



1 READ THE SCRIPTURE

Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand.

-*Psalm 37:23-24*

2 CHOOSE AN IMAGE

As you glance through these images, if you're able, stand on one foot. Feel the sway as your body automatically seeks to maintain equilibrium and stay upright. As you're standing, decide: Which image best communicates "steady" to you?

3 REFLECT Ask some or all of these questions, depending on your context and timeframe

- Where do you see the Psalm in the image you chose?
- What helps you and what hinders you when you try to keep your balance?
- Tell about a time you took a stumble in life—what was the situation, and how did it turn out for you?
- Describe a time when Jesus helped you to maintain a steady balance when forces in your life threatened to tip you over.
- Notice that the Psalmist doesn't promise that knowing the Lord will protect us from stumbling in life—God promises to take the tumble with us. On a scale of 1 to 10, how reassuring is that, and why?

TOUGH TIMES

**READY,
STEADY,
GO**

(PSALM 37:23-24)