

## Remember His Benefits Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. Have you ever been a part of any clubs or organizations that you really enjoyed? Explain.
2. What is one of your favorite memories from 2024 (so far)?

**Read the following passage:** Psalm 103.

“Why in the world would anyone follow Jesus?” Given how Christians were treated in the first few centuries, that’s a legitimate question to ask. In fact, it’s a legitimate question to ask today. Does following Jesus help your reputation, or give you more free time, or improve your financial outlook, or make your life easier? Not in any obvious way. One might even argue that following Jesus comes with a cost in each of these areas. Indeed, if we don’t remember the benefits of following Jesus, when the pressure mounts, we won’t. We’ll reject God and go our own way. Psalm 103 is an ancient reminder of the benefits of living in covenant with the true God.

**Questions for Discussion** (Choose several that are relevant for your group):

1. What did Jesus say about the costs associated with following him? (See, for example, Luke 14:25-33.) What about Paul? (See 1 Corinthians 15:19 and many other passages. For Christians generally, see 2 Timothy 3:12.) Are there any areas of your life in which you feel the cost of following Jesus? Explain. If not, do you think you are avoiding some of the things Jesus calls us to do?
2. For you personally, what are some of the greatest benefits that come with following Jesus?
3. Psalm 103 reminds us that God forgives all our sins. Are there any areas of your life in which you still feel a sense of condemnation? How do we recognize the difference between a feeling of condemnation and a genuine conviction for the sin in our lives?
4. Why is trying to forgive ourselves apart from Christ unhelpful? What should we do if we are followers of Jesus and we’ve asked God for forgiveness but we still struggle to move forward?
5. How should we navigate the reality that sometimes followers of Jesus are miraculously healed and sometimes they are not? Do you think there is anything we can do to see a greater number of miraculous healings? Explain. How do you personally apply the hope for healing in your life?

6. Psalm 103 tells us that God “crowns [us] with love and compassion.” The verb “crowns” suggests that God extends royal benefits to those who are in covenant with him. How should this reality help us navigate the times when we feel unimportant or irrelevant? What does it mean that God crowns us with “love and compassion”?
7. On a scale of 1 to 10, how would you rate your overall energy level in this season of your life? What factors most impact your energy level? How can a better connection with God renew our youth (as Psalm 103 puts it)?

**Pray**