



**MOVE THE CHAIN**  
**PSALM 37:23 – 24**

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**REFERENCE SCRIPTURE(S)**

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1 Samuel 2:9, Job 23:11 – 12, Proverbs 16:9

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**HISTORICAL HIGHLIGHTS**

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The background of Psalm 37:23-24 is rooted in the experiences and wisdom of King David. It is not known if David wrote this psalm when he had to flee from Absalom, his son while he advised others to stay in the land. Or it could be that David wrote the Psalm after he was influenced by Saul to escape Israel and go to the Philistine. Whatever the backdrop of this Psalm, the message is clear. David pens Psalm 37 to encourage his fellow Israelites to continue to move toward their purpose and not abandon the place God called them amid those who aimed to destroy them.

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**Q & A**

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**1. Sports in many instances mirrors the Christian walk in the thought that both experience opposition. What benefits can be reaped from strong opposition?**

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**2. What point was Pastor Williams making when he stated, “If you are to move the chain stop being so predictable.”**

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**3. According to Psalm 37:23 what does it mean for our steps to be established by the Lord?**

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**Q & A (CONTINUED)**

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4. Think about a player who fumbles the football. Psalms 34:24 begins by acknowledging that there may be times when a person stumbles or faces adversity. What suggestion would you give them to keep moving?

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5. Share a time when you felt God guiding your steps or providing a way for you.

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**APPLICATION QUESTION**

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How can we encourage one another to trust God’s timing and rely on His guidance?

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**DISCUSSION/ACTIVITY**

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**WORD OF THE WEEK**

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*“But the Lord is faithful. He will establish you and guard you against the evil one.”  
– 2 Thessalonians 3:3 ESV*

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**PRAY FOR THE FOLLOWING**

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