

Next Steps “Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

### ***Happy Trails – Psalm 130*** **July 21, 2024**

When have you personally experienced that life isn't fair?

Read Psalm 130.

If God was fair, what would be the outcome of our lives?

How can the unfairness of life with God be a good thing?

Because life isn't fair:

#### God listens to us

- When have you cried out to God in times of trouble and found that God was right there to listen?
- When have you cried out to God in the midst of sin and found that God was still there to listen?
- Cry out to God today no matter what your circumstance might be.

#### God forgives us

- Where is God's forgiveness needed in your life?
  - Ask God for His grace and mercy.
- God's forgiveness needs to lead us to forgive others.
  - Who are those that you need to forgive today?
  - What does that forgiveness look like?

#### God heals us

- Where is physical, emotional or spiritual healing needed in your life?
- How certain are you that God will heal you? Are you as certain as those who watch for the morning?
- How can God's word give you confidence and assurance as you wait?
- What scriptures tell you that God will heal you? Continue to read the Psalms of Ascent.

#### God redeems us

- Where is another chance needed in your life?
- How can you give God another chance to work in your life?
- What do you need to do today to make the most of the new opportunity God is giving you?