

## PERSONAL REFLECTION GUIDE

11/23/25

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?
- Who is the most trustworthy person you know? What makes him or her that way?
- **Read Psalm 146.** What words or images are most impactful in this psalm? What words or phrases does the psalmist use to describe God?
- What words or phrases confuse or challenge you? (Use a study Bible to help understand these.)
- If you were to summarize this psalm into modern terms, what would you say? What is God trying to say here?
- The psalm begins with a declaration of praise. The psalmist is committing to praise Him. In what ways is praise a choice?
- There appears to be a disposition to trust in “princes” or human leaders to save. In what ways do you see this today?
- In verses 5-9, the psalmist describes ways in which God is superior to human authorities. What are these ways? Contrast human rulers with God’s character here.
- As Christians we are called to submit to rulers (Romans 13:1-2), but to trust in Christ. What can or should this look like in the life of a Christ follower?
- How should we interact with political officials and policies?
- The care for immigrants has been in current events locally. How might this psalm inform our response to those events? How can/should we respond as followers of Christ?
- As a disciple making disciples, who is one person you will share this lesson with?
- 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 150. What does praise look like in the life of a follower of Jesus?



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?
- Who is someone you really trust, and what makes him/her trustworthy?
- **Read Psalm 146 aloud**, switching readers at the stanza breaks. What words or phrases did you notice the most? What was interesting or confusing to you?
- What do you think God is trying to say in this psalm? If you were going to put the meaning in one sentence, what would it be?
- This psalm is all about trusting God, not leaders or people who break promises or don't last. Is it hard or easy to trust God? What makes it that way?
- How does trusting God look different than trusting a person you see at school or home?
- What does this psalm teach about God's power and character?
- In verses 5-9, which description of God was your favorite? Why?
- Why do you think God cares so much about people who are hurting or weak? How does it make you feel to know that God sees people who are forgotten?
- Where in your life do you need God's help right now?
- How can you be like God in how you treat others? What is something we could do as a family to care for others? Plan one specific action as a family before you end today.
- 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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- 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?

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