



# Welcome to Church!

We are glad you chose to join us today to worship our Lord and Savior, Jesus Christ. We hope that your stay will be both meaningful and memorable.

Here are some activities going on with us!

## **Hermeneutics Class**

Do you want to grow in understanding and interpreting God's Word?

We invite you to join our upcoming Hermeneutics Class, beginning **June 28, 2026**. This class is open to all who are interested and would like to learn practical principles for studying the Bible with greater clarity, care, and confidence.

## **IPLC 2026**

The **International Pastors & Leaders Convention (IPLC 2026)** will be held on **July 28-30** at the Living Word Banawa. Registration is ongoing. Take advantage of the *early bird* rates until *June 30, 2026*.

To register, go to: [www.livingword.ph/iplc](http://www.livingword.ph/iplc)

## **Small Group Leaders & Facilitators Meet-up**

Pastor Nic will meet with Groups 3 & 4 on July 19, 2026, 7PM at the Center.



How can we **pray** for you?

Inviting you to join our **Prayer Meeting, Tuesdays at 7PM**. You may **send your prayer requests** and **praise reports** by text (0912 130 6148), by writing them on the prayer cards provided, or by sending us a private message on our Facebook page.



Discover life with our **Small Groups**.

Looking for **deeper connections** and a **closer walk with God**? Our small groups are where we cultivate meaningful relationships and grow in faith together. Want to join? Visit our Information Booth after the service to find the perfect group for you!



Stay for **fellowship** and **refreshments**.

Stick around after the service for **coffee** and **connection**! It's the perfect chance to meet some friendly faces, learn more about our small groups, our ministries, and discover all that our church has to offer. We'd love to see you there!



Free **Blood Pressure** and **Sugar Check-up**.

Encouraging those who wish to monitor their Blood Pressure & Blood Sugar levels to **avail of our free check-up**, happening **every after Sunday service!**



**Ways to give tithes and love gifts.**

BPI Checking	<b>0421-0041-16</b>
Paypal	<b>@livingwordnra</b>
GCash Account	<b>0912-130-6148</b>

**LIVING WORD NRA**  
Worship God. Advance His Kingdom.

## OPEN TO BEING HELD

Psalms 73:21-28

Open: A Psalms Series on the Posture of Encounter

*Ptr. Nic Sy | June 28, 2026*

Sermon Notes

### I. HONEST ABOUT THE UGLY

“embittered” | Heb. chamets (חָמֵץ) “to be leavened, to be sour.”  
“brutish” | Heb. baar (בָּעַר) | “senseless, stupid.”

**Reflect:** Are we still trying to manage our image before God?

*True openness is not pretending your heart is better than it is. It is agreeing with God about what is really there.*

### II. HELD THROUGH THE HURT

“hold” | Heb. achaz (אָחַז) | “to seize, grasp, take hold of.”

*Grace is God holding you before you know how to hold him back.*

### III. SETTLED ON THE ONLY ONE

“portion” | Heb. cheleq (חֶלֶק) | “share, part, inheritance, lot”

*The heart is finally free when God becomes enough.*

**Reflect:** Have you been envying in someone else's portion?

*Because the greatest gift is not the portion you envied, but the God who has been holding your right hand.*

## Our Mission

We are a church that seeks to bring glory to God, to build the local church through discipleship and to fulfill the Great Commission.

### Sunday Services

**English** 10:00 AM & 1:00 PM

**Cebuano** 4:00 PM

### 2nd Floor,

### Northgate Center.

across Gaisano Country Mall  
Banilad, Cebu City.



# “OPEN TO BEING HELD”

## SMALL GROUP DISCUSSION GUIDE

For the week of June 29 - July 5, 2026

### GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

What is something small that can quickly make you irrationally irritated?

### GROUP DISCUSSION

#### Read Psalms 73:21-28

1. Read Psalms 73:1-14. What specific reality about the arrogant and the wicked was causing Asaph to envy them, and how did this distort his view of his own obedience to God? Have you ever had a season when someone else's life seemed easier, more successful, or more blessed, and it made your own faith feel harder?

2. In verses 21-22, how does Asaph describe the condition of his heart? What is the difference between having honest questions and allowing bitterness to make us *“brutish and ignorant”*? Is there a particular area in your life today where you may need to say, “Lord, this is what has really been happening in my heart”?

3. Read Psalms 73:23–24. What is surprising about the word *“Nevertheless”* after Asaph admits how bitter and foolish he had been? What does it mean that God held his right hand even when his heart was not right? How does this challenge the idea that God only stays near when our faith feels strong?

4. Compare Psalms 73:23 with John 10:27-29. What do both passages teach us about God's grip on his people? How is being held by God different from simply trying harder to hold on to God? If God's grip on us is strong, does this mean that we can be complacent and keep on sinning? (cf 1 John 3:9)

5. In Psalms 73:25-26, what does Asaph mean when he says, *“God is the strength of my heart and my portion forever”*? What are some “portions” people commonly live for today, such as success, approval, comfort, security, relationships, or recognition? Which of these are you most tempted to treat as necessary before you can be okay?

6. The passage concludes in verses 27-28 by drawing a sharp contrast between those who are far from God and those who make the Lord their refuge. Read James 4:7-8. What active role do we play in experiencing the goodness of nearness to God, and how does surrender precede that closeness? If nearness to God is our ultimate good, what specific habits or distractions are currently standing in the way of you making him your daily refuge?

### NEXT STEPS

*Your grip may weaken, but God's hand does not.*

- **Release the Heart.** I will stop hiding the parts of my heart that God already sees.
- **Remove the Envy.** I will surrender one comparison that has been stealing my joy.
- **Receive the Hand.** I will trust that God is holding me because he is faithful.
- **Rejoice in your Portion.** I will choose to rejoice that God himself is my portion, even before every circumstance changes.

### CLOSING THE SESSION

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray for hearts that are honest before God, surrendered to his faithful grip, and satisfied in him as your strength and portion forever.
- Pray for relationships to grow with other Christ-followers, that you will encourage and care for one another.
- Pray for your unsaved family, friends, and loved ones.
- Pray for protection, provision, healing and comfort for everyone who's going through physical, emotional, mental and spiritual pain.

### BIBLE READING GUIDE

June 29	<b>Psalms 73:1-5</b>
June 30	<b>Psalms 3:31-35</b>
July 1	<b>Psalms 73:21-24</b>
July 2	<b>1 Peter 5:6-11</b>
July 3	<b>Psalms 73:25-28</b>
July 4	<b>Psalms 105:43-45</b>
July 5	<b>Psalms 106:1-12</b>

