

SESSION ONE

Psalm 23

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person should answer all three questions about the assigned spiritual practice. The group should encourage each other to complete and learn from the practice.

- What were your spiritual practices?
- How regularly did you practice them?
- How well did they help you abide in Jesus?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

Deep & Wide

Psalm 23 is attributed to David and reflects his lived experience as both a shepherd and a leader. It was likely shaped over time rather than written in a single moment, drawing from seasons of provision, danger, trust, and restoration.

This psalm presents God’s care as both deep (personal, intimate, attentive) and wide (comprehensive, lifelong, unending). God meets individual needs while also guiding the whole journey “all the days of my life.”

God’s care is already active in your life, even in places you may overlook. You are not navigating alone; you are being shepherded through every season. Where do you most need to trust God’s guidance rather than control the path yourself?



SPIRITUAL
growth
G R O U P S

Mutual Prayer, Mutual Encouragement

SESSION TWO

Psalm 103

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

Beginning Deep

A psalm of David, Psalm 103 calls the soul to remember God’s covenant character—mercy, forgiveness, patience, and steadfast love—shaped by Israel’s long history with God.

Depth begins with remembrance. Before obedience, effort, or service, the psalm grounds life in who God is rather than what we do.

This psalm invites you to slow down and receive before responding. Remembering God’s mercy reorients the soul toward grace. What aspect of God’s mercy or faithfulness do you need to remember today?



SPiritUAL
growth
G R O U P S

Mutual Prayer, Mutual Encouragement

SESSION THREE

Psalm 42

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

Deep Calls to Deep

Written by the Sons of Korah, Psalm 42 likely comes from a season of exile or separation from communal worship. The psalmist voices grief, longing, and spiritual disorientation.

“Deep calls to deep” names the meeting place between human longing and God’s presence. Spiritual depth often forms in sorrow, waiting, and unresolved questions.

This psalm gives permission to bring your ache into prayer. God meets you not after the longing passes, but within it. What deep longing or unanswered ache is calling out for God’s presence right now?



SPIRITUAL
growth
G R O U P S

Mutual Prayer, Mutual Encouragement

SESSION FOUR

Psalm 27

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

Deepening in Love

Psalm 27 reflects a season of threat and opposition in David’s life. It holds together confidence and vulnerability, courage and dependence.

At the heart of the psalm is a singular desire: to dwell with God. Love deepens as focus narrows from many requests to “one thing.”

Love matures when nearness to God becomes the priority over outcomes, safety, or certainty. What distractions or fears compete with your desire to dwell with God?



SPIRITUAL
growth
G R O U P S
Mutual Prayer, Mutual Encouragement

SESSION FIVE

Psalm 33

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

One Love

Psalm 33 is a communal hymn celebrating God as Creator and Deliverer. It calls the people to trust God together rather than rely on power, strategy, or strength.

Summary & Theme Connection

This psalm expresses shared devotion and unified hope. Many voices are drawn into one trust rooted in God’s faithful love.

Faith deepens in community. Shared trust reshapes fear and strengthens hope. Where is God inviting you to place your hope alongside others rather than carrying it alone?



SPIRITUAL
growth
G R O U P S
Mutual Prayer, Mutual Encouragement

SESSION SIX

Psalm 145

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

God’s Love Language

Psalm 145 is an acrostic psalm of David and a sweeping declaration of God’s character, regularly used in Israel’s worship.

God’s love is expressed through action—grace, patience, provision, faithfulness, and compassion. Love is not abstract; it is practiced.

This psalm trains you to notice God’s love in consistent, ordinary faithfulness rather than only dramatic moments. How have you experienced God’s love through actions rather than explanations?



SPIRITUAL
growth
G R O U P S

Mutual Prayer, Mutual Encouragement

SESSION SEVEN

Psalm 139

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW

Just Me

Attributed to David, Psalm 139 reflects on God’s complete knowledge of the individual—before birth, in daily life, and into the future.

God’s attention is personal and intentional. You are fully known and fully loved, never lost in the crowd.

This psalm invites rest from hiding or performing. God’s knowing is not threatening—it is loving. What part of yourself do you struggle to believe God truly knows and loves?



SPIRITUAL
growth
G R O U P S
Mutual Prayer, Mutual Encouragement

SESSION EIGHT

Psalm 63

:00-:05 - Opening Prayer

:05-:10 - Read Overview

:10-:20 - Group Readings

1. Read the passage aloud. Quickly answer any of the “5 W” Questions as a group.
2. Read the passage again. Quickly answer any of the “5 Senses” Questions as a group. (Imagine details in things like color, sound, flavor, temperature, and scent.)

:20-:50 - Spiritual Listening

Each person takes 5 minutes and answer one of the questions below. Listeners have 5 minutes to ask follow-up questions.

- How does this passage challenge me to obey God? What is God asking me to do?
- How does this passage relate to my life right now?
- What is changing in me as I listen to God?
- What did we deal with last week that I need to follow up on?

:50-1:00 - Prayer and Share

Pray for one another to see God’s hand, hear God’s voice, and feel God’s presence.

OVERVIEW Overflow

Written by David in the wilderness, Psalm 63 emerges from physical scarcity and spiritual intensity.

Summary & Theme Connection

Overflow flows from intimacy, not circumstance. When God’s love is valued as “better than life,” joy spills over even in dry places.

Abundance is redefined—not as having more, but as loving God more deeply. What might shift if God’s love became “better than life” in your current season?



SPIRITUAL
growth
G R O U P S
Mutual Prayer, Mutual Encouragement