



## WEEKLY SERMON DISCUSSION GUIDE

### **And The Soul Felt Its Worth**

#### ***Our Shield and Defender***

#### **Numbers 6:24-26**

The very first benediction we see in the Bible was first given in the context of a book written at the end of Israel's wilderness wanderings and as they prepared to enter the Promised Land. It's a book that looks backward and forward, reminding God's covenant people of their past blessings, as well as encouraging them concerning God's future promises. God instructs Aaron and his sons, through Moses, to offer this blessing to the people of Israel.

### **EXPLORING THE SERMON**

- What did you hear?
- What did you think or feel about what you heard?
- What is one thing you can take away from the sermon this week?

### **VERSES FOR MEDITATION AND REFLECTION**

*"The Lord bless you and keep you.." Numbers 6:24*

*We tend to want God's promise to "keep us" to be defined as His protection of the good things in our lives. Thomas pointed out that sometimes God "stirs up" the good parts to shape and mold us, and that trying to safe-guard these things can cause us to live in fear and anxiety.*

- *How can this view of "keeping" change the way you pray?*

*We find this prayer in the middle of the book of Numbers, book-ended between the Israelites' release from slavery in Egypt and their preparing to enter the Promised Land.*

- *At "the intersection of memory and hope" is where the Israelites were given this blessing. What are some ways you have seen God's faithfulness through your own story? What memories give you hope?*

*We remember that even God was not protected from pain and suffering, and that the cross is one reminder of God's promise-keeping. Thomas reminded us that "loneliness and pain do not take a break during the holidays, and are often felt most acutely during these times."*

- *What are some ways we can help ourselves and others, especially during this time of year, experience God's faithfulness to us?*

### **PRAYER FOR THE WEEK**

*Heavenly Father, we thank you for your promise to keep us through the blessings and struggles of our lives. Help us to be reminded of Your faithfulness and protection as we look toward a future of hope. Help our souls to feel their worth through Your promise. Amen.*