



rGroup Guide

When Bad Things Happen: COMPLAIN

Pastor Miles McPherson | June 9, 2019 | Psalm 3:1-8

Recite the Do Something Disciple Prayer

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father, a heart that is being perfected in love for God and people.

Father give me a heart that:

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

Jesus, create in me a heart that:

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

Holy Spirit develop a heart in me that:

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

"Father, with Christlikeness as my goal and the Holy Spirit as my Guide, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires. In Jesus' Name, Amen."

Sermon Application Questions from the Book of Psalms – Psalms of Lament.

Last Sunday Pastor Miles focused on the Psalms of Lament: A Psalm of Lament is a cry of distress in which the psalmist expresses a complaint about the suffering and disappointment of life in a fallen world.

As a group Read Psalm 3 together and review and discuss the following questions in your group:

1. In Psalm 3:1 we see that the first thing that David does is **APPEAL** to God by saying the word LORD. When we are going through a distressful situation how should we make our **APPEAL** to God?
2. The next thing that David does in verses 1 and 2 is to describe his complaints that motivated his lament. Maybe you are going through something difficult right now. In your group break into smaller groups of 3 or 4 and, like King David, clarify what your current challenge is.
3. In verse 3 David makes a **PLEA** to God for help. In your group take some time together to pray over your challenges.
4. In verse 7 David talks about the **JUDGEMENT** of one's enemies. Instead of us trying to make the judgement of others, we need to let God handle our challenges according to His righteousness. Are you holding a grudge against anyone? Release to the Lord and be accountable for any unforgiveness that you have for others.
5. Finally, in verses 7 and 8 we see that salvation belongs to the LORD which is an expression of trust in God. We also see the desire for blessings upon God's people as David closes out this Psalm. End your time together, by praying that God would shower His blessings upon those in your group.

Next Steps:

- **Weekly Bible Reading: Psalms 1-36**
- **Complete the LIFE Class – RSVP at: <https://www.sdrock.com/lifeclass/>**
- **Saturate San Diego – Text the word Saturate to 52525 for information.**
- **At the Movies – Connect with your campus as an rGroup to see how you might serve the *At the Movies* preparations.**
- **For your enrichment, check out *The Bible Project*: <https://thebibleproject.com/explore/psalms/>**

Monthly Memory Verse: Psalm 51:10-11 *“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from Your presence or take Your Holy Spirit from me.”*