

“Ups and Downs” | Psalm 30
Sermon Discussion Guide
November 22, 2020

Questions for Discussion

1. What “ups and downs” have you experienced in your life this year?
2. What’s your walk with the Lord like right now? Are you resting in your prosperity or arrogance?
3. In what area of your life do you recognize your need for God’s mercy?
4. Take a few moments to remember and discuss God’s deliverance in your life. Can you remember specific times God moved you from “hurting to healing,” from “weeping to joy,” from “mourning to dancing”?

Live Sent This Week

What is the best news that you have ever received? What is the worst news you have ever received? How did you respond afterwards to each of those “ups and downs”? During Thanksgiving this week, look for an opportunity to ask others the same questions. Use the conversation starter as an opportunity to share that even through ups and downs in life, when we keep our focus on Jesus, we can experience enduring contentment and hope.