

SEPTEMBER

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PURSUING  
A DEEPER  
TOGETHERNESS

SEPTEMBER 7–13

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## THE GOAL: DWELLING IN UNITY

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### PSALM 133

How good and pleasant it is  
when God's people live together in unity!

It is like precious oil poured on the head,  
running down on the beard,  
running down on Aaron's beard,  
down on the collar of his robe.

It is as if the dew of Hermon  
were falling on Mount Zion.

For there the LORD bestows his blessing,  
even life forevermore.

(vv. 1-3)

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#### DAILY DWELL

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“How good and pleasant it is when God's  
people live together in unity!” Psalm 133:1

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## REFLECTION QUESTIONS

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1. How does the Psalm's description of unity as "good and pleasant" challenge the isolation prevalent in today's culture? (v. 1).
2. In what ways do the images of oil and dew in this Psalm encourage you to seek deeper connections in your relationships?
3. What obstacles do you perceive in building community? What practical steps can you take to promote unity in your life and address these challenges?
4. In what ways have you personally experienced the blessings of togetherness? How do you cultivate unexpected togetherness in your life?

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SEPTEMBER 14–20

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## THE PROBLEM: A LACK OF TRUST

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PSALM 55

Listen to my prayer, O God,  
do not ignore my plea;  
hear me and answer me.  
My thoughts trouble me and I am distraught  
because of what my enemy is saying,  
because of the threats of the wicked;  
for they bring down suffering on me  
and assail me in their anger.

My heart is in anguish within me;  
the terrors of death have fallen on me.  
Fear and trembling have beset me;  
horror has overwhelmed me.  
I said, "Oh, that I had the wings of a dove!  
I would fly away and be at rest."...

If an enemy were insulting me,  
I could endure it;  
if a foe were rising against me,  
I could hide.  
But it is you, a man like myself,  
my companion, my close friend,  
with whom I once enjoyed sweet fellowship  
at the house of God,  
as we walked about  
among the worshipers....

God, who is enthroned from of old,  
who does not change —  
he will hear them and humble them,  
because they have no fear of God.

My companion attacks his friends;  
he violates his covenant.  
His talk is smooth as butter,  
yet war is in his heart;  
his words are more soothing than oil,  
yet they are drawn swords.

Cast your cares on the LORD  
and he will sustain you;  
he will never let  
the righteous be shaken.

(vv. 1-6, 12-14, 19-22)

#### DAILY DWELL

**“Cast your cares on the LORD and he will sustain you;  
he will never let the righteous be shaken.”** Psalm 55:22

## NOTES

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## REFLECTION QUESTIONS

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1. David expresses deep hurt from a “companion, my close friend” (v. 13). Have you ever experienced similar pain from a trusted relationship? How does a breach of trust lead to fear and isolation?
2. In what ways does this Psalm illustrate how the pain of broken trust can hinder your ability to form meaningful relationships? Can you reflect on any personal experiences that reflect this?
3. What insights does this Psalm provide regarding how trust in God influences our capacity to trust others?
4. How can sincere faith in God help to rebuild trust in your relationships and within your community?

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SEPTEMBER 21–27

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## THE SOLUTION: THE LORD IS GOOD

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### PSALM 34

I will extol the LORD at all times;  
his praise will always be on my lips.  
I will glory in the LORD;  
let the afflicted hear and rejoice.  
Glorify the LORD with me;  
let us exalt his name together.

I sought the LORD, and he answered me;  
he delivered me from all my fears.  
Those who look to him are radiant;  
their faces are never covered with shame.  
This poor man called, and the LORD heard him;  
he saved him out of all his troubles.  
The angel of the LORD encamps around those who fear him,  
and he delivers them.

Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.  
Fear the LORD, you his holy people,  
for those who fear him lack nothing.  
The lions may grow weak and hungry,  
but those who seek the LORD lack no good thing.  
Come, my children, listen to me;  
I will teach you the fear of the LORD.  
Whoever of you loves life  
and desires to see many good days,  
keep your tongue from evil  
and your lips from telling lies.  
Turn from evil and do good;  
seek peace and pursue it.

(vv. 1-14)



## REFLECTION QUESTIONS

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1. How can experiencing and discovering God's goodness foster healing in an age of loneliness?
2. David invites us to "Glorify the LORD with me; let us exalt his name together" (v. 3). How can we acknowledge our place within the broader community of God's people? In what ways does communal worship help combat isolation?
3. How can shifting your focus to God's goodness transform your habits and priorities in a culture that often feels isolating? What practices do you engage in to "taste and see that the Lord is good"? (v. 8).
4. Why is gathering as a church community vital in responding to the epidemic of loneliness? What role does the Church play in healing our fractured world?

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SEPTEMBER 28–OCTOBER 4

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## THE RESULT: A NEW WAY TO LIVE

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### PSALM 15

LORD, who may dwell in your sacred tent?  
Who may live on your holy mountain?

The one whose walk is blameless,  
who does what is righteous,  
who speaks the truth from their heart;  
whose tongue utters no slander,  
who does no wrong to a neighbor,  
and casts no slur on others;  
who despises a vile person  
but honors those who fear the LORD;  
who keeps an oath even when it hurts,  
and does not change their mind;  
who lends money to the poor without interest;  
who does not accept a bribe against the innocent.

Whoever does these things  
will never be shaken.

(vv. 1-5)

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DAILY DWELL

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“...Whoever does these things will never be shaken.”

Psalm 15:5

[illegible]



## REFLECTION QUESTIONS

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1. Can you envision a community where everyone intentionally chooses to do “what is righteous” and speaks the “truth from their heart”? (v. 2). How would such a commitment transform your daily relationships?
2. In what ways can loving our neighbors and honoring others influence our interactions within our communities? How might embodying these values create a culture of respect and support among those around us?
3. What roles do integrity and keeping promises play in living faithfully before God? How might these values shape your interactions with others?
4. What qualities outlined in Psalm 15 resonate most with you, and how can you actively cultivate these attributes in your life? In what ways do you see these qualities impacting your ability to dwell in God’s presence?

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