



The Search for Serenity

Series: The Search

Main Text: Psalm 37:1–7

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there's no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

Option 1

Share a time when someone else's calm confidence helped you stay calm in a stressful situation.

Option 2

If you could instantly become an expert at one life skill that would make everyday life less stressful, what would you choose?

Leader's Note

Peace is often confused with the absence of problems, but Psalm 37 teaches that serenity is found in the presence of God. David wrote these words after a lifetime of victories, failures, waiting, and hardship. His encouragement is not to trust that life will be easy, but to trust the God who remains faithful through every season.

Point 1: Trust God's Character

Key Scripture: Psalm 37:3

Discuss

1. David tells us to "trust in the Lord" rather than our circumstances. What circumstances are most likely to challenge your trust in God?
2. Why is it important to distinguish between trusting God's character instead of trusting your feelings?

Leader's Note

Our peace is anchored in the strength of God, not the strength of our faith. Even when our faith feels weak, God's character remains perfectly trustworthy.

Point 2: Do Something Good

Key Scripture: Psalm 37:3; Luke 6:27–28

Discuss

1. Why do you think David pairs "trust in the Lord" with "do good"?
2. How has serving someone else helped you shift your focus away from your own worries?
3. What is one act of kindness or service you can do this week, even if your circumstances don't change?

Leader's Note

Faith is never passive. As we continue trusting God, we continue living faithfully, loving others, and doing good even when life feels unfair.

Point 3: Make God Your Greatest Delight

Key Scripture: Psalm 37:4

Discuss

1. How does delighting in God reshape what we desire most?
2. What practical habit could help you enjoy God more intentionally this week?

Leader's Note

God isn't promising to fulfill every wish we have. As we delight in Him, He transforms our hearts so that our desires increasingly reflect His.

Point 4: Commit Your Direction into God's Control

Key Scripture: Psalm 37:5; 1 Peter 5:7

Discuss

1. Based on the Hebrew meaning, the word "commit" carries the idea of rolling your burdens onto the Lord. What burden is God calling you to release into His control?

Leader's Note

God never intended His children to carry life's burdens alone. As we continually entrust our lives to Him, we discover that He is faithful to guide and sustain us.

Point 5: Learn to Wait on God's Timing

Key Scripture: Psalm 37:7; Romans 8:28

Discuss

1. Why is waiting on God often one of the greatest tests of our faith?
2. Looking back, can you identify a season when God's timing proved better than your own? What did you learn?
3. How can remembering God's faithfulness in the past help you trust Him while you're waiting today?

Leader's Note

Waiting does not mean God is absent or inactive. Often, He is accomplishing His deepest work in us while He is preparing His perfect timing around us.

Closing Prayer

Thank God that He is worthy of your trust regardless of your circumstances. Ask Him to replace anxiety with confidence, to help you delight in Him above everything else, and to give you patience to wait for His perfect timing. Close by praying for the burdens and needs shared by members of the group, trusting that God is faithfully at work even when His plans are not yet visible.