

SELAH - PAUSE & REFLECT (1): Finding Our Identity in Christ

Small Group Discussion Guide // June 3, 2018

1. Looking back at your notes from this week's teaching, was there anything that challenged, intrigued, surprised, bothered, confused, or was new to you?
2. As Scott began this Sunday, he shared with us the word Selah and explained that, while we may not know it's precise meaning, it seems to represent a pause or break in the scripture. He continued by highlighting how crazy our lives can get and how so few of us take time to pause and reflect on our lives. **When is the last time you took time to pause and reflect on your life or on a specific situation you were in? What did that "pause" look like? How do you know if you need to take a pause? Do others see that you need a pause before you do?**
3. Read Philippians 3:4-11 & Galatians 2:20. In Paul's letter to the Philippians, how does he describe the identity shift which took place after his encounter with Christ? In his letter to the Galatians, he explains that we are to find our identity in Christ...is that true for you? **Where do you turn for validation? Affirmation? To express your struggles? To vent your frustrations? If you don't turn to God, why might that be?**
4. The book of Psalms is a collection of prayers, songs, and poems. They offer the opportunity for private and corporate praise and also private and corporate lament. **Have you read any or all of the psalms? Do you have a favorite psalm? Does the psalms provide you with any comfort? Do any of them cause you to ask questions?**
5. Read Psalm 55:15, Psalm 58:6-8, & Psalm 137:8-9. Often we perceive our doubts, fears, and angry thoughts (sometimes about other people) as as the kinds of things which are off-limits to share with God. **Does reading these psalms alter your thinking about what is okay to share with God?**
6. Read Psalm 6:6 & Psalm 22:1. Lament is the act of voicing our pain and grief to God. The ability to cry and grieve is a gift from God. Psalms of lament give us language to express our groaning to God. **Why is lamenting to God a healthy part of the process of moving from pain to forgiveness?**
7. Do you find yourself wrestling with any of the circumstances listed below? If so take some time this week to read the associated psalms to pause and reflect, Selah. Cry out to God in a raw, unvarnished kind of way. Empty your self of all the fear, bitterness, shame, doubt, etc., and let God fill you back up in a way that only He can.
 - Do you feel forgotten? Psalm 44:24-26, Psalm 13:2-3
 - Are you struggling with the condition of the world? Psalm 79:6,10,12
 - Are you experiencing pain? Psalm 25:16-20
 - Do you need to renew your trust in God? Psalm 85:8-10, Psalm 4:7-9