

# Sermon Discussion Questions

God Is Relational - How Is Your Soul? – Matt Slocum  
17 May 2026  
Sermon Text: Psalm 42:1-9

## AGENDA

- People arrive, talk, snack, and icebreaker – 5 min
- Worship – 5-10 min
- Relational Time – 20-30 min
- Discussion Questions – 35-45 min

## RELATIONAL TIME (20-30 min)

Have everyone in the group use one word to describe how they feel **physically**, **emotionally**, **mentally**, and **spiritually**. (Physically I feel \_\_\_\_\_. Emotionally I feel \_\_\_\_\_. ...)

Have each person expand on one of the ways they are feeling by using the **IFAB** method: “**I** feel \_\_\_\_\_ **a**bout \_\_\_\_\_ **b**ecause \_\_\_\_\_.” (For example, “**I** feel *frustrated* **a**bout *the sudden change of plans* **b**ecause *I rearranged my schedule for a different time.*”)

## MESSAGE INTRODUCTION

This week we continue our **God Is Relational** series in the message, **How Is Your Soul?** Did you know the word "soul" in the Bible doesn't mean what most of us think it means? It's not just the eternal, non-physical part of you. It's all of you — physical, emotional, mental, spiritual. Your whole embodied existence. Real connection, being truly known by God and by people, isn't just a "nice to have." It's the whole thing. Love God, love people. It's the greatest command for a reason. If you've ever felt disconnected, overwhelmed, emotionally numb, spiritually dry, or just tired of surface-level relationships, you need this message. Let's get going and find out more.

## DISCUSSION QUESTIONS (35-45 min)

1. Last week you were asked to consider this question, “What do you need?” Did the Holy Spirit guide you to relationships where you can let down your guard or quit grasping and become the **grounded** person God wants you to be? Share with your group.
2. What is something that stood out to you from Matt's message this week?
3. In his message, Matt gave us the Hebrew word for soul, *nephesh*, which means - a physical being, embodied existence, throat, soul. (The word *nephesh* is used over 700 times in the Old Testament). This word, *nephesh*, is translated into English as the word, *soul*.

Here are a few passages from the Bible to help us get a better understanding on how the Hebrews understood and used the word *nephesh* (soul): Genesis 2:7 (living being), Genesis 46:46 (persons), Proverbs 12:10 (animals), Leviticus 21:11 (body), and Matthew 20:28 (life).

## Icebreakers

Pick one of the icebreaker questions below and go around in a circle (starting with the leader) and have everyone answer. (If you have new members or guests have each person introduce themselves.)

1. What is your favorite amusement park ride or attraction? Why?
2. Do you have any special Memorial Day plans?
3. With the World Cup coming up soon, do you have any special plans for watching or attending games?

How does this definition differ from our typical thoughts on what we think about the soul? Why is it important for us to lean into this new understanding of the soul?

4. In the Psalms, we notice that David is very experienced in being able to answer the question, “How is your soul?” From the sermon text, where are some of the places you notice David answering this question? What happens when David opens himself up before God and others? What happens when we open ourselves up before God and others? How does this help us become relational?

5. In his message Matt gave the example of figuring out how our soul is by comparing it to the “Check Engine” light in our vehicle. In his example he said that people tend to “freak out” about the engine light or simply clear the light to make it go away. In either case, we don’t get to the root of the problem and figure out what’s wrong. Where do you tend to find yourself in this example? How can we avoid the problems mentioned above?

## **APPLICATION**

The question, “How is your soul?”, is meant to help us know others and to be fully known ourselves. It leads us into deeper relationships with both God and others. Take some time this week and ask yourself this question and respond by expressing how you are feeling physically, emotionally, mentally, and spiritually. Move deeper into relationship with someone this week and ask them the same question. Listen to them. Get to know them.

## **COMING UP**

To join a small group or find out more about what is going on, click on the NWC App, the website <https://nwckc.com>, or the New Wine Church Community Group Facebook page. Sermon study questions can also be found in all three locations.

**Child Dedications**, 14 June, 10:00 am, Antioch Middle School, 2100 NE 65th St, Gladstone, MO.

Register at: <https://subsplash.com/newwinechurch/lb/ev/+b3dwdjd>

**Kids Camp**, 10-2, 8-10 July. Kids ages 4 through outgoing 5th Graders are invited to attend Kids Camp this summer at PowerPlay. Kids will learn about God while having fun with their friends. Camp cost is \$75 and includes a T-shirt, lunch, and an hour of play each day.

Register at: <https://subsplash.com/newwinechurch/lb/ev/+7cr4cdt>

Volunteer at: <https://subsplash.com/newwinechurch/lb/ev/+mffwbx9>

**The PRESS Summer Youth Retreat**, 21-24 July, BOLD conference in KC. Retreat cost is \$350 and is for incoming 6th graders - graduating 12th graders welcome! BOLD is a powerful gathering of students from across the nation who are passionate about pursuing God. Over four days, students will experience passionate worship, impactful messages, powerful moments of prayer, and opportunities to grow deeper in their faith alongside thousands of other young people.

Register at: <https://subsplash.com/newwinechurch/lb/ev/+sck84cc>

## **FINAL THOUGHT**

**How healthy you are is captured by how well you press into relationships.**