

Conversation Starters:

- Has something significant happened to you this last month that you can share with your table, whether something you're thankful for or something you need prayer for?
- When you want to rest and be refreshed, what are a couple of your favorite pastimes?
- What are some differences between using a pastime to refresh and using it to escape?

Psalm 31

- VV.1-2 Cry out to the Lord!
- VV.3-8 Reaffirm Your Commitment to and Trust in the Lord.
- VV.9-13 Express your lament to the Lord.
- VV.14-18 Remember your relationship with God and His purpose in this world.
- VV.19-24 Love the Lord who loves His people and wait for Him who is for His people.

Follow Up Questions

- Have you recently been facing any circumstances that you've responded to with escapism and avoidance? Are you willing to share them?
- "What 'false refuges' do you flee to? What things, activities or feelings do you turn into your god, your strong tower of safety, your comforter from trouble?"
- What truth about God from Ps 31 will help you battle escapism?
- Are there any specific changes you need to make as you prepare to be tempted? What should you do differently? What will you be tempted to do instead?
- Spend time praying for one another's faithfulness to the Lord as you face pressures, unknowns, disappointments, and suffering.