

***We glorify God by proclaiming the gospel, making disciples, and treasuring Christ above all.***

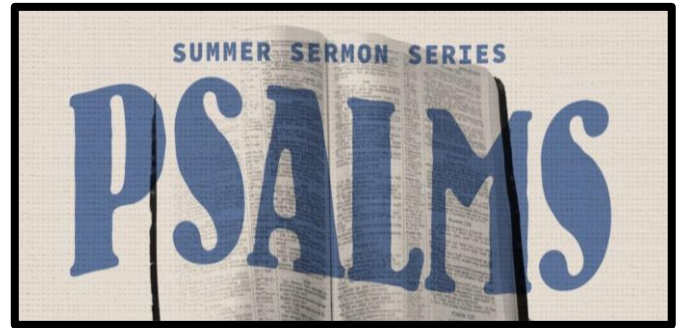
Sermon Date: 7/27/25

Series: *Psalms*

Text: *Psalm 71*

Title: *"A Rock and Refuge When Your Strength Is Spent"*

Preacher: *Pastor Derek Best*



*After some fellowship, highlight the information below to your group and have them check the weekly church email for more details.*

- August 3<sup>rd</sup> Sunday luncheon immediately following worship, walking tacos, \$5/adult, \$3/child. Along with the August 3<sup>rd</sup> luncheon there will be a bake sale to help fundraise for the Belfied adoption!
- Reminder to please not have your children run in the sanctuary or commons before or after church. We have had some close calls with collisions between children and adults. Thank you for loving your church family in this!
- Also, in addition to not running in the sanctuary, to keep our children safe, we ask that children not play unsupervised in the downstairs classrooms or touch the library bookshelves. They may be in these rooms if accompanied by a parent but should not be alone in the classrooms with other children.

**Pray that the Lord blesses your community group discussion, then read *Psalm 71***

In verses 1-3, the Psalmist seeks and asks God to be his refuge. He seems to be asking for this at a time when he was in need of help and during a troublesome time in his life. When you think about your life - where is the refuge that you first typically run to when trouble comes? Is it in yourself, in others, your hobbies, your things, etc. or is it in the Lord Himself?

Verse 6 mentions how the Psalmist leaned on God even before his birth. Have you ever thought about the sovereign hand of God in your life as it pertains to your birth (even before your birth) and how He has sustained you since then to this very day. Does that comfort you or give you any hope to trust Him for the future to sustain you as well? Why or why not?

Are any of you feeling that your strength is spent? Do you feel as if those around you think you have nothing left to give at this time in your life? Do you feel that way about yourself even? What are some ways to combat that way of thinking and to seek to glorify the Lord in the midst of feeling certain weaknesses?

In verse 18, the Psalmist asked God not to forsake him in old age until he told the next generation about the might and power of the Lord. He needed more time and strength as he perceived that there was still more work for him to do. Do you look at your life in the same way? Do you ask God to give you strength to allow you to proclaim His goodness with whatever time He has left for you? What are some ways you can encourage the younger people within our church - how can you use the rest of your life to proclaim God's goodness to that next generation?

Gaining confidence in the Lord often comes from seeing and experiencing His faithfulness in the past and therefore concluding that He will be that same help in the future. Share with one another the ways that the Lord has been your rock. How has He been faithful to you over time? Is anyone needing encouragement today for what is ahead? How can you all help encourage one another and pray for one another to trust in the Lord?

Praising God is a good way for the Christian to be renewed in their strength. Do you sing praises to God for what you have been given in Jesus Christ? Think of ways to make that an integral part of your day. Share how you might be better in doing this if it's not a regular rhythm for you.

### **How then should we live?**

Do you find yourself being thankful to God in your day, or are you more prone to grumble about what could be better in your life? As you wake up in the morning, where is your heart and mind prone to wander to? If it's not praise, why not? Challenge yourself this week to praise God for who He is, what He's accomplished through Jesus Christ, and use that as your fuel to proclaim His goodness and mighty works to those you fellowship with and encounter this week.