



### **ICEBREAKER**

What is the average amount of sleep you get at night, and are you happy with that amount?

### **CONTEXT**

This week Pastor Dakota Adair teaches out of Psalm 127 and explores how we can transform our efforts from exhausting and frustrating to fulfilling, fruitful, and peace-giving.

### **DISCUSS**

- Read Psalm 127. What are the three specific areas where our efforts can be in vain?
- Which area do you struggle with trusting God the most?
- What does it mean to trust in God's protection and why is it important?
- Can you share a time in your life when you felt God's protection during a difficult situation?
- Why is it useless to worry and be anxious about our efforts, and how can we find rest in God?
- What are some practical ways we can rest in God and let go of worry and anxiety in our daily lives?

### **DISCUSS CONTINUED**

- Read Colossians 3:23-24. How does this verse connect with Psalm 127? How does having this perspective impact your actions?
- How do Proverbs 3:5-6, Proverbs 19:21, and John 15:5 relate to the themes of Psalm 127?
- What will you begin, change, or remove in order to put the truth of Psalm 127 to work in your life?

### **PRAYER**

- Pray for God's protection and refuge in times of trouble, trusting in His sovereignty and love
- Ask God to help us find rest in knowing that He provides for us, and to rely on His strength rather than our own
- Pray for each other to depend on God to build, trust God to protect, and find rest in knowing that God provides.

### **BLESS**

- Share a BLESS person update