

Community Group Discussion Guide

Week of May 8 - May 14, 2022

Your Longing Has a Name Guest Pastor: Dominic Done Psalm 23

GETTING TO KNOW YOU

What techniques do you use to help you recover from an exhausting day?

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged, or confused you?

MAIN POINTS:

Your soul is the deepest part of you that influences and shapes the entirety of who you are, and intimacy with God will restore your soul in times of stress..

DIGGING DEEPER

1. **Read Psalm 23.** This is one of the most well known and encouraging chapters in the Bible. In what ways are you encouraged by this scripture?
 - a. In Psalm 23:1, David describes God as his shepherd. Why is this a good description of God's relationship with us?
 - b. In Psalm 23:2, David speaks to how God leads us. How do you interpret this?
 - c. Describe your understanding of Psalm 23:3a: "He restores my soul". How would you define the qualities of a restored soul?
 - d. Make a list of the word pictures in Psalm 23 that are soothing to you.
2. Discuss the definition of the word soul. What are the attributes of a healthy soul?
3. Read the following scriptures and discuss how each one is an encouragement for us to guard and care for our souls:
 - a. Mark 8:36.
 - b. 3 John 1:2
 - c. 1 Thessalonians 5:33
 - d. 1 Peter 2:11

4. What elements of everyday life cause us to become exhausted and overwhelmed? In what ways can we recover or be restored spiritually?
 - a. Pastor Dominic said, "Restoration of the soul begins with intimacy with God". Is this true? Why or why not?
 - b. In your own words, describe what "intimacy with God" means.
 - c. Pastor Dominic said that intimacy with God can be described as "Taking off your sandals and sinking your toes into the now." What is your understanding of this statement i.e. how do we "sink our toes into the now"?

TAKING IT HOME

Looking back at this week's study, what is important for you to remember and why?

PRAISE & PRAYER REQUESTS

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