

INTRO

If you had two words to describe how you are feeling at this moment in life, what would they be?

IDEA 1

Rob started off the sermon by explaining that we need a balance between our faith and our feelings.

Why do you think a balance is needed between our faith and feelings?

What's the problem when the pendulum swings and we:

- focus too much on faith?
- focus too much on feelings?

Have you ever found yourself "not feeling it" anymore?

IDEA 2

William shared a story about a time in his life when he was feeling so desperate to go to college that when it failed, he was ready to walk away from his faith.

When in your life have you been desperate for something or a situation to change?

How have these experiences impacted your faith?

How has your faith kept you rooted in the midst of desperation?

SPIRITUAL PRACTICE

Writing out our own psalm is a great way to interact with our faith and feelings. Take 5-10 minutes and write your own psalm to God. You may find it helpful to use the prompts below:

I am _____ (express your feelings to God)
 but God, you are _____ (describe the character and nature of God)
 so I will _____ (respond with a declaration of faith)

Once people are done writing their own psalm, ask if anyone would like to share their psalm with the group.

APPLICATION

There were three application opportunities that were shared as part of the sermon:

- Ask someone from another generation if they've experienced a "I'm just not feeling it" season of life. Ask them how their faith prevailed.
- Go Psalm 42 on your emotions - talk to them like the Psalmist:
 (I am _____ but God, you are _____ so I will.)
- Realize when you aren't "feeling it", yet you remain, it is extravagant worship that is pleasing to God

Which of these are you drawn to apply in your life at the moment? Why?

What's a next step that you can take in response?