

CONNECT GROUP DISCUSSION GUIDE – WEEK 01



REAL
TALK

Let's Talk

It has been a year since we started living in a pandemic. What emotion words would you use to describe your feelings during this past year? (Examples of emotion words: calm, content, encouraged, excited, grateful, hopeful, humbled, worthwhile, afraid, anxious, bored, confused, doubtful, frustrated, overwhelmed, sad, useless.)

Let's Study

Read Psalm 73:1-5 and verses 12-13. The writer of this psalm begins by acknowledging the goodness of God but follows that up with a problem they see in life. Describe in your own words the problem the poet is conflicted by.

Discuss how focussing on this could be disturbing to one's faith.

What emotion words would you use to describe how the writer felt?

Read Psalm 73:15-16.

When the writer felt this way, he showed restraint. Why?

Read Psalm 73:17-18 and verse 27.

There is a shift after verse 17, instead of talking about God, the writer talks to God. What happened? What do these verses reveal about God's character?

Read Psalm 73:22-25.

The writer took their feelings directly to God. How do we see their attitude changing through the chapter?

What are ways that prayer changes us?

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Lets Apply

Have you come to the Lord and expressed how you're feeling recently? If yes, is there anything that helped make that easier for you to do?

Are there certain emotions that you believe should not be taken to God? Why or why not? What barriers prevent us from coming to God with our honest feelings?

What have you learned from this lesson about prayer? How could you apply what you've learned this week?

Psalms is a collection of 150 Hebrew poems compiled to be a prayer book for God's people. Have you prayed a psalm before? For those who have, share what was helpful about doing that. What was difficult?

Let's Pray

Lord Jesus, help us to express our real emotions to you. We desperately want to know you, like the writer of this Psalm did. Help us with our unbelief. Give us your perspective to view life. Help us hunger and thirst for your presence more each day. Amen