

**WEEK FIVE
POETIC EXPRESSION
VIDEO DISCUSSION GUIDE**

A SONG OF HOPE AND MATURITY

WATCH VIDEO: *Calm. Quiet. Hope. Trust. Episode 5: Understanding Poetry*

Watch this week's video before the small group gathering.

CONSIDER THESE QUESTIONS:

- According to Dead Poets Society, "We read and write poetry because we are part of the human race." Has reading or writing poetry ever connected you to others or God in a deep or intimate way?
- How can the poetic nature of the psalms fill us with passion and purpose?
- Why is it important to remember that Psalm 131 is a poem and song? How can this song encourage us to live fully into life? Have you found encouragement in this Psalm?
- Read Eugene Peterson's and Dave Reiss' interpretations of Psalm 131. How do these versions breathe new life into your faith journey and speak to your soul?

Eugene Peterson's The Message

God, I'm not trying to rule the roost,
I don't want to be king of the mountain.
I haven't meddled where I have no
business
or fantasized grandiose plans.
² I've kept my feet on the ground,
I've cultivated a quiet heart.
Like a baby content in its mother's arms,
my soul is a baby content.
³ Wait, Israel, for God. Wait with hope.
Hope now; hope always!

Psalm 131, Dave Reiss' version

Restless heart, don't be arrogant.
Don't set your sights on things beyond you,
Things beyond your control
Weary soul, don't get caught up in selfish
ambition, the rat race, striving for upward
mobility,
What you should do is calm your heart,
Be calm, and quiet your soul, rest.
Like a baby sleeping on their parent's lap,
be at peace.
Place your hope firmly on God, your father.
Trust in Him today, tomorrow, and for all
eternity.

- How can you embody Psalm 131 in your life? How will you let it reform and reshape you into who God has called you to be?