

## **'BE AT HOME QUESTIONS' - Questions for Personal Reflection and Family/Friend Conversation**

**Series Title:** Sustained: experiencing God's help day to day

**Message Title:** The Conditional Promise

**Scripture Source:** Psalm 55:22

Sunday, August 9, 2020

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### **CONNECT:**

Can you recount a time when you experienced God's sustaining power in your life?

### **ENGAGE:**

1. Read Psalm 55 carefully, what are some the pressures David is experiencing? What specific burdens/cares does he give over to God?

2. Reflect on the condition stated if we would experience God's sustaining activity?

Psalm 55:22 - In your own words, what must we actually do?

Consider as well these instructive passages: Philippians 4:6-7, Hebrews 4:15-16, 1 Peter 5:6-7.

What kind of cooperative activities do we need to engage in if God's strength would be our experience?

3. Why is it hard for you at times to 'cast your cares/burdens' on the Lord? What holds you back?

4. What truths about God can help you turn to Him from Psalm 55 and the other verses listed?

5. "sustained" means to be supported, held up, built up and nourished with the necessities of life. In what area(s) do you need to be sustained currently?

### **RESPOND:**

What specific burden will you give over to God today? And then be open to how he sustains you!