



"Do You Ever Feel Life Has no  
Meaning?  
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**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 39**

1. *Read and review the **main points** of the sermon.*
  - a. Voice your Distress to the Lord (v4)
  - b. Consider your Life in Light of Eternity (v4-6)
  - c. Repent of Your Sin (v8-11)
  - d. Confess your Trust in God (v7)
2. *Reflect and Ruminare on areas that resonated with you:*
  - a. Have you ever struggled with the question, "Is there any purpose to the suffering I'm going through in life?" Explain.
  - b. Do you allow the brevity of life to move you to action or apathy? Explain.
  - c. How can you tell the difference between suffering and discipline?
  - d. Do you believe God is near you or far from you during your times of suffering?

### 3. *Renew Thoughts & Replace Actions:*

- a. "Emotions make a good caboose but not a good engine" – What areas of your life do you allow your emotions to drive your actions?
- b. Some of our suffering is discipline for our sin (v8-11; Heb 12:5-12). Would anyone like to share how God used suffering as a means of discipline for sin and how God brought you through?
- c. What circumstances in your life are you allowing to define your purpose more than God?
- d. Where do you run to instead of God when your heart gets squeezed? What can you do to help you respond differently this week when that happens?

### 4. *Request:*

- a. How can we encourage and pray for you with regards to what you shared?

### 5. *Remember the Gospel:*

- a. *If we can trust Jesus for our eternity, He can take care of your today."*

### **Prayer Emphasis:**

- *Praise & Prayer:* "Life is short; therefore our suffering is short when compared to eternity." Ask God to help you to see your suffering in light of eternity. Praise Him for the promise of heaven and all our pain to be taken away.