

## **DISCUSSION GUIDE FOR SMALL GROUPS**

### **18 & 19 SEPTEMBER 2021**

- **Begin by reading the Scripture passage together. Review the video of the sermon if needed (see <http://www.brmc.org.sg/category/resources/sermons>).**
- **Use the following questions as a guide for your group discussion. Feel free to discuss as few or as many as best fits your group's current context and present stage in life.**
- **Remember to budget some time (15-20 min) to pray with and for one another, before ending your group session.**

### **IT'S OK NOT TO FEEL OK**

#### **Scripture: Psalm 42 & 43**

*We are grateful to Rev Dr Edmund Fong for providing the following reflection questions.*

- 1) How do you think past and present church culture views depression and related mental health struggles?
- 2) Do you have any close brothers or sisters in church whom you could "borrow" their prayers and memories should you go through a season of feeling downcast?
- 3) What is your hope and sustenance in life? How much does the vision of seeing the Lord Jesus face to face and talking to him as "a man does with his neighbour" (John Owen) form that hope for you?"

### **WAITING FOR THE LORD**

#### **Scripture: Psalm 27:1-14**

*We are grateful to Rev Dr Edwin Tay for providing the following reflection questions.*

- 1) Describe a crisis you had experienced or are going through in your life. What were some of the emotions felt and difficulties faced?

- 2) Waiting for the Lord saw David:
  - a) confronting his fears with the truth of who God is to him (vv.1-3);
  - b) seeking to commune with the LORD in his presence above all else (vv.4-6);
  - c) relinquishing control over his situation entirely to God in prayer (vv.7-12).

How do David's responses in his crisis help you in yours?

- 3) How would you pray to God so that David's posture of hope in verses 13-14 become yours too?