

GodTime

15 MINUTE DAILY

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Discussion Questions



Monday

READ: Psalm 131:1

REFLECT: David had every reason to be frustrated. He had been anointed king, yet he spent years running from Saul and hiding in caves. Still, he begins by saying, "My heart is not proud." David chose humility instead of grabbing for control. Yielding starts when we trust God enough to let him write the timeline and determine the outcome.

RESPOND: Where are you tempted to force something God hasn't given yet? Ask God to help you walk in humility today.

Tuesday

READ: Psalm 131:1

REFLECT: David says, "I do not concern myself with great matters or things too wonderful for me." He recognized there were things only God could handle. We spend a lot of energy worrying about situations we cannot fix, predict, or control. Yielding means releasing those things back into God's hands and trusting his wisdom more than our own.

RESPOND: What situation are you trying to control right now? Give that situation to God in prayer.

Wednesday

READ: Psalm 131:2

REFLECT: David compares himself to a weaned child resting with its mother. The child isn't demanding something or trying to get something. The child is simply resting in the presence of someone they trust. Contentment grows when we learn to trust God's heart, even when we don't understand his plans. Yielding creates a deep sense of peace because we know we are in good hands.

RESPOND: Where do you need more contentment in your life? Spend a few quiet moments resting in God's presence today.

Thursday

READ: 1 Samuel 1:10-18

REFLECT: Hannah brought her deepest pain honestly before God. She poured out her heart and then left the situation with him. When she walked away from prayer, her circumstances had not changed yet, but something inside her had. Yielding doesn't mean we stop caring. It means we trust God with what we care about most.

RESPOND: What burden have you been carrying for too long? Talk to God honestly about it and place it in his hands.

Friday

READ: Psalm 131:3

REFLECT: David ends by encouraging God's people to put their hope in the Lord now and forever. Hope is a daily choice. Every day we decide whether we will listen to our fears, trust our circumstances, or trust our Shepherd. Yielding is active—it is choosing to trust God's goodness, faithfulness, and love even when the future is unclear. The more we trust him, the more peace we experience.

RESPOND: What do you need to yield to God today? Ask him to help you trust his goodness and choose hope.