

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. Sometimes we tell ourselves things. Stuff like, "I have to be perfect." "If I only had _____ I would be happy. "I can do it tomorrow." What kind of things do you tell yourself?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Please read Psalm 103. Share or write your thoughts about this chapter.
3. What are your thoughts about this quote? "Don't believe everything you think. You cannot be trusted to tell yourself the truth. Stay in the Word." - Jerry Bridges.
4. Please read 1 Samuel 30:1-6. What did David learn how to do in this passage?
5. It is believed Psalm 103 was written by David in his older years.
 - a. How has your perspective of life changed as you have gotten older?
 - b. How has your perspective of God changed?
6. As you look at Psalm 103:1-5, what does David encourage the reader to do in each verse? What kind of self talk is David encouraging?
7. Compare this passage to Hebrews chapter 12:1-2.
 - a. How do you fix your eyes on Jesus?

- b. What is the correlation between what you fix your eyes on and your thoughts?

8. It's been said, Psalm 103 is an introduction to Psalm 104:1. Please read Psalm 104:1.

9. Share with others what God has done in your life and give praise to God.

Application

Below are some of the points or quotes shared in the message.
Discuss how they apply to your life.

- David found strength in the Lord his God.
- Whatever you set your eyes on will determine the course of your thinking.
- If you remember how God has moved in your life, you won't worry about something that you've seen Him already do.
- Don't be discouraged, remind yourself that you are the object of God's unfailing love and mercy.
- "No one is more influential in your life than you are because no one talks to you more than you do." - Paul Tripp