God graciously gives us rest and refreshment, even in the midst of the difficulties of life.

1 REVIEW THE SERMON

LEADER NOTES: Encourage your members to pull out their notes and review the main points of the sermon. (9-12 mins)

Read Psalm 27:1-5. What difficulties was David experiencing when he wrote this Psalm? How would you react if you were in his situation?

What does it mean for the Lord to be "light", "salvation" and a "stronghold"? What do these terms teach us about the Lord and His relationship with us?

How does the Lord refresh the soul of the Psalmist and give him confidence in the midst of his troubles?

What is David's greatest desire?

2 ASSESS YOUR LIFE

LEADER NOTES: Evaluate the condition of your lives in relation to the truth from God's Word. Encourage heart examination. (12-15 mins)

What tends to make you afraid? How do you generally handle your fear?

What lies are you most likely to believe about God when you are afraid (for example, "God isn't good" or "God doesn't love me")? Why are you prone to believing those lies?

What is your deepest desire? What are you hoping for the most in life? How does that desire influence your attitudes, actions and outlook on life?

3 APPLY THE TRUTH

LEADER NOTES: Create a list of ways to close the gap between your lives and the truth of the Bible. Be practical and intentional. (12-15 mins)

When we are in fearful situations, is it possible that we are, more often than not, simply choosing to be afraid? Is it possible that we are we our own worst enemy when it comes to fear? If so, how does that happen?

The next time you are afraid, how might you combat the lies with God's truth?

Have you made the same request of God as David did – to gaze upon His beauty and dwell in His presence?

4 COMMIT THIS WEEK

LEADER NOTES: Call your small group members to make a commitment and get the group working together to follow-up with each other. (9-12)

In what ways will you enjoy rest and refreshment in God's presence this summer? As a reminder, here are the practical suggestions from this week's sermon. Feel free to think of your own as well.

1.   Read one Psalm each day this summer (and at least one sitting beside the water).

2.   Read a good Christian book.

3.   Pray every day (and at least once under the stars).