

LIFE GROUP QUESTIONS

Seeking God in your Season (Psalm 63)

1. How would you describe the season of life that you feel you are in at the moment?
2. In Psalm 63:1-2, David says he is in a “dry and parched land” and yet he “earnestly” seeks God. What do these images suggest about what David is going through, and what kind of relationship with God he’s reaching for in that moment?
3. In Matthew 6:33, Jesus says to “seek first” God’s kingdom, and in Jeremiah 29:13 it says we find God when we seek Him “with all our heart.” What do you think it looks like—practically—to seek God first in the current season you’re in (not perfectly, but honestly)?
4. In Psalm 63, David uses strong words like “thirst,” “longs,” and “earnestly.” When you hear that language, what do you relate to

most—thirst, distance, curiosity, or contentment—and why?

5. David chooses praise with his “lips” in the middle of his season. What is one small way you could build praise into your week (for example, a song in the car, a short prayer, or reading a Psalm out loud), and when would you do it?

6. Isaiah 41:10 creates a picture of God strengthening and helping us, and in Matthew 11:28, Jesus invites the weary to come to Him for rest. What is one step you could take this week to “cling” to God for help—especially if your time/energy is limited—and how could the group support you?