



## Month Date, 2023 – Sermon Discussion Questions

### ICEBREAKER

1. Do highs and lows from the last week!
2. Can you specifically name how following Jesus has positively impacted your life? Can you specifically name how following Jesus has made life harder?

### DIG A LITTLE DEEPER

1. Review the message –
  - a. God knows and loves the real you.
  - b. Knowing that God knows all the good and the bad in your life can potentially bring about negative emotions and embarrassment, which is totally normal.
  - c. Three principles to remember when we pray to God: God exists in a loving relationship, our challenge is to wake up in God's presence, and he does not need to be found because he has found us.
  - d. The Daily Examen: A way to pray to God – pray for God's help, give thanks for the gifts of the day, pray over the feelings you felt today, seek forgiveness, and look to the day ahead.
2. Read Psalm 139:1-6
  - a. What part of this passage encourages you? Why? Does any part of this passage make you uncomfortable? Why?
  - b. Reread verse six. Is David trying to encourage here, or is he expressing frustration? Why did you answer the way you did?
  - c. David specifically mentions God knowing where we go (v. 2), our thoughts (v. 2), and our words (v. 4). As you think about God knowing those specific areas of your life better than even you, what emotions do you feel?
3. Read Psalm 139:7-24
  - a. Reread verses 11-12. Can you think of a dark season of your life when you still knew God was with you? What was that like? How did that change your perspective?
  - b. Without actually doing it, if you asked God to search you and reveal to you if there is any offensive way in you, what would he reveal to you?
  - c. Take 5 mins (modify time for your group) in silence and actually ask God this question. What did God say to you, and how did it make you feel?
  - d. Eric talked about the Examen as a model for prayer (see steps above). What do you think of this model for prayer? Have you ever prayed this way before?

### CLOSING

1. Take some time in silence again to do the Examen prayer as a group. Group leaders can lead people through the five steps. Reflect when done.
2. Pray



**COMMUNITY**

Groups