

## Sermon Discussion Guide:

# Lift Up Your Soul

Sunday, September 3, 2023

Scripture: **Psalm 25:1**

Series: **Lift Up Your Soul**

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### OVERVIEW

Psalm 25 is a lament and an appeal to God for help. We don't know the specifics of what David was facing but it was some form of chaos. Regardless of whether the chaos we are facing is from an enemy, from our own sin, from living in a fallen world, or some combination of these things, we can be instructed by this psalm when we are facing chaos in our own lives. **Lifting your soul to God is offering yourself to Christ in the midst of chaos for his help.**

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### DISCUSSION QUESTIONS

1. Chaos in our lives has the potential to be soul crushing. What are some types of chaos people face in their lives? What are some of the types of chaos mentioned in this psalm? For examples, look at verses 2, 7, 11, 15, 16, 17, 18, 19, and 20.
2. If someone you know is facing something soul crushing, pause right now to lift up these people in prayer. You don't have to name them if you want to protect their privacy.
3. How do we lift our souls to God in the midst of chaos? In other words, how do we offer ourselves to Christ for his divine help? The sermon listed five parts of the process, starting with "**recognize your need.**" What are things we need when facing chaos? What are some needs that David mentioned in the psalm?
4. Step two was "**embrace your purpose.**" What is our primary purpose and what are your specific callings? How does embracing our purpose help us when we face chaos?
5. Step three was "**seek God's face.**" In other words, draw nearer and closer to God for intimacy and fellowship with him. Seeking God's face will not guarantee that our circumstances will change, but what is something even better that will change? Why?
6. Step four was "**repent of all known sins.**" Where in the psalm do you see David mention his sins and his desire to know and follow God's ways instead? How does repentance help us when facing chaos?
7. Step five was "**believe God's promises.**" This is about assurance and conviction (Heb 11:1), not pretending or wishful thinking. How does this kind of faith help when we face chaos?
8. When we are facing chaos, the temptation is to hide from others, withdraw from God, harden or numb our hearts, or be filled with hatred toward those causing our chaos. One way to fight these temptations is to share what we are facing with those who know us and will pray for us. If you are comfortable doing so,, share personal chaos that you are facing right now, and take some time to pray for each person who has shared.