



## SERMON REFLECTION QUESTIONS – November 26, 2023

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**Sermon Title:** 'Grinch Gospel'  
**Scripture:** Psalm 46:10  
**Preacher:** Rev. Glyn Norman

**Theme/Concept:** Consider some of the major themes from *The Grinch* such as, what to do with pain from the past (bitterness & resentment vs giving it to God to heal), what makes our heart grow bigger (kindness) and what's the main thing about Christmas? For the Who family, the main thing about Christmas was family and togetherness but for us, it is that *plus* Jesus at the center. What does it mean to have Jesus at the center of a hectic season?

**Icebreaker:** (if with a small group) What is one of your most meaningful Christmas memories?

**Reflections on the sermon:** What points in the sermon resonated most with you?

**Scripture:** Psalm 46:10 (New International Version)

He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."

**Reviewing the Scripture:**

1. Consider the translation of Psalm 46:10 in *The Message*:

"Step out of the traffic! Take a long,  
loving look at me, your High God,  
above politics, above everything."

In your own words, what is the meaning of the commands given in Psalm 46:10?

2. How might the twin commands in Psalm 46:10 be both a comfort and a warning? How might they be commands to surrender?
3. What does it mean for God to be exalted among the nations and exalted in the earth?
4. Consider for a moment the two parts to the first verse of Psalm 46:10. How does looking at these words in two separate parts add depth to your understanding of the verse?
5. How did Mary give a beautiful example of what is meant by Psalm 46:10? (See Luke 2:19)
6. What are some of the calls to slow down and examine nature that you find in the Bible? (See, for example, Matthew 6:28b-29)

**Going deeper:**

1. In *The Grinch*, Cindy Lou is able to look beyond the Grinch's obvious flaws and see his capacity for goodness. Are you able to do that with those you come across? What keeps you from seeing beyond the external to what's possible with God?
2. At the end of *The Grinch*, the Grinch realizes that it was not really Christmas that he despised but rather, it was being alone and his bitterness over being neglected. What does 2 Corinthians 1:3-5 teach us about our ability to communicate God's healing and comfort to others?

3. How is Psalm 46:10 particularly relevant to us in these political times and in the Christmas season?
  
4. What are some of things that keep you from slowing down and remembering the WHY of the Christmas season? Do you think that being busy can blind us to what's going on around us? How?
  
5. Can you think of a time when you experienced God in a time of stillness? What happened?
  
6. In what ways do you practice being still? What additional ways might you employ to obey God's directive to be still during this Christmas season when the world makes so many demands?

**Closing prayer:**

Dear Father-

There are so many things this season that pull our attention away from you. Some of our distractions are actually wonderful gifts from you, such as our family and friends. Help us to have the right focus.... to put you first in our life and then enjoy the blessings you have given us. Help us to heed the command of Psalm 46:10 to be still and to know that you are God.

In Jesus name, AMEN