

YOU CAN DO THIS

TALK IT OVER

You Can Have Hope

You Can Do This, Part Five

Pastor Buddy Owens

October 19-20, 2024

If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

Scriptures Used

Psalm 22; Psalm 23; Psalm 27:10; 1 Samuel 27:5-7; John 10:11, 27; John 14:6; 1 Corinthians 11:23-26

Questions:

1. David, the author of Psalm 23, was neglected by his family and forced to live in the wilderness (cold, hungry, weary, homeless) while being hunted by his enemies for ten years. How would you respond? Would you even pray at all after ten years, or would you think God had abandoned you?
2. Like David, when have you been neglected or underestimated by people, either intentionally or unintentionally? Did you feel you had no voice? What comfort do you find knowing God hears you and will listen to your heartache?
3. When David was in the wilderness, at times he felt alone and in despair. What is your wilderness experience? What did you learn?
4. Read Psalm 22:1-11, 22-24 aloud. David did not hold back from telling God about his pain. In difficult situations, do you feel you can be candid with God about your anger, frustration, sadness, or fear? Why or why not? How does David's tone change in verses 22-24? How can we choose to turn from despair and worship God in the midst of trials? Share your experience with the group.

5. Psalm 23:5 (NIV84) says, “You prepare a table before me in the presence of my enemies.” In 1 Samuel 27:5-7, God led David through the valley of the shadow of death and then set a table of favor before him in the presence of his Philistines enemies. The Philistines gave him one of their towns for refuge that remained in Israel’s possession. Talk about a time when God has protected and made space for you.
6. Pastor Buddy Owens shared four promises when we make the Lord our shepherd: we can thrive in his abundant favor, we can walk in his intended purpose, we can live in his limited blessing, and we can dwell in his eternal presence. Which promise resonated with you the most? Why?
7. David’s painful experiences that led him to write Psalm 22 make Psalm 23 all the more powerful. Will the testimony of your life be a message of hope or despair? Do you only see the hard times, or do you see the goodness of God in his plan for you? How can you reframe your past through a lens of gratitude to look forward with eyes of faith?

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you’ve learned today?*

Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment:

<https://saddleback.com/connect/smallgroups#spiritualCheckup>

2. Did you know that Saddleback produces many new small group studies each year? Visit <https://saddleback.com/studies> to check out Saddleback’s ever-growing library of small group curricula.