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## Small Group Discussion Guide — NOVEMBER 16, 2025

- Series: Blessed
  - Sermon: Two Way Blessing
  - Scripture: Psalm 103
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### **FOLLOW-UP FROM LAST WEEK**

Last week we talked about how the Beatitudes often feel upside down compared to how life usually works. As you reflected this week, where did you find yourself having to choose between trusting Jesus' way or relying on your own understanding? What did that reveal to you?

### **CONNECT**

1. What stood out to you from this past week's service, and why?
2. What is your go-to comfort show, food, or hobby?

### **ENGAGE**

1. David models a heart fully devoted to praising God in verses 1-2. How does David's example challenge us to set our own hearts on wholehearted praise? What practical steps can you take to cultivate this kind of heart posture in your daily life?
2. Read verses 3-10 aloud. This passage reminds us of who God is - His goodness, love and mercy poured out toward us. As you read, how many of God's benefits or qualities did you notice? Which one speaks most to your heart today, and how can you offer Him praise for it this week?
3. In verses 19-22 David zooms out to a heavenly scene: angels, heavenly hosts, all creation praising God. How does this big picture view of God's rule shape the way you approach your daily challenges? When you think about God's throne being established in heaven, what part of your life do you most need to entrust to His rule this week?

### **APPLY**

1. We're all on a treasure hunt in life. As we get older, we begin noticing what we truly value. Often we mistake temporary, worldly things for treasure - they may satisfy for awhile, but they don't last. If we begin to see blessings as anything that draws us closer to God, how does that change the way we live and what we pursue? How does this perspective help us finally recognize our true treasure in Him?

2. David's deepest desire was to fill his life with wholehearted praise for God. When he says, "One thing I ask from the Lord... to dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and seek Him in His temple" he reveals a heart completely centered on knowing and praising God. If you were to answer the same question - what would you honestly say today? What does your current "one thing" reveal about where your heart is centered? What might it take for your deepest desire to align more closely with God the way David's did?
3. Psalm 103:2 calls us to "Praise the Lord, my soul, and forget not all His benefits." It's easy to take God's blessings for granted or become forgetful of all He has provided. And unlike us, those who don't believe in God have no one beyond themselves to thank. When life is hard and our outlook naturally drifts negative, how can we stay spiritually alive and cultivate deep gratitude? What helps you remember and appreciate God's unchanging benefits in every season?
4. How can we practice this "blessing circle of praise" in our everyday lives - thanking God, remembering His goodness, and letting that overflow into even greater praise?

## **PRAYER**

Father, we come before you with grateful hearts, echoing David's words: "Praise the Lord, my soul, and forget not all His benefits." Lord you know how quickly our hearts can drift toward worry or self-focus. Renew our strength and help us to have God centered hearts, filled with gratitude for who You are and to live each day out of that truth. Amen.

## **SCRIPTURE**

Acts 13:22

Psalm 27:4

Exodus 20:3

## **GOING DEEPER**

Psalm 103 begins with, Praise the Lord, my soul: all my inmost being, praise his Holy name. In the sermon this morning, David challenged us to write our own list of God's holy names - just as he modeled with names like forgiver, life giver, and healer. This week, create your list of who God is to you. Spend time praying through each name, talking to God about why that name matters in your life. Keep adding to your list as He reveals more of who He is.

## **QUOTES**

"A spiritual life for the Christian is simply a life in which all that we do comes from the center, where we are anchored in God: a life soaked through and through by a sense of His reality and claim." "The Spiritual Life" - Evelyn Underhill

