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**PRAYER:** Gracious God, we come to you with souls in disrepair. The experiences that we've had have taken their toll on us and we bear the marks within us. We smile on the outside while we struggle on the inside. Now we come to you, transparent and candid, asking you to revive our hope and cause us to look forward again. Repair our broken spirit, in the name of Jesus, we pray. Amen.

**ICEBREAKER:** Over the last year, what has been your greatest disappointment? How does disappointment make you feel?

**INTRODUCTION:** Psalm 107 is a call to praise the Lord for distinct ways he redeems our lives. It is meant to teach and to call people to worship. It is a call or a challenge to confess that this is the kind of thing God does. It has a repeated refrain of the Lord's steadfast love in response to four ways people have cried to him for deliverance from their troubles. It ends with a summary of what God has done and a call to the wise to recognize that Yahweh shows steadfast love to those who cry out to him.

**SCRIPTURE:** Read Psalm 107 (NLT)

### **DISCUSSION:**

1. What stood out in today's message? Read Psalm 107. The proclamation of this song is that God's love is steadfast. How does that make you feel? Do you believe it? How have you experienced it?
2. The first word picture of the text portrays the people of God straying away from God. During the course of your life, have you ever strayed from what you knew to be right? What happened? How did you find your way back?
3. The second word picture of the text portrays the people of God as sequestered or incarcerated by circumstances. Have you ever found yourself in something that you couldn't get out of? What did you do? What would you recommend to others?
4. The third word picture of the text portrays the people of God as sick and afflicted because of the choices they had made. Describe any experience you have had with sickness of any type? What happens to you when you feel sick—physically, emotionally, spiritually, mentally?
5. The fourth word picture of the text portrays the people of God as storm-tossed. Storms arise suddenly and sometimes severely. What's the worst storm you have encountered in the last year? How did you respond to it? Did you come through it?

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



Today's Message: *Digging Your Way Out of Disappointment*  
Dr. Lance D. Watson, Senior Pastor

# Welcome!

**SERIES: SOUL REPAIR**

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**CHALLENGE:** What's happening in your life now that you cannot fix? Have you tried "crying out" to God about it? Perhaps crying out is the way out. Try it!

**SERVE:** Pray over Psalm 107 this week. **Praise** God for responding to our cries for help and assistance. **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](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 & PRAYER:** Take this time to share prayer requests. Close with prayer.



## 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))