



May 18, 2024
Pentecost 2024
Scripture: Psalm 37:5-6

- 1) Is Pentecost a one-time or one-day event? Or does it occur everyday? If it is more than a one-time event, how?

**“The only way out is through”
Robert Frost**

- 2) When we face a challenge in our lives, the only way out is through. What does that mean? What is the Holy Spirit’s role in this?

**“Commit your way to the Lord;
trust in him and he will do this:
He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.”
Psalm 37:5-6**

- 3) When our lives are smooth, it is *good*. But when we are challenged in life, that is *bad*. Is it that simple? What does Psalm 37:5-6 speak into this?

Three helpful ways of being open to the Holy Spirit:

- 1) **Commit to the Lord.** In good or bad, commit everything to the Lord. What is good and bad, when it is committed to the Lord? Do good and bad change when offered to the Lord?
- 2) **Trust in God.** Reflect on real life examples of what it means to keep your eyes fixed on Christ.
- 3) **He will act.** Look back on your life. How have you seen God act in your life, in specific ways?
- 4) Think deeply about the key words in Psalm 37:5-6. Spend time reflecting on each word to consider its true meaning and what Scripture is conveying to us.

Commit. Trust. Righteous Reward. Vindication.
Are there other key words that you see? What do these words mean for you and your life.
How does this Scripture apply to your daily living?