

PERSONAL REFLECTION GUIDE

11/16/25

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- What is your favorite thing about doing life with other people? (family, friends, church, work colleagues)
- **Read Psalm 133.** What words or images are most impactful in this short psalm? What words does the psalmist use to describe unity?
- If you were to summarize this psalm into modern terms, what would you say?
- **Read Exodus 30:20-33.** What is significant about the oil of Aaron? What do you think the image from psalm 133 means given this context?
- Mount Hermon rises about 9000 feet above sea level and is located about 120 miles north of Jerusalem. When the snow that covers the peak melts, it is a major source of the Jordan River. What does this context add to the image from **psalm 133**?
- **Read 1 Corinthians 1:10, Ephesians 4:1-6, Romans 12:4-5, and John 13:34-35.** Based on those and this psalm, what are some reasons we should value unity among God's people?
- What are some barriers or hindrances to biblical unity, especially now?
- Where do you see the need for unity in the church today – in the global church, but also in our specific church?
- Unity doesn't mean that everyone is the same. How can God's people be different and still united?
- Think of one relationship where you could bring more peace, encouragement or effort this week. What is one action you can take to help grow unity in that relationship?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read **Psalm 146.** What does this psalm tell you about God's character?



UPCOMING EVENTS – for more info, scan the QR code with your phone
12/3 Southland Women Christmas Gathering – with ornament exchange
12/7 Southland Student Invite Night – with white elephant gift exchange
12/24 Christmas Eve Service, 4pm at Cross Ridge Chapel

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FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week as challenging or encouraging?
- What is your favorite thing about doing life with other people? (family, friends, church)
- **Read Psalm 133.** What words or images are most impactful in this short psalm?
- What does the word “unity” mean? How do you know if you have it?
- If you were to summarize this psalm into today’s language, what would you say?
- **Read Exodus 30:20-33.** What is significant about the oil of Aaron? What do you think the image from psalm 133 means given this context?
- The water from Mount Hermon flows into the Jordan River, bringing life to dry land. What does this context add to the image from **Psalm 133**?
- What are some things that make unity hard today – for teens, families, or church?
- Unity doesn’t mean that everyone is the same. How can people be different (with different opinions, styles, traditions, backgrounds) and still be united?
- Think of one relationship where you could bring more peace, encouragement or patience this week. What is one action you can take to help grow unity in that relationship?
- If unity were a vibe or emoji, what would it be? Why? What vibe do you think your friend group would give off right now?
- What is one thing God wants you to do or believe from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.

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