



Home Group Questions Sunday 3 March 2023

Sermon Series: Running Deep: Emotional and Relational Health Psalm 42

Emotional and relationship help, is it important to our faith?

Psalm 42 (and 43) is an outpouring of emotion and a desperate longing (v4) to once again be among worshipers and have the freedom to praise God. The loss of that opportunity is expressed in tears and despair that is obvious to all and draws comment and further torment. The Psalmist still holds fast to God and even in despair relies on his lasting love (v8).

1. Are we in our culture too closed in our emotions and too private in how we feel?
2. We were all restricted in our contact with each other during Covid, how did that impact on our communion with each other and did that impact on our faith?
3. Is there a risk that church becomes a source of therapy that diverts us away from a focus on God?
4. Young people seem to be more open and public with their emotions and feelings, with social media playing a part, is that good?
5. Jesus seemed to value friendships and his relationships with close disciples, did Jesus have favourites?

Jim Davis