

GROWTH GROUP BRIEFING NOTES

Date:
26th February 2017
Title:
Discipleship under Pressure
Passage:
Psalm 42
Speaker:
Vlada Stojanovic

Welcome to this week's GG Briefing Notes! Thanks for leading this discussion in your group. Do pray that God uses it to help everyone in your group become more like Jesus.

We have suggested below some things to aim for in your discussion. Please don't just read this sheet out to the group! Decide before you start how you'll work towards each aim. Which of our questions will you use (you may not need all of them) – or can you think of better ones? What kind of answers will you be hoping to get from each question?

As you ask questions, keep the aim in mind, and only give hints if you have to. Don't forget to make sure everyone in the group is involved.

1

Aim

To familiarise ourselves with Psalm 42.

Some Possible Questions

Ask someone to read out Psalm 42.

Divide into three groups. Vlada identified three things we might experience when we face difficult times: strong emotions, questions about God, and vulnerability to accusation. Ask each group to take one of these and find the phrases in the psalm that express it. Report back.

Are there any verses in the Psalm which resonate with things you have thought or felt, now or in the past?

2

Aim

To think about how to preach the gospel to ourselves.

Some Possible Questions

We will focus in on v5 & 11 – ask someone to read them. These verses show the psalmist talking to themselves. When we're in tough times, Vlada encouraged us to preach the gospel to ourselves, rather than being led by our emotions and unhelpful self-talk.

How do we know whether we're preaching the gospel to ourselves, or something else?

When is it helpful to engage with the questions in our heads, and when should we (like this psalmist?) tell them to shut up?!

The psalmist preaches the gospel by telling his soul to "hope in God". What does that mean?

What is the alternative saviour that you are most tempted to hope in?

In twos and threes, share examples of strong emotions, questions about God, and accusation that you have experienced/are experiencing. How did you/could you preach the gospel to yourself in the face of those things?

Hints

An alternative saviour could be any of God's blessings which we look to for joy, security, rescue, etc.

