

Be Before You Do

Who Do You Want To Be When You Grow Up?



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Title

Date: 7th June 2026

Speaker: Tom Shaw

Site: City Centre

Bible Reference: Psalm 92

Introduction

Tom shared from Psalm 92, a Psalm especially designed to be used on the sabbath day, 3 gifts we see here that sabbath can bring:

1. The gift of stopping and delighting
2. The gift of thinking more deeply
3. The gift of flourishing despite trial

Use some or all these questions to aid discussion:

GIFT 1 - Stopping and Delighting (v1-5)

1. Psalm 92 begins with praise and thanksgiving, and ends with wonder at what “the Lord has done” (v.5). *What does this suggest about the difference between a Sabbath posture and our normal productivity-driven way of living?*

2. In the Old Testament, God established Sabbath as a gift and a reminder that Israel’s life depended on His provision, not their endless labour. *What makes it difficult for you to stop, and what fears or guilt surface when you do, and how might remembering God’s faithfulness and steadfast love “morning and night” (vv.2–3) help you rest more freely?*

3..Psalm 92 celebrates God’s works; Jesus later declares Himself “Lord of the Sabbath” and invites people to find rest in Him. *How does seeing Sabbath fulfilled in Christ deepen or reshape your understanding of rest?*

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GIFT 2 - Thinking more deeply

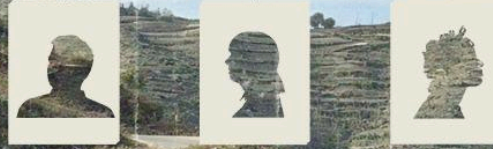
1. The psalmist says that the “senseless” person cannot understand God’s purposes (vv.6–7). *What are some ways we can become trapped in shallow ways of thinking about life, success, suffering, or God? How might Sabbath create space for deeper reflection and what “Martha-like” preoccupations most easily crowd out attentive listening to God in your life?*
2. Verses 7–8 acknowledge that evil can seem to flourish while God appears distant, yet the psalmist reaches the deeper conclusion: “But you, Lord, are forever exalted.” *What situations in your life are tempting you to draw conclusions based only on what you can immediately see?*
3. *How might Sabbath help us hold onto God’s larger story when circumstances seem to tell a different one and As God’s thoughts are described as “very deep” (v.5), and the psalmist’s perspective is transformed as he reflects on them -What practices help you move from simply reacting to life toward thoughtfully discerning what God may be doing?*
4. Possible additional question - *If Sabbath is partly a day for receiving God’s thoughts instead of endlessly rehearsing our own, what might that look like for you in practice this week?*

GIFT 3 - Flourishing despite trial

1. The psalmist still sees and hears his enemies (v.11), yet immediately speaks of being strengthened and anointed with fresh oil (v.10). *What does this teach us about the difference between biblical flourishing and the world’s idea of flourishing?*
2. The psalmist speaks of being anointed with “fresh oil” (v.10). *If we think of this as a picture of God’s renewing presence and empowerment, what tends to drain you spiritually,*

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emotionally, or physically? How might Sabbath become a regular way of receiving fresh strength from God rather than running on empty?

3. The righteous are described as flourishing like palm trees and cedars, still bearing fruit in old age (vv.12–14). *What does this picture teach us about long-term faithfulness? How might a regular rhythm of Sabbath help cultivate the kind of roots that sustain fruitfulness over decades rather than just seasons?*

Possible additional question - *What would you like your life to be producing spiritually 10, 20, or 30 years from now?*