

Small Group Discussion Guide — September 18, 2022

- Series: Flourishing Soul
 - Sermon: Nourished Soul
 - Scripture: Psalm 103:1-5
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FOLLOW-UP FROM LAST WEEK

Matt beautifully described resurrection hope as being gritty, real, authentic, certain, joyful, raw, and grace-filled. Having this kind of hope moves us to mission. In what ways have you been moved to share your resurrection hope with those around you?

CONNECT

1. What is one thing you are grateful for that only happens in the fall?
2. What stood out to you from this past week's service, and why?

ENGAGE

For fuller context, read quietly to yourself Psalm 103:1-12.

1. Read Psalm 103:1-2 together: David calls upon his **soul** to praise the Lord. What is important about his emphasis on **soul** work as opposed to all of the external ways in which we expend our efforts, e.g. physical work, housework, relationships?
2. Read Psalm 103: 3-5: In this passage, David lists the specific benefits of what God does in the lives of people. What are these six benefits?

APPLY

1. David explains that our souls are the most 'essence' of our being; that we long for love, beauty, and to be known (as in, understood, validated, affirmed). God made our souls with this longing, that only He can fulfill. Has there been a recent time when you felt both grateful and like something was still missing? E.g. after a dinner with family or friends. How can you tune your heart to God in order to fully nourish your soul?
2. As humans, we typically fall short of how we treat our souls. We use externalities such as money, power, pleasure, social media, etc. to fulfill our longing. What are the external things you turn to for fulfillment? What healthy outlets can you turn to in the future in order to strengthen your relationship with Christ?
3. David explains that we're living with the inside of ourselves, while comparing ourselves to the outside of others. What do you perceive to be your places of insecurities or shortcomings? How can you turn these over

to God, to allow Him to be enough?

PRAYER

Dear Heavenly Father, we praise you with all our inmost being. How great you are that you forgive us for all of our sins; that you heal us of our disease; that we are redeemed, crowned, satisfied, and renewed, and all in Your name. You, dear Father, and only You, make us whole. May our souls remain open to your Spirit's whisperings; that we receive all of the love you have for us, and let it be enough. And as we go about our week, may we have the courage to share your love with everyone we meet. Amen.

GOING DEEPER

Praising the Lord is of course an external, but more importantly an internal way of creating a healthy spiritual life. Create your own list of what you've seen God do or who you've seen Him to be (actions and character). Now, what are ways you can grow in your experience and understanding of God so that you could write your own "Psalm 103" of praise written to your own soul?

ADDITIONAL SCRIPTURE

Psalm 23:2-3 He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul...

Genesis 16:13 You are the God who sees me...

Jeremiah 1:5 Before I formed you in the womb I knew you.

1 Thessalonians 5:23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

QUOTES

"We long to be infinitely desired, wanted by the other yet - and crucially - without being consumed by the other. Without being exploited. Without being ignored or imprisoned." Curt Thompson

"Solitude expresses the glory of being alone, whereas loneliness expresses the pain of feeling alone." Paul Tillich

"In our haste to cope with unmet desire through an infinite array of addictions, we ultimately find ourselves in places of great desolation." Curt Thompson

"We do not merely want to see beauty, though God knows, even that is bounty enough. We want something else which can hardly be put into words-to be united with the beauty we see, to pass into it, to receive it into ourselves, to bathe in it, to become part of it." C S Lewis

"Comparison is the thief of joy." Theodore Roosevelt