

RHYTHMS:

Cultivating Spiritual Habits of Devotion

JUNE 5 | STONE OAK CAMPUS



PSALM 42:1-8

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



REFLECT/CONNECT

- What are your initial thoughts and reaction to the idea of practicing spiritual disciplines?

Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

- What spiritual disciplines or habits are a regular part of your weekly rhythm, and how does it impact your daily life?

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

GROW IN THE WORD

In Psalm 42, the psalmist describes his state of being with words like "thirsts", "despair", and "restless".

- What other words would you use to describe the psalmist's condition in this passage?
- In what ways can you relate to this state of being?

The psalmist seeks God in prayer, waits for God, and remembers His past faithfulness in the midst of this season of discouragement and despair.

- What can you learn from the psalmist about how to face your own seasons of discouragement and even despair?
- What are some ways that God has been faithful to you in the past?

The psalmist points us to the true hope we can have in the midst of trouble.

- In what ways do you put your hope on earthly things in the midst of trouble?

Cultivating spiritual habits of devotion is an excellent way to pursue God and gain strength in a time of need.

- How do these verses impact your pursuit of the presence of God in your life moving forward?
- What spiritual habits would you like to more regularly practice this summer?

NOTES

Use this page for sermon notes, prayer requests,
or additional notes on the passage from your study.