

KEEP THIS ON REPEAT



WEEK 1

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

The Psalms is the only book of the Bible made up completely of songs and prayers. In this month, we'll learn from the Psalms what spiritual rhythms God wants us to keep on repeat. First off, through prayer can learn how to talk to God - even during the hardest times of our lives.

1 Read Psalm 16:8 & Ps 34:1 & Ps 105:4. Taylor said, **Results require repetition.** Have you found that to be true in your life - if so, how? Follow up question: How does repetition apply to our faith?

2 This week's focus was on prayer. Before anything else, let your group finish these sentences: 1) Prayer is hard for me because... 2) Prayer is good for me because...

3 Read Psalm 13:1-4. To put it mildly, this prayer is really over the top. The Psalmist is feeling terrible and is not afraid to ask what sound like offensive questions. Why do you think songs like this are preserved in Scripture? How might this inform our prayer life?

4 Read Psalm 13:5-6. Taylor said, **Prayer is where my honesty wrestles with and surrenders to God's truth.** We see that surrender when the Psalmist says God has been good to him. So between praying honestly to God like the first part of Psalm 13 or speaking truths about

God when you pray like the end - which is easier for you and why? Follow up question: how can you grow in whichever is harder for you?

5 In trying times, there are really two options: pray or replay. Taylor used an illustration with a guitar pedal to show how we can end up reliving hurtful moments in our lives over and over again. Taylor talked about how when we replay, Satan will use old wounds to tell new lies. Why is it easy to focus on hurtful moments and relive them? How can praying God's truth halt our mind from unhealthy replays?

ACTION STEP Use the Psalms as a means of prayer this week. Download the PDF from thehills.org/KTORepeat and follow along. If prayer is new for you or you'd like help, ask someone in your group or a friend if they'd pray with you every day - maybe even via text, email or Facebook messages. Sometimes it takes help to build a rhythm of prayer in our lives, and that's ok. If you need some truth about God to include in your prayers, these verses are a good starting place: Ps 16:5; Ps 30:5; Ps 36:5; Ps 46:1; Ps 48:14; Ps 62:1-2; Ps 66:20; Ps 136:1.