



Hey God • I'm in Shock • Week 1

ICEBREAKER

What's the best surprise you've ever gotten?

KEY SCRIPTURE

Psalm 11

NOTE:

This is a time of elevated emotions and stress. Please refrain from political conversations during your group discussion time. This doesn't mean you have to pretend like current events aren't happening, but use discernment and wisdom. Political conversations tend to get heated and derail the conversation, shift the focus away from God, and make it harder for us to love one another.

DISCUSSION QUESTIONS

1. Which emotions do you hear the author of this psalm, King David, expressing? Go verse by verse and name them.
2. Verse 1 says, "In the Lord I take refuge." That's a beautiful statement, but what does that really mean in our everyday lives? What does it look like to take refuge in God, especially during a crisis like the one we're experiencing?
3. Our individual experiences of this crisis will be different, but there are some things that we are all experiencing together. One of those is the sense that our "foundations are being destroyed." (vs. 3) But as Pastor Brad mentioned in the message, a big piece of this is a realization that we are not in control of as much as we like to think we are. What is something you've come to realize you are not in control of, and how did it feel to realize that? How do you remind yourself that God is in control instead of you?
4. In what area of your life have you felt most tested by our current circumstances? (For example: faith; sense of self; relationships; work, etc.) Has that particular struggle brought you closer to God, or has it created some distance between you and God, and why?
5. The last part of the last verse of Psalm 11 says, "the upright will see his [God's] face." How or where have you seen God's face in the midst of our current circumstances? Have you been able to take any time to just sit in God's presence (as David did in 2 Samuel 7:18)? If so, please share about that.

PRAYER

Pray for any specific requests people have, and also pray that each member of the group will be able to take refuge in God in some way in the midst of this crisis.

CHALLENGE

This is a time when fear can overwhelm us and take our minds to worst case scenarios and dark places. This week, take a few minutes every morning and/or evening to sit with God in prayer. Name a fear that you have, and then reread Psalm 11:4, "The Lord is in his holy temple, the Lord is on his heavenly throne." Remember how verse 1 begins, "In the Lord I take refuge..." Breathe deeply and imagine sitting in the presence of God and telling God your fear. Practice this each day and see what impact it has on you.