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**S U M M E R I N T H E P S A L M S**

**6-Week Group Leader Guide**

Thanks so much for leading a 6-week Summer in the Psalms group! Instead of creating a different Leader Guide for each week your group meets, we’ve created one template that you can use for all six weeks. This guide includes a handful of questions and ideas you can use to lead your group and create space for women to connect with one another, as well as to discuss what you’re reading and learning in the Psalms.

**>>>Suggested ideas and structure for group meetings**

**Welcome + Getting to Know You (Suggested time: 10 Minutes)**

During your first meeting, we encourage you to lengthen the welcome time to allow women to introduce themselves and get to know each other. Consider giving each woman three minutes to answer the following questions:

1. Share your name.
2. Share three facts about yourself to help us get to know you (ie I’m a mom of three, I love to play the guitar, and I speak three languages).
3. Why did you decide to join a Summer in the Psalms group?

In the following weeks, you can begin by setting aside a few minutes to welcome women and catch up. Consider starting with an icebreaker question like “If you were a superhero, what would your superhero power be and why?” Or consider starting with this prompt: “Tell me something good” and ask women to share something good from their week.

Thank the women for joining your group, and let them know the reason why you’re meeting is to connect with one another and discuss what you’re learning from the daily Psalms readings.

**Pray (Suggested time: 3 Minutes)**

Pray for the group and your meeting. Invite God to move and speak.

**Read the Psalms (Suggested time: 5-10 Minutes)**

Although a lot of group members will have already read the Psalms for the week, there is

something powerful about reading God’s Word aloud and with others. We encourage you to take a few minutes to read a Psalm or a few verses from one of the Psalms you read that week. You might choose a Psalm that stood out to you or a few verses that really resonated with you. Consider reading them over the women and then sharing why that Psalm or those verses stood out to you personally. You can also consider reading the verses as part of the prayer time above. As the group continues, you might also consider inviting a couple women in your group to share and read a verse(s) from the Psalms during this time.

**Discuss the Psalms + Application Questions (Suggested time: 30 Minutes)**

We encourage you to spend the majority of your group time discussing what you’re all learning from the Psalms and how to apply God’s Word to your life. Here is a list of questions you can consider asking. Don’t feel like you have to get through all these questions. You might consider mixing up which questions you ask each week, or you might find a few questions that work well and use them each week. We also encourage you to come up with some of your own questions as you are reading the Psalms.

1. How was your time in the Psalms this week? What were some methods you used in reading the Psalms (ie Lectio Divina, journaling, SOAP, etc.) and what was helpful about those methods?
2. What stood out to you from your reading in the Psalms this week, and why? Where were you encouraged or challenged?
3. What questions arose for you as you read the Psalms this week?
4. How can the Psalms we read this week build or strengthen your faith today?
5. What is one truth you need to cling to from your reading in the Psalms this week, and why?

One helpful way to discuss the Psalms you’re reading is to choose a verse(s) from the Psalms that stood out to you personally, read it aloud to the group, and then ask a question or two to discuss and apply that verse(s). For example:

1. Psalm 13:1-2 says:

*O Lord, how long will you forget me? Forever?*

*How long will you look the other way?*

*How long must I struggle with anguish in my soul,*

*with sorrow in my heart every day?*

*How long will my enemy have the upper hand?*

Are there any ways you’ve been asking God similar questions, or any areas where it would be helpful for you to ask God these honest questions from the Psalmist? Share.

1. Psalm 23:1-4 says:

*The Lord is my shepherd;*

*I have all that I need.*

*He lets me rest in green meadows;*

*he leads me beside peaceful streams.*

*He renews my strength.*

*He guides me along right paths,*

*bringing honor to his name.*

*Even when I walk*

*through the darkest valley,*

*I will not be afraid,*

*for you are close beside me.*

*Your rod and your staff*

*protect and comfort me.*

What do you think it means that God is our shepherd? Is there any sort of darkest valley you are walking through or areas of fear in your life - and if so, how can this Psalm comfort and encourage you?

1. Psalm 119:11 says:

*I have hidden your word in my heart,*

*that I might not sin against you.*

How are you doing with hiding God’s Word in your heart, reading it, studying it,

memorizing it, and living by it? What is one way you can hide God’s Word in

your heart this week?

**Closing Prayer (Suggested time: 5-10 Minutes)**

Set aside time at the end of group to pray together. Here are a few ways you can consider praying together as a group:

* Share prayer requests and assign each person to pray for the person on their left. Pray aloud for one another, or commit to praying for that person for the week. You can also consider having each woman pray aloud for each other at the same time rather than taking turns.
* If you are meeting in person, write prayer requests on an index card, mix them up, and have each woman take a card and commit to praying for that person in the coming week.
* Ask a specific prayer request related to the Psalms you’ve been reading. Invite each woman to share their answer, and then say a prayer covering all those requests.
* Pray one of the Psalms you read this week as a prayer over each woman. Adapt it to fit each woman in the group.
  + Example: Psalm 23:1-3

The Lord is Samantha’s shepherd

He makes her lie down in green pastures

He leads her besides quiet waters

He refreshes her soul

He guides Samantha along the right paths for his name’s sake

Or consider adapting the Psalm and reading it aloud as a prayer, pausing so women can repeat each phrase after you.

* + Example: Psalm 23:1-3

The Lord is my shepherd

He makes me lie down in green pastures

He leads me besides quiet waters

He refreshes my soul

He guides me along the right paths for his name’s sake

**>>>Thank You!**

Thank you so much for leading a 6-Week Summer in the Psalms group! We are excited for all that God will do in and through your group as you read and study the Psalms together.

**>>>Questions?**

If you have any questions or if there is any way we can support you as you lead your group, please email us at [women@cachurch.com](mailto:women@cachurch.com).