



Guidelines: this sermon curriculum is designed to help facilitate small group conversation towards application of sermon. These are ideas to help get the conversation started, so feel free to use whatever is most helpful!

Read Psalm 77 and review the **main points** of the sermon below:

I. Look at the Confusion that Results from Drilling Down into the Depths of Your Own Sorrow

- A. You'll Become Morbidly Introspective and Start Using All the Wrong Pronouns
- B. You'll Stop Listening for Any Answers Because You're So Busy Shouting Rhetorical Questions

II. Look at How He Chooses to Start Talking to Himself about the Faithfulness and Power of God Instead of Just Listening to Himself Being Driven by His Own Dark Feelings

- A. He Stops Listening to Himself and Starts Talking to Himself
- B. He Starts Praising God for All He's Done in the Past Instead of Accusing God for What He Doesn't Understand in the Present
- C. He Makes an Appeal to Irrefutable Evidence of God's Faithfulness and Love for Him

Sermon Discussion:

I. Conversation Starter Questions

- A. What comes to mind when you think of meditation?
- B. What are common influences of what you find yourself meditating on (ie music, news, etc)?
- C. Was there a time in your life that you were confused about what God was doing? What were your honest thoughts about God's character?
- D. Why do you think we want to know an explanation for the suffering we're going through? Why do we ask why?!

"Why is not bad question to ask, but it's a bad question to get stuck on"

II. Application Questions

- A. Does anyone have a testimony of a time in their life that God used meditating on God's truth was transforming?
- B. Has there been a truth or promise of God that you've been meditating on recently?
- C. What is a situation, circumstance or relationships that you need to shift your focus and meditate on God's truth? What is that truth?

III. Gospel Connection – It always comes back to Jesus!

Our greatest problem has been taken care of by our Savior Jesus! The greatest expression of God's love has come through Jesus – "This is how we know what love is: Jesus Christ laid down his life for us" (1 John 3:16).

IV. Prayer Focus Ideas

- A. Read Job 38-42, praising God for His character that you hear
- B. **Praise God** for All He's Done in the Past Instead of Accusing God for What He Doesn't Understand in the Present