



## LIFE GROUP

### Week beginning 13 Nov 22



#### Aim of session:

How is the Lord, "my refuge"? What does it mean for me?

#### Key Scriptures

If you have access to a commentary read some background to get context.

#### Psalm 91

**Luke 6:46-49 Luke 12:13-21, Luke 21:16-19**

#### Warm Up

Which is more important, your body or your soul?

What would a non believer say?

What SHOULD a Christian say?

#### Thinking it through: Main discussion/activity

What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

#### READ Psalm 91 "The soldier's Psalm"

1. What promises does this passage make?
2. What is the danger of reading this from a physical perspective?
3. Read the three passages in Luke. What can we learn about the way Jesus views "body and soul"?
4. Now re read Psalm 91. Look at each promise with a spiritual perspective rather than a physical one.  
What is the difference?
5. How do you understand "refuge"?
6. How is God a refuge for our soul? Review Psalm 91

#### Growing in discipleship: Practical application

7. We are living in challenging times, we are focussing on keeping our bodies warm and feeding them physically, paying our bills etc. How might a spiritual perspective help us in these turbulent times?
8. What verses of scripture have you found that help you give a spiritual perspective on the world? Why not choose one and learn it together... then test yourselves next week!



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.