

SCRIPTURE AND
KEY SERMON NOTES:

Psalm 73

Grab your bible! ☺

START PRAYING:

Lord, thank you for making us emotional beings. We are uniquely made by you to experience a depth of emotions and doing so allows us to glorify and worship you more deeply. Help us to live by truth-driven emotions rather than emotions tossed to and fro by the lies of this world. Keep us grounded in truth and righteousness, Lord our God. We ask not only this, but that you use us powerfully as your instruments to free others from the unnecessary negative emotions caused by the lies of the world as we spread truth and especially Gospel Truth! In Jesus' name, amen!

DISCUSSION QUESTIONS

Start talking. (Pick one) Find a conversation starter for your group.

Do you think of yourself as more of an emotion-driven person or are you more driven by logic?

Start thinking. Ask a question to get your group thinking.

Read Psalm 73 as a group. Consider the tone of the psalm, as a flashback where the author is reflecting on different seasons or attitudes of his life and the turning point of his life as well. Take notes to help you with the discussion time.

Who was Asaph? Why is his role and identity an important aspect of studying Psalm 73?

Follow-up: How does knowing Asaph's role as a worship leader and prophet influence our understanding of his struggle and his turning point? How/Why?

What was Asaph's major emotional conflict? What caused those feelings?

By believing lies, Asaph found himself thinking wrongly about himself and the world. What were some of those thoughts?

Follow-up: How do these thoughts impact his view of God's goodness and justice?

What was the turning point in Asaph's life according to the text?

Follow-up: How does this moment of encountering God's truth change his emotions and thoughts about the world around him?

Start sharing. Choose a question to create openness.

What part of this message impacted you most and why?

Asaph's perspective changed when he entered God's presence. Can you share a time when being in God's presence changed your outlook on a difficult situation?

Follow-up: How did that experience impact your faith moving forward?

Follow-up: Use this question and the following ones to help the yourself/the group come up with strategies/tools to build a consistent pattern of going to God and His Word to combat negative emotions with truth.

How do you handle situations when your emotions seem to contradict what you know to be true about God's character?

Follow-up: What practical steps help you realign your thoughts with God's truth during those times?

What are some lies about God or the world that you tend to believe when you're feeling discouraged or distant from God?

Follow-up: How can you combat those lies with the truth of Scripture, like Asaph did?

Think of a person in your life who might be struggling with believing lies about God or their situation. How can you encourage them with the truths found in Psalm 73?