

Small Group Leaders' Guide | Sermon Questions, April 19, 2015 (Choose the questions that best fit your group.)

How do I follow for the long haul?

Repentance: Psalm 120

1. In the opening video, Gloria shares her “Cornerstones in faith” (early morning times with God, prayer, Scripture). What are yours? She recommends reading the Old Testament and reviewing the patriarchs’ stories (because of the hardships they faced)...do you have a favorite one that you go to? If so, who and why?
2. Our Sermon series have been all about Discipleship. It is a long journey and not a quick fix. It is a perpetual process. How can you relate to this statement in your own journey?
3. The Psalms of Ascent are all about the pilgrimage and how the Jewish people journeyed to Jerusalem. It was both physical and spiritual. Read Psalm 120 as a group.
4. The Psalmist in 120 is in “distress” about what is going on around him. What in this world is distressing to you? (Some answers may be violence, government, lack of purpose, dishonesty, etc.) Are there ways you can be proactive to turn away from these things? How does it motivate you to move closer toward God?
5. The Psalmist is being completely honest about how he is feeling in verse one. Do you have someone who you can be honest with? If not, do you need to find someone to be honest with? Can you think of ways that honesty can be taken too far? (I.e. perhaps we don’t always need to tell everyone, everything! Or there may be situations when something not said is better than saying everything as it may hurt someone needlessly.)
6. We can always be honest in our prayers. This may be a session where you ask the group to pray in short sentences. Simple prayers can be the most powerful. Challenge the group to pray one simple request, or a simple prayer of forgiveness. Some people may have difficulty only praying one sentence while others may pray out loud for the first time. You can do this at the end of your time or take time to exercise honest prayer mid way through the session.
7. In verses 2-4 the Psalmist is being honest about his emotions. Why do we sometimes hide our emotions? Or minimize them? What happens when we name our emotions for what they really are? (i.e. disappointed vs. angry, hurt vs. bitterness)
8. Travis shared the 5th step from Celebrate recovery: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. How can this step help you (me) to move onward in your (my) journey? What step do you need to take to get on the road to “Jerusalem”?
9. In what areas do I need to repent? If you are comfortable, feel free to share. If not, stop and pray silently to repent or for God to bring forth those areas you need to be aware of.
10. In order to move in our journey, honesty is important. What steps will you take this week to take steps toward honesty?

