



Week 2: The Word On...[Feeling Spiritually Flat]

Sermon Date: 15/16 October *To be used during the week starting Monday 17 October*

Leaders – feel free to adapt these questions to suit your group.

- 1) At Church on the weekend we looked at the topic of “Feeling Spiritually Flat”- From the sermon was there anything particular that stood out to you? Any insights to help us keep trusting Jesus through those times?
- 2) Read Psalm 13 and summarize how David is feeling? What things might he be struggling with?
- 3) In verses 1-4 David expresses/cries out to God. Why do you think this is important in times of feeling spiritually far from God?
- 4) Even though David feels distant from God, what does he remind himself of? Why is this important when we feel Spiritually flat? (V5-6)
- 5) If you have experienced times of feeling spiritually flat, share with your group:
 - a. What helped your faith in Christ at those times?
 - b. What was unhelpful at those times?
- 6) David said in v6: *“I will sing to the Lord, for he has been good to me.”* (V6) What things can you give thanks to God for? Particularly think about your faith in Christ? Write them down and spend some time as a group in prayer giving thanks to God.