



Welcome!

SERIES: GROWN FOLKS MUSIC

Today's Message: Chronicles from a Cave

Dr. Lance D. Watson, Senior Pastor

PRAYER: Even when we are on the run, seeking refuge and without answers, you are still sovereign. You reign in every situation. We give you praise for taking care of us and watching over us. Guide us and direct us so we will never lose hope. In the name of Jesus we pray. Amen.

ICEBREAKER: Share an experience where you were homesick OR stuck in one place and wanted to be someplace else. What did you do? How did you manage?

INTRODUCTION: Psalm 142 is attributed to David and believed written while he was on the run from King Saul and hiding out in the Cave of Adullam. It's a vivid description of David's emotion state. He longs for previous moments when he celebrated the joy of public, mass worship at the temple, in those places of celebration and community. He feels isolated. It sounds like he was living through COVID-19! He is haunted by question and laments his circumstances. Yet, even in the cave, God gives him the grace to chronicle both his circumstances and a few surprises God had in store.

SCRIPTURE: Read Psalms 142 (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. COVID-19 has been and is a crisis. Perhaps people around you have questioned your faith in God because of its impact, because of family struggles, or because of financial need, or because of illness. *How have you handled this? How have you handled not being able to physically gather for worship? Has this COVID restricted season strengthen or weakened your faith?*
3. The songwriter talks to himself in this song. Martyn Lloyd-Jones wrote in his book, *Spiritual Depression: Its Causes and Cure*: The main problem in the whole matter of "spiritual depression" in a sense is this – we allow our "self" to talk to us instead of "talking to our self." *What is your self-talk? Do you speak truth to yourself from God's Word or are you allowing your mind, emotions or circumstances to drag you away from God?*
4. Psalm 142 moves through three cycles of lament. In vs. 6, we see how the second cycle of lament sharpens the description of his dilemma. Either physically or metaphorically, he finds himself about as far as he could be from the temple in Jerusalem, while still within the boundaries of the Promised Land. His separation from worship at the temple has left him feeling distant from God, but notice an interesting shift occurring in his heart. He moves from remembering the things of worship to remembering God alone.

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Do you have spiritual habits or rhythms that help you focus on God? What are they? How do you practice them? How do these spiritual habits help you focus on God rather than your struggles?

5. Historically God's people have faced many seasons of cultural, political, economic and physical upheaval. Those who focused on Christ have not only weathered these storms but have been agents of transformation as witnessed to the love, truth and grace of Christ in difficult circumstances. *How can we as God's people be "agents of transformation" in this time in history? How can you grow your prayer life in this season? How do you deal with the overwhelming volume of information regarding Covid, conspiracy theories mixed with politics that we are being fed? How do you focus on God's ways rather than what people are saying and doing?*
6. Psalm 142 ends with a third cycle of lament but in this cycle we see that the psalmist has reoriented his thinking by his words in vs. 9, "I say to God, my rock." He continues by pouring out his concerns but ends with this declaration vs. 11b, "hope in God; for I shall again praise him, my salvation and my God." *How do you choose to live with hope? Are your spiritual practices strengthening your walk with God? If not, what do you think you could change?*

CHALLENGE: Pick a song for this season. Play it over and over until you memorize it. Thank God for the gift of singing. Use it to encourage yourself and others.

SERVE: Pray over Psalms 142 this week. **Praise** God for giving you strength to endure in this season.

Listen: when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

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.

THE SAINT PAUL'S BAPTIST CHURCH
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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): TBD
- 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+): TBD

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