

# PSALMS

## Week 3: Psalm 42

### Memory Verse:

“for God gave us a spirit not of fear but of power and love and self-control.”

1 Timothy 1:7

## 1) CATCH UP ON LIFE

*This is when we update each other on the day in and day out happenings of our lives. Because God is our Father we are family. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)*

Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?

What (if any) big life updates do you need to catch us up on (positive or negative)? Are there any practical needs you have right now?

Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

## 2) REVIEW THE MISSION

*Through the empowerment of the Holy Spirit we have been sent as missionaries in everyday life to display God's glory and lead others to repentance and faith through belief in the gospel. (John 20:21 and 2 Corinthians 5:18-20)*

### People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?

- Proactive - Who are the people we are intentionally living on mission with? What are our upcoming plans to love, serve, and build relationships with this group?

**Plan:** Who can you make an invitation to in order to further your connection with them? What kind of invitation would they accept?

**Pray:** Prayer is the fuel of God's mission. Where do you have the opportunity to walk and pray for those around you to come to know Christ?

Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

## 3) DISCUSS AND ENGAGE

*Since we follow Jesus we seek to apply the Gospel continually to all of life. God uses His Word to reveal Himself to us, to equip us to live the good life He's designed for us, to show us our sin, and to strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25).*

What does this section of Scripture teach us about God?

What does this section of Scripture reveal to us about humanity?

How does this Psalm help us lament?

Why is it important for us to have this type of prayer/worship?

How can you use the Psalms in your personal worship? How can we use these as a group?