

## INTRO

**Have you ever spent time reading and/or studying the Psalms? What has been your experience with them? Which one is your favorite and why?**

## IDEA 1

In Psalm 8 we are probed to marvel and wonder at God's glory in His creation. The Psalmist is left humbled and moved to question the significance of mankind, "what is mankind that you are mindful of him?" In light this, we are called to respond in three ways: to contemplate, praise, and create.

**How would you describe what it means to contemplate?**

**Why is contemplation important?**

**When was the last time you gazed at God's beauty long enough to be overcome by it?**

## IDEA 2

Psalm 8 stands in the midst of lament and chaos as a beacon of hope. This is a song of deliverance and hope. Praise is an embodied expression that re-centers us to reality of eternal beauty—God himself.

**Have you ever experienced praise having the power to re-center your worry to wonder, horror to hope, or brokenness to beauty? If so, consider sharing that experience with your group.**

**How can worship be our greatest weapon against the enemy?**

## IDEA 3

All throughout Psalm 8 the author is pointing us back to Genesis by using similar language. Particularly Gen. 1:28 “Be fruitful and increase in number; fill the earth and subdue it.” Our vocation to care, cultivate, and create beauty. This imagery extends to all we do—our marriages, work, community, parenting, singleness, relationships, sports, art, music, writing, meals, etc.

**As you think about what season of life you are currently in, where do you believe God wants you to create beauty?**

## SPIRITUAL PRACTICE

As Psalm 8 teaches us, contemplation of God leads us to encounter beauty, praising God leads us to embody beauty, and creating leads us to offer God beauty as an act of worship.

**Spend some time together, as a group, sharing what it could look like for each person to contemplate, praise, and create this week.**

**If someone is struggling to come up with ideas, spend some time praying for them and brainstorming together**

## NEXT STEPS

This week take some intentional time to contemplate, praise, and create. Use your ideas from the spiritual practice and check back in with each other next week to see how it went.

**Contemplate:**

**Praise:**

**Create:**