

Community Group Discussion Guide

Running on Empty / The Psalms: The Prayer Book of Jesus

Main Idea

Jesus, though fully God, embraced full humanity and lived in dependence on the Father, the Spirit, and the Scriptures. When he needed comfort, direction, strength, and endurance, he reached for the Psalms. We are invited to do the same.

Opening Icebreaker

Describe a time when you felt completely drained—emotionally, spiritually, physically, or relationally.

What helped you keep going?

Optional lighter version:

What's your version of "low power mode"? What starts shutting down first when you're exhausted?

Read Together

Philippians 2:5–8

Luke 22:41–44

John 5:19

Psalm 42:1–2 (optional)

Sermon Recap

This week we explored the humanity of Jesus and why the Psalms mattered so deeply to him. Jesus willingly stepped into human weakness and dependence. He was led by the Spirit, strengthened through prayer, and sustained by Scripture. The Psalms became a place of comfort, honesty, hope, and communion with God—and they can become that for us too.

Discussion Questions

Observation & Understanding

1. What stood out most to you from the message?

Was there a specific idea, Scripture, or image that stayed with you?

2. Why is it important that Jesus was fully human as well as fully God?

How does Jesus' humanity change the way you relate to him?

3. The sermon emphasized that Jesus genuinely needed strength, comfort, and guidance.

How do the following passages reinforce that?

- Luke 22:41–44
 - Matthew 4:1
 - John 5:19
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4. Why do you think the Psalms were so important to Jesus?

What do the Psalms provide that many other parts of Scripture uniquely offer?

Personal Reflection

5. The Voyager illustration described being “on mission with diminishing power.”

Where do you currently feel depleted or exhausted?

Possible areas:

- parenting
 - marriage
 - work
 - grief
 - temptation
 - anxiety
 - serving others
 - spiritual dryness
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6. When you feel overwhelmed or emotionally drained, what do you instinctively reach for?

Why do you think we often turn to distraction before communion with God?

7. Which is harder for you:

- admitting weakness?
- slowing down?
- asking for help?
- depending on God daily?

Why?

8. Have you ever experienced Scripture strengthening or comforting you in a deeply personal way?

Share the passage or moment if you feel comfortable.

Going Deeper

9. Read Psalm 13 aloud together.

What emotions do you hear in this Psalm?

What does it teach us about honesty in prayer?

10. The sermon said:

“He stepped into our world; the Psalms are a way for us to step back into his.”

What do you think that means practically?

11. Jesus reached for both the Word and the Spirit.

Why do we need both truth and communion—not just information about God?

Practical Application

12. What would it look like for you to intentionally use the Psalms this week?

Ideas:

- praying one Psalm each morning
 - journaling through a Psalm
 - reading a Psalm before bed
 - turning a Psalm into a personal prayer
 - memorizing one verse
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13. Which Psalm might meet you where you are right now?

Some suggestions:

- Psalm 23 — anxiety/fear
 - Psalm 27 — courage
 - Psalm 42 — spiritual dryness
 - Psalm 51 — repentance
 - Psalm 121 — exhaustion/help
 - Psalm 139 — feeling unseen
 - Psalm 13 — grief/confusion
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Group Prayer Time

Spend time praying honestly together.

Possible prompts:

- Ask God to renew weary hearts.
- Pray for deeper communion with Jesus.
- Ask the Holy Spirit to teach you how to pray Scripture.
- Pray for strength in areas where people feel depleted.
- Thank Jesus for fully entering into human weakness and suffering.

Optional closing prayer:

Jesus, thank you that you truly understand human weakness, sorrow, exhaustion, and temptation. Teach us to depend on you the way you depended on the Father. Form us through your Word and fill us with your Spirit. Amen.