



Welcome!

SERIES: SOUL REPAIR

Today's Message: Getting a Handle on Hopelessness

Dr. Lance D. Watson, Senior Pastor

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: Have you ever had to wait for something a long time? How did you feel after the wait was over?

INTRODUCTION: Hopelessness doesn't care about your age, relationship status, or level of success. When it grabs hold of your soul, it makes you feel like there's nothing to look forward to. What can be done to get your soul out of deep and dark places? There's a powerful prescription offered by the Psalmist in today's pericope.

SCRIPTURE: Read Psalm 130 (NLT)

DISCUSSION:

1. What stood out in today's message? Read Psalm 130. Hopelessness can grab hold of us regardless of our age, relationship status, skin color, or level of success. Have you ever gone through moments of hopelessness in your life? Where you grew weary? If so, describe what happened.
2. In Psalm 130:5, the psalmist says, "I wait for the Lord, my soul waits, and in his Word I hope; my soul waits for the Lord more than watchmen for the morning." (ESV) Are you waiting on anything right now? The next promotion? Words of affirmation? A spouse or child? What does it look like to wait *on the Lord* instead?
3. What are some reasons parents make their kids wait for something? How can instant gratification be a hinderance to our faith? In your view, what are some of the reasons that God makes us wait? Share a time where God has made you wait only to direct your path in a way you never expected.
4. The word "waiting" can be interpreted in at least two ways: waiting passively and waiting actively. A person "waiting" on a bus does so passively. A person "waiting" on a table in a restaurant does so actively. Which example describes how YOU currently wait on God? What would active waiting look like? How do we balance waiting on God while still being proactive?

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5. There's a myth that once you become a Christian, suffering goes away, and life is easier. It can cause us to pretend we're happy when we're struggling inside. How can we support our friends and family when they are struggling?
6. What is something you could do over the next week to create space in your life for God's Word? What steps need to happen for you to do that?

CHALLENGE: What can you do to bring hope to someone this week? Pray and ask God to show you people who might need a word of encouragement or a scripture to inspire them to continue the journey. Take time for introspection. Is it "well" with your soul?

SERVE: Pray over Psalm 130 this week. **Praise** God for the hope we have in the risen Christ. **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 & 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)

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.