

SERMON NOTES

A WINTER SEASON OF THE SOUL

Psalm 88



BIG IDEA: Winter seasons of the soul are unpleasant but necessary for our spiritual growth.

APPLICATION GUIDE

JANUARY 8, 2023

DISCUSS

How is Psalm 88 different than other individual laments in the Book of Psalms (Cf. Psalm 3, 42, 86)?

In what ways do the psalmist's beliefs about God and his experience of God collide?

What is a Psalm like this doing in the Bible?

APPLY

Think of a winter season in your soul. Describe its onset.

What made it difficult to endure?

What remained true about God, even if it was hard to see?

What spiritual benefits have emerged from this winter season?

How can you continue to practically *wait on*, *pray to*, and *trust* in the Lord through this winter season or others like it?

COMMIT

Write a lament to God, trusting Christ as your mediator and intercessor before him (1 Timothy 2:5; Hebrews 4:16; 7:25).