

CONVERSATION STARTERS

SOUTHRIDGE COMMUNITY CHURCH

March 24, 2024 | The Psalms

EAT TOGETHER | *Showing up regularly to share life and build relationships*

1. Invite your friends and family to join us for Easter at Southridge with our [Good Friday](#) service on Friday, March 29 at 10:30am and our [Easter Service](#) on Sunday, March 31 at 10:30am in all of our locations!
2. Have you ever cried while watching a movie or reading a book? Which movie or book makes you sad or brings you to tears?

PRAY TOGETHER | *Joining in on conversations of life and faith*

1. What stood out to you in [this week's service](#)? Was there something that made you pause and contemplate? Feel free to watch the [message recap](#) to review the big ideas of the message.
2. In [Psalms 42 & 43](#), the Psalmist is going through some very difficult times. When have you experienced deep pain or loss and felt that God had forgotten you?
3. Read [Psalm 42:1-2](#) and [Psalm 43:3-4](#). The Psalmist expresses his frustration that because he is in exile, he can't meet with God at the temple, and so he is feeling separated from God. In reflecting on this, read Jesus's words in [John 4:21-24](#). Because of Jesus and his Spirit, what has changed and how can this affect our view of when and how we can experience God?
4. The Psalmist transitions from talking to himself – “*Why are you downcast, O my soul?*” ([42:5](#)) – to honestly telling God how he feels ([42:6-10](#)). We might feel it's inappropriate to be brutally honest with God. But how might this kind of honesty with God bring about the comfort and peace we desperately need?

LOVE TOGETHER | *Being real to care and make a difference*

1. God wants to hear from us and journey with us through our struggles. Where does Jesus want to grieve with you today? Where does God want to meet you personally today?
2. Kaitlin shared her practice of writing down times of lament and recording how God supported her through those difficult times. She shared how this gives her hope that God would again be her strength. Might this be a spiritual practice you could try? Has anyone tried journaling like this before?
3. For those following our reading plan, read through the evening Psalm for today as a closing prayer.