

GOING DEEPER
March 28 & 29, 2020

Title: God is our Shelter and Refuge

Teacher: Pastor Scott

Text: Psalm 9:9-10

Discussion Questions:

As we look to Psalm 9, we hear David begin with a posture of thankfulness and a declaration of who God is. Pause to read Psalm 9 in its entirety.

As we recall Pastor Scott's message this week and you hear David write this love letter to God:

(1) *Where have you found yourself in a "Hail Mary" situation in your life? Reflect on that experience? Why was it a "Hail Mary" experience?*

Scott used Psalm 9 as a basis for his message this week and said "The book of Psalms is like medicine for my soul".

(2) *Is there a Psalm that has resonated specifically for you recently? Why?*

Psalm 9 specifically reminds you that:

- No matter how deep this goes, our God is deeper
- No matter how far this goes, our God goes farther
- If this goes long, our faith in Jesus goes longer

(3) *What word resonates with you the most? The depth of the situation? How far this situation is going? How long this situation will continue? Why does it resonate with you?*

The Lord is a shelter for the oppressed, a refuge in times of trouble (Psalm 9:9)

(4) *If oppressed means "crushed, defeated, afflicted" and refuge is "a lofty place; a rock; a place where you are lifted above the struggle", then where do you feel oppressed? Where do you imagine your refuge to be?*

(5) *Where do you see 'the oppressed' in your day to day?*

REMINDE YOURSELF

We are to turn our mind toward God. You will never know Jesus Christ as a reality in your life until you know him as a necessity.

"Those who know your name trust in you, for you, O Lord, do not abandon those who search for you." (Psalm 9:10)

We are made to live in continual dependence on God.

(6) *What is one step you can strengthen your dependence on God this week?*

(possible practices: slowing down, scripture, rest, prayer, freedom in Christ, fasting,)

DO SOMETHING

We are to tell the world.

Sing praises to the Lord who reigns in Jerusalem Tell the world about his unforgettable deeds. (Psalm 9:11)

(7) *What is one action you can take to do something this week?*

(practice generosity, serve front-line & essential workers, serve @ the foodbank, call a friend)

NEVER STOP PRAYING

- *For leaders in our governments, communities, organizations and churches as they seek wisdom and discernment with COVID-19*
- *For those who are ill and those who are providing medical care for them*
- *For those feel isolated, unseen and forgotten, that they would be acknowledged and shown care*
- *For Jesus followers to be a hopeful & peaceful presence as we love God and love our neighbours*
- *Those on the front-lines who are caring for our needs; medically, physically and spiritually*
- *Thanksgiving for Pastor Wayne, Pastor Scott and Martin Tremblay (Elder Board Chairman) who are leading our staff and church through this new season at Trinity and the impact we can have in our city digitally to stay connected while social distancing*