

SMALL GROUP/E-GROUP LESSON NO. 5

Sermon Series : “PONDERING ON THE PSALMS”

Message Title : “**HONEST TO GOD: KEY TO OUR MENTAL & EMOTIONAL HEALTH!**”

Message Text : Psalm 13

Introduction/Background:

This short but very emotional prayer of David allows us to have a peek into the heart of one of the most loved and admired believers in the bible- King David. We learn here that even David was not exempted from life's struggles. This psalm touches on the most sensitive part of our being—our emotions & teaches the key to our mental & emotional health.

A. PASS YOUR STORY! (WELCOME TIME)

- 1) *Share a prayer request that you made to the Lord that was the longest to be answered! Or share a specific prayer request that you have been praying for a long time now!*

B. PONDER ON THE PSALM! (WORD TIME)

- 1) *Assign a member to read Psalm 13!*
- 2) *In verses 1-4, David honestly confess his impatience & anxious thoughts to the Lord. As we shall see later, this helped David to re-commit his life to the Lord & declare his unwavering trust in the Lord his God! (see vv. 5-6). Based on this, why is praying & being to honest very important in our walk with the Lord?*
- 3) *Pastor Val shared two applications based on our passage. (a) Instead of bottling up our negative emotions & thoughts, we are to honestly tell them to the Lord! & (b) Instead of wallowing in our negative emotions & thoughts, we are to tightly hold on to the Lord & His promises! Which of the two, you needed the most today & why?*
- 4) *Pastor Val also shared several practical pointers for us to live out in our day-to-day living.*
 - a. **Pray** to the Lord every time a negative emotion/thought comes to mind! (Phil. 4:6-7)
 - b. **Replace** your negative emotion/thought by reading, memorizing, & meditating on the Word! (Psalm 1:3; 119:11)
 - c. **Arrest/take captive** every disobedient or sinful thought that comes to mind! (2 Cor. 10:5)

- d. **Identify** emotional triggers in your life & settle them by acceptance & forgiveness! (Eph. 4:31-32)
- e. **Engage** your mind & body in a relaxing & healthy activity!

Which of the pointers is your weakness & your strength?

- 5) *What is the most important lesson or insight you have learned today?*

C. PRAISE & WORSHIP THE LORD! (PRAYER TIME)

- 1) *Ask each one to pray a prayer of praise and thanksgiving to God for being our compassionate, gracious, loving, & faithful God!*
- 2) *Pray for one another's needs.*

D. PASS THE STORY TO OTHERS! (WITNESS/VISION TIME)

- 1) *Share the “3-I VISION” – Identify, Intercede & Invest!*
- 2) *Talk and discuss about your evangelistic plans and activities in the future. Talk and discuss how you can invite more guests into your group.*