



Psalm 131- Total Trust

1. What insight, principle or observation from this week's message did you find to be most helpful, eye opening or troubling? Please explain.
2. The writer begins by repenting of "pride" in his life. How does pride show up in your life? How has it affected you or others around you negatively?
3. Pride is such a "sly sin" and often we do not see it in ourselves. If you were to ask your spouse or close friend how they thought you struggled with pride, how do you think they would answer that question?
4. Which of the three types of pride are you more prone to? (1, pride of heart – thinking more of yourself than you should, 2, pride of eyes – looking down on others, 3, pride of knowledge – either having all the answer or needing to know the answers). Why do you think you are prone to that type of pride?
5. Have you ever thought of "trusting like a child" as the antidote to pride? Why do you think the writer suggests "total trust" as being helpful in combatting pride in our lives?
6. Pride can often keep us from trusting the Lord. What specific area or situation in your life has it been a struggle to take the position of a child in total trust allowing God to be God? (for me it has been with my kids and their choices)
7. Our Heavenly Father has a track record in Scripture that showcases His trustworthiness. What might be one verse that you would point someone to which describes God's faithful character? If you were to look back at your life, how has God been faithful to you?
8. The last verse says, **"O Israel, put your hope in the LORD, now and always!"** In what ways can you encourage each other in putting your hope in the Lord? Pray for each other to have the humility of a child before God!