

# Summer Psalm Series 2024

## Description and Reflection Questions

**Jordan Pilgrim, Kelowna Church Plant Pastor,  
Garden Valley Church**

### **Psalm 127: Rest Assured**

True success isn't about our own efforts, but relying on God's guidance. Discover the rhythmic balance of work and rest. When we rest in God's promises, we are really expressing our faith in God, knowing that God can transform our lives. Join us as we explore the powerful lessons of faith, rest, and reliance on divine timing!

#### **Sermon Reflection Questions:**

1. What keeps you up at night? What brings you anxiety?
2. Have you ever found yourself caught up in the "Canadian Dream?" Do you feel the pull to work harder and be praised for what you have accomplished?
3. How does Psalm 127 challenge our understanding of success and rest in our daily lives?
4. In what areas of your life do you find it difficult to trust that God is at work even when you are not?
5. What practical steps can we take to stop comparing ourselves to others and focus on trusting God's plan for us?

**Graham McCarthy, Pastor, Peace Church on 52<sup>nd</sup>**

### **Psalm 137: The Rivers of Babylon**

This Psalm is hard to deal with - the kind of passage in scripture that makes us turn our head, and we're tempted to ignore it. But it is good to engage with it - this is a Psalm of lament and anger, but taking a deeper look at it can tell us just how much God cares to listen to our pain and sorrow. We need this Psalm, so we can hear the voice of the oppressed.

#### **Sermon Reflection Questions:**

1. Whose cries are you hearing right now? How can you declare the peace of Jesus Christ with them?

**Mary Barg, Spiritual Health Practitioner, Eden Mennonite Church**

### **Psalm 42, 43: When our Prayer is, "God what are you doing?"**

How to respond when our hearts are heavy because all is not well.

#### **Sermon Reflection Questions:**

1. As followers of Jesus, what can the Psalms teach us about despair?
2. What does being homesick for God's house (where the presence of God was experienced) look like in your own life?
3. How do the two psalms express the cry of the desperate soul rising up, the longing to be in God's presence?

**Pastor Silas Wang White Rock Mennonite**

### **Psalm 147: 10,000 Reasons to Praise the Lord**

All of the life-changing experiences brought by God are the reasons why we praise Him. God's grace will pour out on those who fear Him and wait on His unfailing love.

#### **Sermon Reflection Questions:**

1. Why do the children of God sing praises?
2. What are the reasons that the children of God could praise in every circumstance?
3. Where is the hope for people who are suffering