LIFE GROUP DISCUSSION GUIDE

NOVEMBER 15, 2026

Dive In (10 Minutes)

Go around and let everyone share... What is an act of kindness, generosity, or grace someone showed you years ago that you still vividly remember today? Why has that specific moment stuck with you while so many other daily events have faded from memory?

Dig Deep (40 Minutes)

Read Psalm 103:1-22 aloud.

- Examine verses 1–5, where David commands his own soul to bless the Lord and actively resist forgetting all of God's benefits. Notice that David isn't waiting until he naturally feels inspired to praise; he is preaching truth to his own heart. Why is intentionally commanding our own souls to remember God's goodness so essential when life feels overwhelming or spiritually dry?
- Look closely at the specific list of benefits David highlights in verses 3–5—forgiveness of all sins, healing of diseases, redemption from the pit, and being crowned with love and compassion. Which of these specific expressions of God's grace resonates most deeply with your current season of life, and how does naming them fuel genuine gratitude?
- Focus on verses 8–12, which emphasize that God is compassionate, slow to anger, does not treat us as our sins deserve, and removes our transgressions as far as the east is from the west. How does grasping the sheer completeness of God's mercy free us from performance-based religion and transform our worship into joyful relief?
- Consider the imagery in verses 13–18, where David compares God's compassion to a loving father who knows how fragile and fleeting human life is—like grass or wildflowers that quickly fade, contrasted with God's everlasting love. How does embracing our own smallness and dependence alongside God's eternal faithfulness bring peace and humility to how we worship?

Do Big (10 Minutes)

- Look at the grand finale in verses 19–22, where David's personal, internal reflection expands outward to call on the angels, the heavenly hosts, and all of creation everywhere to bless the Lord. How does connecting your private, everyday gratitude to the universal chorus of all creation elevate the way you view worship?
- Tell about a time when you had to intentionally remind yourself of God's past faithfulness and mercy to push through discouragement or spiritual apathy. What practical habit will you use this week to keep God's benefits front and center in your daily worship?