



Message Discussion Questions

7/16/2023

SERIES: Jesus Story: Psalms

WEEK: 4

MESSAGE: Sweat Spot

COMMUNICATOR: Pastor Kevin Geer

CHECKING IN: How was your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's discussion?

QUESTIONS TO CONSIDER AND DISCUSS: These questions work well individually or in a group. The goal is to encourage spiritual growth and enhance biblical community.

1. What is your "go to" song when you need to relax, be encouraged or to lift your spirits?
2. What are indicators that a person is part of the flock of God? 1 John 1:5 and 2 John 1:9 discuss how these verses reveal those indicators. What are the commands followers of Christ are to participate in? Read Matthew 22:37-39. Practically speaking, how do we live these out?
3. Read Psalm 23 slowly, and pay attention to the words or phrases that catch your attention or resonate with you in a deep way.
4. How does God function as your "shepherd" today? How does he lead you, comfort you, discipline you? Can you give some examples?
5. What are some principles, activities, or practices that help restore your soul? What is one specific practice or tool you use? Do you have an example of one you used recently and what was its outcome?
6. Read Psalm 23:4. How many of you have walked through "dark valleys"? Share how the Lord led you through a dark and difficult time. What did you learn from that experience?
7. How does pride keep us stuck and wandering in the darkest valley? How would you coach someone who is stuck out of a dark valley? What is our role when we find ourselves walking in difficult times? What might that look like in practical terms? How does "community" help us when we "walk through the valley of the shadow of death"?
8. Describe what you think it looks/feels like to have Jesus "walking close beside" us in the midst of the darkest valley? Can you give us an example from your own life?
9. What does the "Good Shepherd" in Psalm 23:5-6 do for us and what are the results? How do you define being pursued? What comes to mind when you hear the truth that Jesus loves you and is constantly pursuing you?
10. Look again at Psalm 23:5, and read 2 Peter 1:3. As a group, share the overflowing blessings we have as Jesus followers. Of all that was shared, which one is your favorite or the one that you cling to most?
11. **TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion? Be specific. Try attaching a name and date to your action step. _____.



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WANT TO GROW DEEPER? We have created some resources to help you grow. Check out and explore the *Experience God* page. Go to canvas.church/experience-god or *Experience God* on the App.

GROUP PRAYER OPTIONS:

- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
- **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
- **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
- **Pray for the person on your right, it can be out loud or in silence,** if in silence nudge the person next to you letting them know you are done.
- **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
- **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email rickz@canvas.church