

dark places.

Small Group Discussion Notes

Sunday, January 8, 2017

"The Imperfect Family Tree"

How do the number of daylight hours in a day impact you? Have you noticed that our winter days are getting longer?

1. Read Psalm 139:1-14. David acknowledges that the Lord knows some things about him. What specifically does he recount here? Do you agree that God knows everything about you? Verse 14 says we are "fearfully and wonderfully made?" Is that good or bad? Why? In what way do you think our emotional, spiritual, mental, and physical dimensions intersect to make us who we are? Discuss the complexity.
2. In verse 12 David says, when referring to God, "even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you." Does this seem hopeful in the midst of short and cold winter days? Why or why not?
3. Have you ever experienced, or know someone who has experienced, "dark places" like those David describes in Psalm 42-43:5? How would you put into words what it feels like to be downcast? What actions or desires does David recall as bringing hope to his soul?
4. How might remembering a time of "going to the house of God with shouts of joy and praise among the festive throng" help David in his "dark place?" Read Galatians 6:2. How can we as the community of Christ help likewise?
5. Read 2 Thessalonians 1:3-5 and 1 Peter 1:6-7. What do these verses say about hard times? Does knowing Christ mean that we will always be happy and carefree? Why or why not? Is it normal to feel down from time to time? Why or why not?
6. How might pain (depression or "dark places") draw us into the presence of God? According to what we have read thus far, is this a good thing or not, and why?

Abide/Love/Bless

What is one thing you could do to help bring "light" to someone in a "dark place?"