**At the Movies | Marley & Me**

**Participant Guide**

**LEAN IN**

**Describe your favorite pet growing up. If you did not have a pet, are you more of a dog person or a cat person?**

**LOOK DOWN**

Read Psalm 37:1-11.

**List the commands that believers are to follow when waiting on God.**

**List some of the following promises if we wait on and delight in the Lord.**

**LOOK OUT**

**How do Christians put trust in God into action?**

**How does the world handle uncertainty?**

**LOOK IN**

**Read this quote from a commentary on this passage: “**Looking at the seeming prosperity of the wicked is one way we are often distracted.” (Enduring Word)

**Where do you struggle with distraction from your faith?**

**What do you do to lower your stress levels when you are feeling anxious?**

**LIVE IT OUT**

**What does your practice of stillness with God look like?**

* **Have you ever practiced stillness?**
* **How long has it been?**
* **How did your experience go?**
* **What makes you excited or nervous about stillness?**

**Make a plan to add stillness into the next week. Tell your group how it went at your next meeting.**