

Group notes

Date: 04-10-2020

UP: What has been positive about the past week? Any good news? What are you thankful for? Have you got a testimony of what God has done?

IN:

Psalm 103:1-5

Praise the Lord, my soul; all my inmost being, praise his holy name. 2 Praise the Lord, my soul, and forget not all his benefits— 3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

Verse 1- "Praise the Lord, my soul; all my inmost being, praise his holy name."

- Why do you think is it important for us to praise God?
- Describe what you think praising God looks like.

Verse 2 – "Praise the Lord, my soul, and forget not all his benefits"

- What do you think happens when we forget the Lord's benefits?

Verse 3 – "who forgives all your sins and heals all your diseases,"

- Why do you think we need God's forgiveness?
- When was the last time you prayed for someone to be healed?

Verse 4 – "who redeems your life from the pit and crowns you with love and compassion,"

- Why do you think we need to be redeemed?
- Share in two minutes how God has redeemed (saved and transformed) you?
- How can we express God's love and compassion towards others?

Verse 5 – "who satisfies your desires with good things so that your youth is renewed like the eagle's."

- How does it feel to know that God wants to satisfy our desires?
- How is it different from trying to satisfy our desires with worldly things?
- In what way do you think God wants to renew your youth?

OUT:

- Pray for each other, friends and family.
- Pray for the unsaved. Pray for our nation.