



When I am rejoicing

Scripture Text: Psalm 30

Sermon Points:

1. With God, rejoicing is the response to deliverance.
2. With God, rejoicing is a way of life.

Spiritual Practice: Read Psalm 30 aloud each day and ask God to help you move you Rejoice-O-Meter at least one (step,degree) each day.

Discussion Questions:

1. When you think about the idea of “rejoicing”, what comes to mind? Think of some examples to share.
2. Read verse 5. What do we learn about God from this verse? How can God be loving and still be angry with us?
3. Give an example of a time when your love for someone prompted your anger about something.
4. Pride got David off track with God (See verse 6). What are some ways that we tell God, “I’ve got this”? Can prosperity and comfort become a hinderance to our relationship with God? Explain your thoughts...
5. On a scale of one to ten, where are you at on the Rejoice-O-Meter? (1=dirt and 10=rejoicing all day long) Where would you like to be and how can your group help you get there?