



HOW CAN I PAY HIM BACK?

1. Share about a time you felt compelled to "pay someone back". Explain the situation and what you did to bless them in return?

Read Psalm 116:1-14.

2. Psalm 116:1-2 states, "I love the Lord because he has heard my appeal for mercy. Because he has turned his ear to me, I will call out to him as long as I live". Can you share a time when you experienced the Lord explicitly "turning his ear" to you during a moment of distress? How did that answered prayer deepen your commitment to continue calling out to Him?

3. Pastor Kody mentioned that "before the praise, there's pain", citing Psalm 116:3 where the Psalmist faced "the ropes of death... and the torments of Sheol". How does knowing that pain often precedes breakthrough (or praise) help you endure your current struggles?

4. John Chrysostom is quoted saying, "the waters of affliction are not meant to drown us but to cleanse us". How can you shift your perspective this week to view a current difficulty as a process of cleansing rather than overwhelming punishment or destruction?

5. Psalm 116:7 commands the soul to "return to your rest... for the Lord has been good to you". What specifically prevents your soul from returning to rest? What tangible proof of God's goodness can you focus on right now to help you find that rest?

6. The answer to repayment is to "take the cup of salvation and call on the name of the Lord". The message lists three specific "cups": the Cup of Suffering, the Cup of Blessing, and the Cup of Salvation. How do these three types of cups relate to one another in your life? Which of these three cups do you find the most difficult to accept or embrace?

7. Taking the cup is followed by the commitment: "I will fulfill my vows to the Lord in the presence of all his people". What current commitments or "vows" to God need to be fulfilled, and how can your small group help support you in fulfilling them publicly or within the community?

8. What was your biggest takeaway from the message?

Group Breakouts

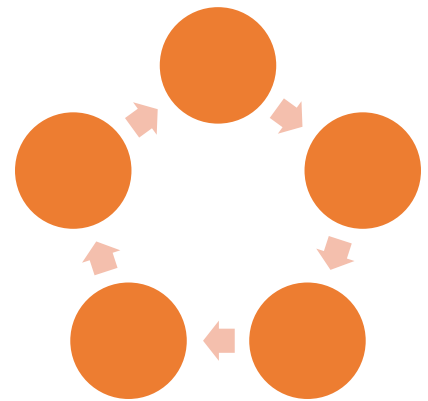
Group Breakouts works best when the group...

- spends 30 minutes praying
- breaks into smaller groups of ladies and gents
 - finds a space with the least distractions
 - talks more to God than with each other

1. Sit in a circle

2. Ask the question, “where do you feel weak?”

Be honest and real with one another. Challenge yourself to confess where you feel weak. Weakness can stem from sin issues, temptations, life worries, broken relationships, financial problems, health concerns, etc.



3. As a group, exhort and encourage them.

After one person confesses their weakness, take a moment as a group to collectively lovingly push and encourage one another spiritually with what was shared. Exhorting each other can help us grow and thrive spiritually.

4. Have the person to the left pray for their request out loud.

Take a moment for intercessional “prayer”, for another before God. This means you are the “go-between” through prayer between God and your brother or sister in Christ.

5. After the person on the left is done praying, now have them answer the question and **repeat the process** until everyone has shared and prayed for one another.