

Look Back:

- How was your week physically? Energized or worn down? Felt great or ailments plague you?

Connect:

- Share an experience in your life where someone stood up for you (played the role of a “champion”) ?

Look Up:

Read : Psalm 103:1-14

- Out of the 5 actions listed from v3-5, which do you gravitate more towards and why ?
- What pit is David talking about in v4 and what does it mean to be “redeemed”?
- Why do you think David says that the Lord satisfies our desires “with good things”? What do you think this should mean to people today, living in a broken world?
- What does the analogy in verse 12 really mean? With this in mind, what areas of your life do you have a difficult time accepting this truth?

Read : Hebrews 12:1-4 and Zephaniah 3:17

- Some translations refer to Jesus as our “champion” in Hebrews 12:2 - what are some of the things that these verses say Jesus does in this role?
- What do these verses say should be our response when we accept Jesus as our champion? How easy is this for you - what makes it that way?
- What additional characteristics of the Lord are mentioned in Zephaniah 3:17? Which of these give you the greatest hope when facing a difficult situation?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

- In order to experience redemption, David needed to acknowledge the brokenness. Is there a pattern of brokenness in your own life? Where do you need to experience Jesus being our Champion towards full restoration?

Prayer Points

- Praying for your ONE, ONE person in your life who doesn't know Jesus
- Pray for our N.S.B Campus, to keep reaching their community
- Pray for the movement that is Salty Church and its leadership

Leader Notes

God has created our bodies in a way that everything is connected. So issues mentally, emotionally, physically, and spiritually all manifest in different ways. This week we are talking more on the spiritual side and how brokenness in our lives can manifest in all the other areas. Psalm 103 has some deep truths to help us really combat our brokenness. We want to invite you to read it a few times but to take a minute and read 1-14 as a prayer. Focus in on what the Lord is saying, be renewed in the freedom we have from our Champion Jesus

Leadership tip

If you have new people joining you in this season, make sure and adopt them well into the group. Take a week off from the curriculum and go around having everyone share their stories.