

THE SAINT PAUL'S BAPTIST CHURCH  
**GROW | PRAY | SERVE**



**WWW.MYSPBC.ORG • 804.643.4000**

# Welcome!

**SERIES: GROWN FOLKS MUSIC**

*Today's Message: Knowing the God Who Knows You*

*Dr. Lance D. Watson, Senior Pastor*

**PRAYER:** Gracious God, you know me and see me and yet you love me unconditionally. What an incredible assurance as I live from day to day. Empower me now to live in a way that honors your love. I want to represent you in all that I say and do. In the name of Jesus, Amen.

**ICEBREAKER:** What is the one thing that you know the most about? It could be a subject in school, a hobby, an instrument, anything at all.

**INTRODUCTION:** Grown Folks Music. What is it? It's music that has substance. It's music that stands the test of time. Whether it's the pain or the possibility, the weakness or the wonder, grown folks music is an authentic soundtrack for life. The songs of scripture span the gamut of human experience. These songs teach, touch and transform us. These songs are for everybody. Psalm 137 is one of them.

**SCRIPTURE:** Read Psalms 139:1-12 (NIV)

#### **DISCUSSION:**

1. What stood out in today's message? What was your favorite part of the message today? What's one thing you learned?
2. Who do you think knows you the best? How does their knowledge of you compare to God's knowledge of you?
3. Read Psalms 139:7-8. Are these verses comforting to you, do they make you feel uncomfortable, or both? Explain.
4. Have you ever had a close friend or family member leave? How did that make you feel?
5. How can God's promise to always be with us be an encouragement in difficult times?

**CHALLENGE:** Meditate on how well you know God. Make a list of what you'd like to know about God and pray over it. Ask God to reveal those things to you.

**SERVE:** Pray over Psalms 139:1-12 this week. **Praise** God for knowing you, loving you and empower you to love others. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

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**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [www.myspbc.org](http://www.myspbc.org). You can also “find, follow and like” our Facebook page at [facebook.com/myspbc](https://facebook.com/myspbc). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS AND PRAYER:** Take this time to share prayer requests. Close with prayer.

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## We Care!

**NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.**

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

### FOR PRAYER:

CALL: 804.463.2472

EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

### FOR COUNSELING:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

### TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

### TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

### TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams ([Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org))
- SMB (11-19): Martina Jones-Smith (SMB: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org))
- Dreamchasers (20-29): Curtis Ballard ([curtis.ballardjr@myspbc.org](mailto:curtis.ballardjr@myspbc.org))
- Aspire (30-39): Lance Watson, Jr. ([lance.watsonjr@myspbc.org](mailto:lance.watsonjr@myspbc.org))
- Fusion (40-49): Michelle Townsend ([michelle.townsend@myspbc.org](mailto:michelle.townsend@myspbc.org))
- Encore (50-59): Jamie Duncan ([Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org))
- Prime Time (60-69): Maceo Freeman ([maceo.freeman@myspbc.org](mailto:maceo.freeman@myspbc.org))
- Refiners (70+): Wallace Simms ([Wallace.Simms@myspbc.org](mailto:Wallace.Simms@myspbc.org))

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*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.*

*Previous GPS Guides are available online at [www.myspbc.org](http://www.myspbc.org).*