



"Do You Ever Feel Overwhelmed?" Peter LaRuffa June 18, 2017

Guidelines: sermon curriculum is designed to help facilitate small group conversation towards application of sermon. You may or may not get through all questions during your small group time.

Sermon Discussion: Psalm 61

- 1. Read and review the main points of the sermon.
a. Reject the lie that you're too overwhelmed to cry out to God (v1-2)
b. Remember the protection, provision and goodness of God in the past (v3-5)
c. Resolve to praise God because you have assurance of His favor forever because of Christ (v6-8; 2 Cor 1:19-22)
2. Reflect and Ruminare on areas that resonated with you:
a. On a scale of 1-10, how overwhelmed would you say you are now about your current life circumstances?
b. In times of desperation, are you more prone to allow your circumstances to deaden your prayer life or drive you to cry out to God?
c. What examples do you have of experiencing God's provision, protection and faithfulness in life?

- 3. Renew Thoughts & Replace Actions:
a. What lies do you believe that feed the temptation to pray less instead of more?
b. What's one step of faith and obedience you can take to help you overcome the lie(s) you mentioned above?
4. Request:
a. How can we encourage and pray for you with regards to what you shared?
5. Remember the Gospel:
a. All the promises of God are Yes in Christ for the Christian.

Prayer Emphasis:
Praise & Prayer. Thank the Lord for establishing you in Christ and that you have the seal of the Holy Spirit to help you face overwhelming times of trouble