

RHYTHMS:

Cultivating Spiritual Habits of Devotion

JULY 31 | STONE OAK CAMPUS

PSALM 118

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

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

Grow in the Word

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

REFLECT/CONNECT

- In what ways did your worship of God change this last week, and what difference did it make?
- What people, moments, or things do you typically celebrate?
- How do these celebrations reveal what you value and care about?



GROW IN THE WORD

The psalmist celebrated with thanksgiving to God and called on all of God's people to give Him thanks for His goodness and love.

- How would you describe the main reason why the psalmist calls for thanksgiving?

Notice how the same phrase is repeated in verses 1-4, 29, and compare translations to get a fuller grasp of its meaning.

- How would you summarize the trouble and deliverance that the psalmist recalls in verses 5-18?
- What part(s) of your own story brings remembrance of God's goodness? Reflect on moments in your own life when you clearly experienced His goodness and love.

After he reflected on his own present victory, the psalmist anticipated a future when he would give thanks in the presence of God. He ended the psalm with a prayer for salvation and prosperity along with a final call to give God thanks.

- How does the psalmist's previous deliverance relate to the joy he proclaimed in verse 24 and the plea that he cried out in verse 25?
- How might verses 19-29 strengthen your resolve and lead to thanksgiving in the midst of your own trials? See also Lamentations 3:20-24.



GROW IN THE WORD

Cultivating a habit of celebration in the good things of God can deepen our present joy and strengthen us as we follow Jesus.

- In what ways do you want your practice of celebration to change in light of this passage?
- What can you do to incorporate celebration as a regular part of your spiritual life?

NOTES

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