



Discover



Mind your Mind

Developing Healthy Mental Habits

FAITH AND FEELINGS

From message by Ps Ross van Niekerk (Shofar Christian Church, Durbanville)

Psalms 43:1-5 (NIV)

¹ Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men. ² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? ³ Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. ⁴ Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God. ⁵ Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

7 Questions to lead a DISCOVERY group

1. What are you thankful for? (*Introduces people to true worship of God*)
2. How are you or people you know struggling and how can this group help? (*Introduces authentic community and ministry*)
3. Did you do what you committed to do last time? (*Introduces testimony and faith*)
4. What does the Scripture today say to you? (*Introduces the Holy Spirit as the teacher*)
5. What does this passage mean to you? (*Introduces hearing God through the Word*)
6. How will you obey? (*Introduces obedience-based faith – not head knowledge “If you love me, you will obey me”*)
7. Who will you tell? (*Introduces multiplication and movement so that urban area can be reached*)

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