

Sermon Discussion Questions: “Whole Life Care” (Psalm 71)
February 16th, 2020

1. What in the sermon encouraged you, comforted you, challenged you, or informed you?

2. What are some of the cultural narratives that make us afraid to age? (e.g. added years means added suffering)

3. Read the Heidelberg Catechism #27 below. What does Psalm 71 teach about God’s lifelong care of His people?
The Heidelberg Catechism #27 What do you understand by the providence of God?
Providence is the almighty and ever present power of God by which He upholds, as with His hand, heaven and earth and all creatures, and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty—all things, in fact, come to us not by chance but from His fatherly hand.

4. Read Psalm 71:1-5 and 71:20-21 about God being our refuge. As we get older, how can our growing weakness create a deeper dependency on God and community? How might the resurrection of Jesus revive our hope in the face of weakness?

5. Psalm 71:15-18 says, “¹⁵ My mouth will tell of Your righteous acts, of Your deeds of salvation all the day, for their number is past my knowledge. ¹⁶ With the mighty deeds of the Lord God I will come; I will remind them of Your righteousness, Yours alone. ¹⁷ O God, from my youth You have taught me, and I still proclaim Your wondrous deeds. ¹⁸ So even to old age and gray hairs, O God, do not forsake me, until I proclaim Your might to another generation, Your power to all those to come.” What are some stories that you could share with a younger generation of the righteous acts of God and deeds of salvation that He has brought about in your life?

6. Pray Psalm 71 together as a group letting the structure and phrases guide you along in prayer. Also consider reading these Psalms to prepare for next week:
2/16 Psalm 71
2/17 Psalm 120
2/18 Psalm 122
2/19 Psalm 141
2/20 Psalm 124
2/21 Psalm 131