

INSIDE OUT

Living and Loving From a Healthy Soul

LIFE GROUP DISCUSSION QUESTIONS

Date: December 3, 2023

Sermon Series: Inside Out: Living and Loving from a Healthy Soul

Sermon Title: Hope for the Cast Down Soul

Scripture: Psalm 42-43

Speaker: Dr. Ron Jones

1. Read Psalm 42-43. What are your first and overall impressions of the psalm? What do these psalms and Psalm 23 have in common?
2. What “motions of the soul” (emotions) come to mind when you think of a soul that is cast down?
3. Read Jeremiah 2:13. What does the Lord mean by “broken cisterns that cannot hold water”?
4. How does remembering the good times and recalling God’s faithfulness help a cast down soul?
5. Read Psalm 43:4 again. How does following the light of God’s truth help the cast down soul?
6. What has been your greatest takeaway from the Inside Out series?