

## LIFE GROUP QUESTIONS

# Praise Him In The Storm

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1. As you read Psalm 103:1–14, what words or phrases stand out to you about God’s character (for example: compassionate, forgiving, slow to anger, loving)? How do these descriptions shape the way you think about God?
2. Why do you think remembering what God has done (“forget not all His benefits” – Psalm 103:2) is so important when life feels hard? How is this similar to what Paul says in Philippians 4:4 about choosing joy?
3. When you’re stressed, tired, or discouraged, what usually shapes your mindset more — your circumstances or your faith? What makes it difficult (or easy) for you to turn toward God in those moments?
4. What does “rest” look like in your real life right now — emotionally, mentally, spiritually, or physically? Where do you notice yourself trying to carry things alone instead of bringing them to God?

5. What is one simple practice you could realistically start this week that might help you notice God's care and faithfulness more regularly? How could this help reshape your perspective when life feels heavy?
6. Is there something you're currently carrying — worry, regret, pressure, or responsibility — that you could intentionally hand over to God? What might trusting God with that actually look like in a practical way this week?