

Day N Night

Flatirons Students // March 7 & 9, 2021

Psalm 42:1-6

Icebreaker:

What is a food that everyone likes but you hate?

Scripture: Psalm 42:1–6

Discussion:

- 1. What is one thing that stuck out to you from the message?***
- 2. How do you know what your sadness is saying to you?***
- 3. What does it look like to acknowledge what your sadness is saying?***
- 4. Why is it important to talk back to your tears?***
- 5. When has God shown up for you in the past? What can you do to remember this when things seem overwhelming?***
- 6. How can we support one another through difficult times?***

Pray