

# Hope City Church

Going Deeper Notes | 11.20.22  
Psalm 103:1-5 | Luke 17:11-19

## Gratitude:

**Icebreaker:** Think about something that has been very difficult for you. Maybe it was the loss of a loved one, or the loss of a job, maybe the loss of a pet? Maybe it was a specific goal you set for yourself, but you just keep getting your legs knocked out from under you as you pursue the goal? Perhaps somebody else has done something to you or your family and it has caused you great pain? Sometimes significant life events or personal choices can be the cause of difficult circumstances, such as health problems, money problems, marriage problems, addictions, etc. It could also be the stage of life that your children or grandchildren are in right now and the things you see them going through. Maybe it is the stage of life that you see your parents going through.

**What is one thing that comes to mind when you think of something that has been difficult for you, lately?** How has it been difficult and what has made that a source of tension for you? Now, here is the twist:

**How do you see God using this difficulty in your life, to develop something within you, to make your life better in the long run?** Ugh. That's tough to dwell on. **How do you feel about the work that God is doing in you right now?** It really isn't what the people around you see about you that matters. It is what God sees in you that truly matters.

## Going Deeper:

- (1) The Psalms were written by various authors to express deep feelings of gratitude and even sorrow before the Lord? Have you read the Book of Psalms all the way through, before? The Psalms are very interesting in the way they are composed if you take the time to see how they are laid out (reference also Psalm 119). Check out Psalm 103:1-5 (p. 460, Life Transformation Bible, LTB). King David is the author of this Psalm. David wrote psalms (or praises), both out of deep joy AND also from deep pain. Imagine. He thanked God despite his range of emotions, both in the joy AND in the sorrow. What do you notice about Psalm 103 and how is God using these verses to encourage you where you are right now?
- (2) In Luke 17:11-19 (p. 799, LTB) how many were in need of healing and what was their affliction? Why was their situation so distressful for them? How do you see Jesus responding to their pleas for help?
- (3) Jesus took the time to notice these people and their need. How do you see Jesus affirming you in your moments of difficulty and your pain—that he also notices *you* and is paying attention to *you*?
- (4) Once they were healed, how many of these men made the effort to go back and thank Jesus for what he did for them? How is it that you are giving thanks to God for what he has done and is doing for you?

**Action:** Take time to acknowledge what has been frustrating you. Then, ask God to show you how you can be grateful for how this particular thing is being used to develop you. Please note that just because something bad may have happened to you, God doesn't have to be the one that did it. Satan is real and Satan really does not like you. However, God will not waste an opportunity to use something that Satan wanted to harm us, to bring about something good or redeeming in our lives, personally, or for the people around us. God is good that way.

**Prayer:** Lord, this thing that I am going through right now is not easy! You know how it makes me feel. Help me to trust in you, God, that you will use this thing in my life for something good, ultimately. And thank you for walking with me through this situation so that I do not have to stay stuck here. Just like the leper in Luke 17:18, I want to be able to be the one who will return to give you glory, God! Amen!