

Our Cries and Songs

PASTOR ZAC HESS • PSALM 5

THE
BOOK
OF

Psalms

WARM UP

What is your best and worst experience with snow?

MINISTRY OPPORTUNITY

Lifewise Academy • We're excited to announce that we will be hosting LifeWise Academy classes for students from Worthington Park Elementary School on Wednesdays, January 31–May 8, from 10:00 a.m.–2:00 p.m. in the Worship Center classrooms. This is an exciting Bible education program for public school students who may not have other opportunities to hear and learn the Gospel. To learn more or volunteer, visit LifeWise.org/WorthingtonOH.

WITNESS

- Who are the people in your sphere of influence you're praying will come to know Jesus or are seeking to share the Gospel with?
- Share any progress/updates. Pray together for God to use you and your Grace Group to influence these people for Jesus.

EXPLORE

- 1 What resonated with you from the sermon?
- 2 What do we normally do when we are so troubled that we can't express it with words? What does David teach us to do?
- 3 As believers, we are counted as the righteous described in this psalm. Even so, what are some ways this psalm could be calling us to repent and turn toward God?
- 4 What does it look like to seek refuge in the Lord in your lowest moments? What about in your highest moments?
- 5 How does this psalm model prayer against wickedness? How does the Bible instruct us to treat our enemies?
- 6 Read verse 12. By what means do we normally seek blessing and how does this verse help reframe that pursuit?
- 7 How do you sense the Lord leading you to apply this passage?

PRAY

Join Psalm 5 in praying to the Lord against rebelliousness while also pleading that the rebellious would repent. Thank the Lord that it is through His steadfast love and not our works that we are able to enter His presence.

COMING UP

GRACEPOLARIS.ORG/CALENDAR

Pregnancy Decision Health Centers Bottles for Life Today through February 18 • At Grace we believe every life has intrinsic value, from conception to natural death. That's why this month we're excited to be partnering again with Pregnancy Decision Health Centers (PDHC) in their mission to save and change lives. All proceeds from the Bottles for Life drive (January 21–February 18) will help women and families choose life for their unborn children by providing free pregnancy tests, ultrasounds, and other support through PDHC. To donate, pick up a baby bottle at the Worship Center, fill it with your donation (coins, cash, or a check), then return it to Grace by Sunday, February 18. You may also give online at GracePolaris.org/PDHC.

Baptism Class Sunday, February 11 • 10:45 a.m. • WC 10 • If you're a follower of Jesus but haven't been baptized, join us for this one-week class to gain a biblical understanding of baptism. Your church family looks forward to celebrating with you during our worship services on March 3. RSVP for this required class and apply to be baptized at GracePolaris.org/Baptism or text "Baptism" to 614-888-7733.