

# KNOWING GOD

## GROUP NOTES

## WEEK 4

### OPENING QUESTION

*When was the last time you felt really encouraged. What gave you courage?*

### SCRIPTURE

Read Psalm 103

### BIG IDEAS

As we study Psalm 103, take a moment to read it out loud, together. As you do, take note of your feelings as you read this song. Psalm 103 invites us on a journey past our emotions as we learn to preach grace to our situations.

*>> Do you find it hard to move past difficult emotions?*

### Preach Grace to Your Emotions (vv. 1-5)

The first thing we learn in this psalm is to recount the story of the gospel to your emotional life. Often, our emotions are telling us a story that isn't true. "You're not loved," they say. So, we feel unloved. "You're not accepted," they say. So we feel rejected. But, by recounting to ourselves the grace of the gospel, we dislodge the lies that our emotions can tell us.

*>> Re-read vv. 1-5. What does David say to his emotions? How does this help you?*

### Preach Grace to the Oppressed (vv. 6-8)

In light of the brokenness of the world, we can feel crushed. Before our newsfeed crushes us with the constant stream of

terrible news from around the world and the tensions and divisions we see at home, we must preach the only story that is actually good news for the poor and oppressed.

*>> Read vv.6-8. How does the psalmist teach you to preach the story of God's grace to the oppressed and hurting. Why do the oppressed need the gospel?*

### Preach Grace to Your Accuser (vv. 9-14)

The enemy of your soul is a great accuser. He's been doing it for thousands of years, and he's very skilled at telling you about your failure. You've got to learn to preach truth when his lies come to you.

*>> Have you heard the condemning lies of the enemy? What do they sound like? What will you say in response?*

### Preach Grace to Your Plans (vv. 15-19) & Preach Grace toward Your Future (vv. 20-22)

Our own plans are great, but we're not in control of the future. We've got to remember that God is the one on the throne calling the shots of the universe.

*>> How does the gospel free you from the anxiety of controlling the future?*

### PRAY

As you end today, pray for each others' needs, and agree to pray together all week for these needs.