



FALL 2025 // WEEK 3

GrowGroup Questions

Sermon Based Groups // October 19, 2025

Pastor Chuck Smith // Psalm 130



Introduction

Our emotions can lead us into deep levels of anxiety and frustration because of sin. But through confession, repentance, and waiting on the Lord, HOPE can be found!

We encourage you to take some time to read through the questions on the following pages and jot down your thoughts before meeting with your group. Many people also find it helpful to use these questions as a guide for taking notes during the sermon. The purpose of these questions is to spark reflection and encourage meaningful conversation. Remember, you don't need to work through every single question each week—focus on the ones that are most helpful for you and your group.

Getting Started

Transition into group discussion.

- 1) Open group discussion with prayer.
- 2) Choose someone to read the passage aloud for the group.

Study Questions *(Suggested time: 30-40 min)*

1. What was your favorite part of the message today? How did it speak to you?
2. How do you respond to waiting? Do you get anxious, angry, or apathetic? Is there anything that you are waiting on now? How would you describe your emotions in the waiting?
3. How does waiting reveal these source idols in your life? Is waiting an assault on your desire for power, control, comfort, and approval?
4. What are things that you know to be true about God that helps you when you don't know what's true about yourself in times of waiting?

5. When you think of the phrase “the depths” (v.1) what imagery do you consider? What gives the feeling of weightiness and pressure and fear? Have you lived in unrepentant sin that feels like that in your soul?
6. Tim Keller says there are many surface idols (the sins that we see) but they are all rooted to one of 4 source idols: Power, Control, Comfort, Approval. How does waiting reveal these source idols in your life? Is waiting an assault on your desire for power, control, comfort, and approval?
7. In 1 John 1:9 God tells us the process for releasing our fear and anxiety to the Lord. This is probably not a one time event but ongoing communication with the Lord whenever we are anxious or fearful, until fears are released. Does this seem too simplistic? Why is there power in confession?

Personal Spiritual Exercises

Scripture Focus: Last week our assignment was to imagine you had a chance to share your faith in line at a grocery store and write out your testimony including only two or three sentences from each of the major components you discussed in your groups. If you feel comfortable, consider sharing yours with the group.

Prayer *(Suggested time: 10-15 min)*

A meaningful part of “coming together” is being open and genuine about our lives. For some, praying in a group may feel very natural, while for others it may feel new or uncomfortable. If you would prefer not to pray aloud, you’re welcome to pray silently and simply say “Amen” when you’re finished, signaling the next person to pray. Whether spoken or silent, every prayer is part of this shared time in God’s presence. Feel free to use these ideas or your own.

1. Share and pray for individual needs
2. Pray for the person sitting next to you
3. Pray for freedom from the bondage of fear and anxiety

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Phil. 4:6-7, NKJV)