

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



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: GROWN FOLKS MUSIC

Today's Message: When It's Hard to Worship

Dr. Lance D. Watson, Senior Pastor

PRAYER: Gracious God, sometimes the challenges of our lives, the complexity of our circumstances and the push of our emotions make it difficult for us to worship. In those moments, we wait on you, we look to you because while it may be difficult, we realize it is not impossible. Give us a heart to worship no matter what we face. In your presence is fullness of joy. Thank you God. In the name of Jesus, Amen.

ICEBREAKER: What is the most difficult thing you've had to do during this pandemic? How did you handle it? Looking back, what would you have done differently?

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 137:1-4 (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. Describe a time and experience in your life when you didn't like where you were. Where were you? Why didn't you like it? What did you or could you do about it, if anything?
3. Have you ever longed for something that happened in the past? What was it? Why was it important to you?
4. Share a time when you found it hard to worship God? How did you get through that moment? What did you learn?

CHALLENGE: Take a moment to think about your relationship with God. How often do you worship outside of "formal" worship? What step can you take to cultivate a spirit of worship no matter what you face in your current circumstance? Ask God to help you.

SERVE: Pray over Psalms 137:1-4 this week. **Praise** God for being with you in every circumstance of life, even now. **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. You can also “find, follow and like” our Facebook page at 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.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

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

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