

**Discussion & Reflection Questions**

- 1) Jamie said that the Psalms have often been a “lifeline” for him. Perhaps this has been the same for you. How have you experienced the reading or hearing of the Psalms in your life?
- 2) The Psalmist talks about *fretting*. Jamie described fretting not just as worrying but as an anger in which we question whether God is truly in charge. What do you sometimes fret about?
- 3) Re-read verses 4-8. The psalmist invites us to consider a set of practices (e.g., “trust,” “dwell,” “delight,” “be still,” “refrain from anger”). Which of these practices are easier for you? Which are more difficult?
- 4) Verse 11 says, “The meek shall inherit the land and delight themselves in abundant peace.” What does it mean to be meek? (Consider this in light of v. 9b.) What does it mean to “inherit the land”? (Consider how Jamie discussed it.)
- 5) Jamie reminded us that there is wickedness both in the world and within each of us. As such, verses 18-19 may seem like cold comfort—after all, no one is “blameless.” Read Romans 5:6-11. How does that passage help you better understand this psalm?
- 6) Verse 19 speaks about the righteous (i.e., those made righteous through Jesus Christ) as having an abundance. In what ways has God given to you abundantly?
- 7) Take a few moments to reflect in silent prayer. Ask the Lord what step He may be calling you to take in the coming week to live out the truth of this portion of Psalm 37. (It may be a small step—that’s OK!) Ask the Lord to give you the strength to follow through. After the silent prayer time, divide into pairs. Share your action step with your partner and commit to praying for one another about those action steps.