-20)**

- Did you disciple your family well this week? Is it apparent to others that Jesus the reason for your hope in your daily activity? Would anyone like to practice sharing the gospel with the group?

## CONFESSION/PRAYER/REPENTANCE

**But exhort *one another* every day, as long as it is called "today,"... (Heb. 3:12-14)**

- Confession is agreeing with God about our sin according to the Scriptures. Is there anything you want to confess before the group? [*apathy, idolatry, selfishness, jealousy, anger, envy*]
- Let's pray, asking God to help us apply His word to our lives, putting to death sinful desires.