**Sunday 16th May – Singing and living peace**

Spend some time with your family talking about these questions.

What does the psalm writer say will happen if you “commit your way to the Lord”?

Why should you ‘trust in the Lord and do good’?

How can we “commit our way to the Lord” this week?

**Challenge**

There is lots of advice for living a good life in Psalm 37. Spend some time looking though this Psalm with a friend or someone in your family (you might choose to do this over a phone call). Choose one piece of advice given by the psalm writer and try to follow that advice this week.