

What Do You Want? 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. What is one thing you really wanted when you were a young child?
2. What is one of your favorite foods to eat?

Read the following passage: Psalm 63.

The title of this psalm indicates that it was composed (or, at a minimum, should be associated with an occasion) when David was in the desert, and probably on the run. Given the difficulty of obtaining drinkable water in the desert in the ancient world, it is not surprising that David is under significant physical and mental duress. Even so, David's thoughts turn to God. He remembers God, thinks about God, and longs for God. He offers up praise to God and is "satisfied as with the richest of foods." How did David cultivate such a strong desire for God? And what can we do to cultivate a similar desire? This psalm suggests several helpful practices: 1) Allow your other desires to cue your desire for God; 2) Position yourself to experience God; 3) Engage your physical body in worship of God; 4) Think about God; 5) Consider the outcome of a life devoted to God.

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

1. Our lives are driven by our desires. Read Jeremiah 17:9. Why is blindly following our desires problematic? Given what we know about how the rational part of our brain operates, why might following our desires be problematic even after we take some time to think it through?
2. Consider the following statement by John Mark Comer. Do you agree? Why or why not?

Our strongest desires are not actually our deepest desires.

John Mark Comer, *Live No Lies*

3. Have you seen any of your desires change over time? What do you think led to those changes?
4. Why is the role of Scripture so critical in clarifying which desires we should encourage and which desires we should resist?
5. What are some factors that might influence how strongly we desire God?
6. What evidence do we have in Psalm 63 that David allowed some of his most fundamental desires to cue his desire for God? How might you practice a similar discipline in your life right now?

7. In which of Freedom Church's six core practices of discipleship are you regularly engaging? Explain.
8. All young children express their emotions with their bodies. Why do you think this changes for many of us as we get older? Are you comfortable with singing, clapping, raising your hands, or any other physical expressions in public worship? Explain.
9. Do you spend time thinking about God? Explain.
10. Do you have a hopeful anticipation of the next life? Explain.

Pray