

Dig Deeper @Home – “Cries of the Heart”

Complement to lesson on 3/3/2024 – “Was it All for Nothing?”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. What’s your favorite thing to do on a rainy day?
2. Share about a time/situation when you were envious of someone else.

MEMORIZE – Psalm 42:5,11

Why are you downcast, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

READ – Psalm 73

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit cause to “jump off the page” as you read?
 - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
 - c. What are the verses revealing about God? About people?
In light of these, what needs to change in your life? What are you already doing well?
2. Asaph wrote Psalm 73. But who was Asaph? Check out 1 Chronicles 6: 31-48
 - a. What is the significance of Asaph being a Levite?
 - b. Who were the Levites?
3. Asaph is having a crisis of faith. What is the reason for his crisis of faith?
 - a. Have you ever had a crisis of faith? What caused it?
 - b. How does Asaph resolve his crisis of faith? (hint: see verses 16-17)
 - c. What role does confession play in Asaph’s resolution? (hint: see verses 21-22)
 - d. What role does God have in Asaph’s resolution?

EXPERIENTIAL ACTIVITY – A Posture of Curiosity

“But when I thought how to understand this, it seemed to me a wearisome task, until I went into the sanctuary of God; then I discerned their end.”

After spewing his complaints and jealousies, Asaph comes to a place of curious contemplation. He gets beyond the scandal of the situation and instead becomes curious. So, take a posture of curiosity this week yourself. Instead of being scandalized or offended by others, be curious. Ask questions. Instead of being covered in shame by your own actions/struggles, be curious. List out things in the past week that you observed that offended you. Actions you committed that you later regretted. Now, talk them over with the LORD asking questions of curiosity. What does the LORD reveal to you through this?

For a deeper dive, end every night by looking back over the day with God and do the same thing. What were you scandalized about? What actions/words/thoughts do you regret. Maybe you didn't do something when you wished you would have. Analyze these things with God with a posture of curiosity. Journal these things and write down any revelations the LORD brings to you. It could just become your own Psalm 73!

SING (Suggested songs to sing. Use these, or any favorites of the gathered group, to worship Jesus!)

Wrap me in Your Arms - <https://www.youtube.com/watch?v=T5eptYthEzg>

Echo Holy – <https://www.youtube.com/watch?v=pz5t7XTCxNE>

Behold Him - https://www.youtube.com/watch?v=izK4kl_wmA

I Set my Hope - <https://www.youtube.com/watch?v=g-dWxto9-XQ>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

Sending prayer based on the message:

Heavenly Father, thank you that I am continually with you and that you hold my right hand. Holy Spirit, guide me with your counsel this week. Be the strength of my heart as I go this week.