

Summer 2020 Sermon Guide

Sermon Series: Peaks and Valleys

Scripture: The Psalms of Ascents – Psalms 120-134

Life can feel like a rollercoaster. One moment we are celebrating a new job, new house, a birth of a child, a graduation or a dream vacation; however, the next moment, we are gasping over COVID 19, a loss of a job, social unrest, or a death of a love one. How do we make sense of it all?

This summer we are going study the Psalms of Ascents (a mini-collection of psalms within the book of Psalms). These Psalms remind us of who God is and how he will provide nourishment for our souls, whether we are in the peaks, the valleys, or anything in between. We will explore what it looks like to walk with God through life.

In this unique season we want to encourage you in your families, with your friends, or in your community group to take time to: **reflect** on Sunday's sermon; **relationally check in** with each other for support, care, and encouragement; think how you can live in a **missional** manner this week; and spend time **praying** together.

Sermon Reflections:

- Read the Psalm for this week (see chart)
- As you reflect on the sermon, what stood out to you?
- Reflecting on this psalm, what resonated with you? Why? What was confusing?
- How does this Psalm challenge or encourage you?
- What do we learn about God in this passage?

Relational Check In:

- How would you describe how you are feeling? (Refreshed, joyful, at peace, lonely, anxious, angry, frustrated, etc.?)
- We are called to love and support one another. Is there something you need help with?
- How can we be praying for each other?

Missional Living:

- What do you think this passage is calling you to do?
- Given some of the truths in this Psalm, how could you actively engage and serve your unbelieving friends, co-workers, and neighbors?

Prayer – As you pray

- Spend time reflecting on qualities of God you learned from this passage.
- Spend time praying for the request.
- Spend time praying that God will move your heart to engage your community with the truths of this psalm.

Date	Passage	Theme
6/21/20	Psalm 120	Repentance
6/28/20	Psalm 121	Providence
7/5/20	Psalm 122	Worship
7/12/20	Psalm 123	Service
7/19/20	Psalm 124	Help
7/26/20	Psalm 125	Security
8/2/20	Psalm 126	Joy
8/9/20	Psalm 127	Work
8/16/20	Psalm 128	Happiness
8/23/20	Psalm 129	Perseverance
8/30/20	Psalm 130	Hope
9/6/20	Psalm 131	Humility
9/13/20	Psalm 132	Obedience
9/20/20	Psalm 133	Community
9/27/20	Psalm 134	Blessing