### 1. Get Acquainted: Icebreaker

• How would you rate your level of stress in the current circumstances?

## 2. Worship: Song of the Week, Build My Life

### https://open.spotify.com/track/2UeOsbOZ3h1QxUX2Jfw42j?si=DeRC75zZQJSnT37ovLTxEQ

Worthy of every song we could ever sing Worthy of all the praise we could ever bring Worthy of every breath we could ever breathe We live for You

Jesus, the Name above every other name Jesus, the only One who could ever save Worthy of every breath we could ever breathe We live for You Oh, we live for You

Holy, there is no one like You
There is none beside You
Open up my eyes in wonder
And show me who You are
And fill me with Your heart
And lead me in Your love to those around me

#### Worthy

Worthy of every song we could ever sing Worthy of all the praise we could ever bring Worthy of every breath we could ever breathe We live for You Oh, we live for You Jesus

Jesus, the Name above every other name Jesus, the only One who could ever save Worthy of every breath we could ever breathe We live for You Oh, we live for You

And holy, there is no one like You
There is none beside You
Open up my eyes in wonder
And show me who You are
And fill me with Your heart
And lead me in Your love to those (around me)
Holy
Oh, holy, there is no one like You
There is none beside You
Open up my eyes in wonder
And show me who You are
And fill me with Your heart
And lead me in Your love to those around me

Lead me in Your love Lead me in Your love And I will build my life upon Your love It is a firm foundation
I will put my trust in You alone
And I will not be shaken
I will build my life upon Your love
It is a firm foundation
I will put my trust in You alone
And I will not be shaken

#### You are holy

Holy, there is no one like You
There is none beside You
Open up my eyes in wonder
And show me who You are
And fill me with Your heart
And lead me in Your love to those around me (You
are holy, Lord)
And holy, there is no one like You
There is none beside You
Open up my eyes in wonder
And show me who You are
And fill me with Your heart
And lead me in Your love to those around me

And I will build my life upon Your love It is a firm foundation I will put my trust in You alone And I will, I will not be shaken

All my life for You, Lord All my days for You, Lord You can have it all You can have it all You can have it all

And I will build my life upon Your love
It is a firm foundation
I will put my trust in You alone
And I will not be shaken (I will build my life upon)
I will build my life upon Your love
It is a firm foundation
I will put my trust in You alone
And I will not be shaken
I will not be shaken
I will not be shaken

# 3. Kingdom Centered Prayer:

- God's Glory
- Those suffering
- Job and Finances
- Government Leadership
- Companies
- Family

- Friends
- Revival
- Renewal
- Marriages
- Repentance
- Wonder / Gratitude

## 4. Sermon Reflection:

• Psalm 131 ¹ O LORD, my heart is not lifed up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. ² But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. ³ O Israel, hope in the LORD from this time forth and forevermore.

### Humble, Happy Before the Lord

- How does the Gospel bring Humility?
- How does the Gospel bring contentment?
- How has God been working these into your heart?
- What are your habits that bring you to a humble place?
- What are your habits of contentment?
- Storms reveal ballast, the weight in the center of your being.
  - O What was your ballast in the past?
  - O How has Jesus become your hope and ballast?

#### We Resist. We complain.

- What have you complained about recently?
- How are you resisting God's work and will in your life?
- What are you like to be around when you resist God and complain about how he runs things?

#### Like a Weaned Child

- How has God won you to love and desire Him more than love His stuff?
- Where are you showing signs of satisfaction in God's love and care?

# 5. Mission:

- How would you rate your level of stress in the current circumstances?
- What are somethings that we could do for our friends and neighbors who are struggling?