

## Groups at Sun Valley

Our sermon-based groups take a summer break and will resume the week of August 11. In the meantime, we invite you to use this resource for personal study and reflection or as a springboard for conversations to engage further with the messages.

## Questions for Weekly Reflection or Conversation

- How's your soul?
- What stood out to you, challenged, or impacted you from the weekend message?
- Read [Psalm 23](#). What new thoughts or observations do you have about this passage this week?
- What truth do you sense God wants you to receive this week?
- Are there any steps you need to take as a result?

## Praying the Psalms

Praying through a Psalm is a powerful way to connect with God. Read it verse by verse, letting the words guide your thoughts. Talk to God about whatever comes to mind. If your mind wanders, refocus on God. If you don't understand a verse, skip it. If nothing comes to mind to pray about, move on. Address any sinful thoughts and continue. You don't have to pray over every verse or finish the Psalm; simply allow the Holy Spirit to lead your prayers.

## Weekly Challenges

- Pray through a different Psalm each week. Here are some suggestions to get you started: [Psalm 23](#), [Psalm 103](#), [Psalm 91](#), [Psalm 34](#), [Psalm 100](#), [Psalm 130](#)
- Memorize scripture. Aim to memorize 2 verses of [Psalm 23](#) per week over the next four weeks. In the fifth week, recite the entire Psalm!
- Engage further with the Psalms each week through our [Daily Devotionals](#). Subscribe to receive daily devotionals in your email inbox every Monday through Friday at [devo.sv.cc](mailto:devo.sv.cc). Challenge yourself to watch all five devotionals this week!

## Other Ways to Grow this Summer

- Joining a volunteer team is one of the best ways to get to know people and grow in your relationship with Jesus. Find opportunities at [serve.sv.cc](mailto:serve.sv.cc).
- Join us for a summer Rooted group! Learn more and sign up at [rooted.sv.cc](mailto:rooted.sv.cc).
- Read one of these books recommended by Pastor Chad:
  - *The Ruthless Elimination of Hurry* by John Mark Comer
  - *Soul Keeping* by John Ortberg