



THE PSALMS



Experiencing God through the songs of his people.

Quiet Trust (Psalm 4)

COMMUNITY GROUP DISCUSSION GUIDE

As followers of Jesus, we can trust in the Lord even in the midst of troubling circumstances. In this psalm we are reminded of what it looks like to cry out to the Lord and to follow him with quiet trust in the hard moments of life.

CONVERSATION STARTER

We live in a busy world with many demands and distractions that can cause us to drift away from God. What are some examples of things in your life that tend to come between you and God?

GETTING INTO THE SCRIPTURES

Please read aloud Psalm 4.

What does it look like to be “quiet” or “silent” and trust in the Lord?

What are verses 6-7 trying to tell us about seeking joy? What is the true source of joy?
What causes us to choose earthly sources of joy over the eternal joy found in God’s grace?

What prevents you from lying down and sleeping peacefully?
What does it look like to turn to God and trust that he can help us sleep peacefully?

MAKING IT REAL

In what areas of your life are you experiencing hardship? What can you do to turn to God and follow him with quiet trust?