



Sermon Questions

Date: *June 18, 2023* | Scripture: *Psalm 131*

1. Read the passage from the sermon together. What do you find convicting? What do you find challenging? What do you find confusing?
2. What are the things that make you anxious? What are the things in your life and world that you occupy yourself with, trying to control?
3. Anxiety often feels like our fears talking to us, and the more we listen the worse anxiety gets. The psalms often show what it looks like for us to talk back to our fears in light of who God is. How often do you talk to your fears? What does that conversation look like?
4. What are the reasons the Bible gives for contentment? Consider reading the Scripture passages in the right column.
5. What is a time you've experienced genuine contentment in Christ?
6. How was this psalm sung by Jesus? How can we sing this psalm about Jesus?

Inward Grace in Action

Contentment is not a gift or a natural inclination, it is a skill. Everybody can learn the art of contentment and life presents us ample opportunities to practice it. As one Christian author once wrote, "When I pray for God to give me patience, I find him giving me lots of opportunities to practice patience." Contentment can work the same way.

- Look at your calendar for this week. What are things you anticipate will tempt you toward discontentment?
- How might you practice the skill of contentment in light of those things?

ACTION: Be on the lookout this week when you feel discontentment rising in your heart. Respond with meditating on this psalm and resting in your identity in Christ. You might also find it helpful in memorizing this psalm!

A personal note: One of the most formative books I've read in seminary is Jeremiah Burrough's *The Rare Jewel of Christian Contentment*. If you're looking for another book to read this Summer or a new devotional for your quiet times, I'd highly recommend it to you! You can find the whole book free online here: https://www.monergism.com/thethreshold/sdg/burroughs/The_Rare_Jewel_of_Christian_Contentment/Jeremiah_Burroug.pdf

WORSHIP THROUGHOUT THE WEEK

Reflect on these Scriptures:

- Exodus 14:10-31
- Psalm 23
- Isaiah 41:1-13
- Matthew 6:25-34
- Philippians 4:10-20
- 1 Peter 5:1-11

Serve: there are lots of opportunities to serve in our church family. [Click Here](#) to serve as a volunteer.

Pray for our teachers and students as they enter into Summer, that they might find rest and delight in the Lord.

Reach out if you need assistance:

- Call our church office at 703.821.0800
- Request aid from our Deacons' Fund at deaconsfund@mcleanpres.org