



DISCUSS & ENGAGE THE SCRIPTURES

1. Read Psalms 103:1-13 aloud together. What is the Holy Spirit highlighting for you in this Psalm?
2. How are you resting and enjoying God this week?
3. What are you celebrating this summer?

PRAY

Jesus, we pray for families, serve teams, leaders, and staff of Valley Creek to experience rest as we trust in Your goodness.

LEADERS

- Visit valleycreek.plus for resources.
- In your attendance notes, share your conversation around question #1.