

RAW.

real. authentic. worship.

Group Guide



8500 West 159th Street
Overland Park, KS 66223
913.814.7223
VisitGraceChurch.com

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R. A. W.

Group Guide

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Series Overview

We live in a plastic society, surrounded by images that have trained our minds to believe that we can't be real. We put on a show for everyone and give the appearance that we don't need help. We have learned to "fake it till we make it." We lie to ourselves. We lie to others. We lie to God.

In this four week RAW series, we unpack four psalms to discover that God wants us to be real. He desires us to be transparent with Him first and then with each other.

Purpose of This Guide

The primary purpose of this group guide is to reinforce and deepen the lessons of the Grace Church message series: R. A. W.

Are You a Heisman Believer?

Scripture: Psalm 13

How long, O Lord? Will You forget me forever? How long will You hide Your face from me?

² *How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me?*

³ *Consider and hear me, O Lord my God; Enlighten my eyes, Lest I sleep the sleep of death;*

⁴ *Lest my enemy say, "I have prevailed against him"; Lest those who trouble me rejoice when I am moved.*

⁵ *But I have trusted in Your mercy; My heart shall rejoice in Your salvation.*

⁶ *I will sing to the Lord, Because He has dealt bountifully with me. (NKJV)*

Icebreaker: Feelings

- Brainstorm a list of intense feelings.
- Discuss typical ways of dealing with our feelings.

Discussion Questions

- What stood out most to you from the video?
- In the video, what did Pastor Phillip Kelley point out that we could be missing when we keep God and others at arm's length?
- In what ways can you identify with David's prayer in **Psalm 13**?
 - have had serious troubles and wondered if God was listening
 - felt that your enemies were defeating you
 - wondered if the troubles would ever end
 - trusted God in spite of troubles
 - remembered all the good things God had done

- Have you ever had a closet or junk drawer that was so packed with clutter that you were afraid to open it? Over time, our hearts can get that way, full of unwanted feelings and unsatisfied desires. We don't want to admit them to ourselves or to God. On a scale of 1-10, where do you see yourself on an openness scale with God with "1" being guarded and "10" being very open?

guarded 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 open

- What could be the reasons you may be avoiding an open relationship with God?
 - you feel guilty about something
 - you are angry at Him for something
 - you are afraid He will want you to do something you don't want to do

As a group, pray for God to help you become more open with Him about your feelings. Ask Him to help you work through your reasons for avoiding openness so that your next time of private prayer with Him is the most intimate it has ever been.

Application Exercise

- During the coming week, pray at least once a day, seeking to share all your feelings with God.
- During the coming week, when you read God's Word, before beginning, ask Him to show you how you can become closer to Him.

Do You Need a Confession Cleansing?

Scripture: Psalm 51

*Have mercy upon me, O God,
According to Your
lovingkindness; According to the
multitude of Your tender mercies,
Blot out my transgressions.*

*² Wash me thoroughly from my
iniquity, And cleanse me from my
sin.*

*³ For I acknowledge my
transgressions, And my sin is
always before me.*

*⁴ Against You, You only, have I
sinned, And done this evil in
Your sight— That You may be
found just when You speak, And
blameless when You judge.*

*⁵ Behold, I was brought forth in
iniquity, And in sin my mother
conceived me.*

*⁶ Behold, You desire truth in
the inward parts, And in the
hidden part You will make me to
know wisdom.*

*⁷ Purge me with hyssop, and I
shall be clean; Wash me, and I
shall be whiter than snow.*

*⁸ Make me hear joy and
gladness, That the bones You
have broken may rejoice.*

*⁹ Hide Your face from my sins,
And blot out all my iniquities.*

*¹⁰ Create in me a clean heart,
O God, And renew a steadfast
spirit within me.*

*¹¹ Do not cast me away from
Your presence, And do not take
Your Holy Spirit from me.*

*¹² Restore to me the joy of
Your salvation, And uphold me
by Your generous Spirit.*

*¹³ Then I will teach
transgressors Your ways, And
sinners shall be converted to
You.*

*¹⁴ Deliver me from the guilt of
bloodshed, O God, The God of
my salvation, And my tongue
shall sing aloud of Your
righteousness.*

*¹⁵ O Lord, open my lips, And
my mouth shall show forth Your
praise.*

*¹⁶ For You do not desire
sacrifice, or else I would give it;
You do not delight in burnt
offering.*

*¹⁷ The sacrifices of God are a
broken spirit, A broken and a
contrite heart— These, O God,
You will not despise.*

*¹⁸ Do good in Your good
pleasure to Zion; Build the walls
of Jerusalem.*

*¹⁹ Then You shall be pleased
with the sacrifices of
righteousness, With burnt
offering and whole burnt offering;
Then they shall offer bulls on
Your altar. (NKJV)*

Icebreaker:

- Discuss how you feel when you see others falling into sin. How do you feel when they come back to God?
- Brainstorm a list of reasons that people don't confess to God.

Discussion Questions

- What stood out most to you from the video?
- In the video, how did Pastor Phillip Kelley describe what happened to David when he refused to confess his sin to God?
- Find and list the synonyms for sin in [Psalm 51](#).
- In the following verses, what does David ask God to do about sin?

Verse	David Asks
1	
2	
7	
8	
9	
10	
11	
12	

- List the damage of sin that David describes in these verses.

<i>Verse</i>	<i>Damage</i>
10	
11	
12	
13	
14	
15	

- Sin is against God. Set a timer for 2 minutes. As a group, sit in silence as you privately confess your individual sins to God. Accept His forgiveness and grace.

Application Exercise: Confess and Repent

- Make a list of areas in your life that bring you guilt or that you know are against God's Word.

Things to Confess	Verses to Pray Back to God

- Confess each one to God, then pray back verses that express:
 - ▶ your regret, your brokenness of heart
 - ▶ your desperate need for His help
 - ▶ your commitment to live life the way He directs
- As God's Spirit shows you something in His Word, record that passage reference next to the relevant items on your list. Read those passages each day. Ask God to take control of your life.

More Than a Song?

Scripture: Psalm 103

Bless the Lord, O my soul; And all that is within me, bless His holy name!

² Bless the Lord, O my soul, And forget not all His benefits:

³ Who forgives all your iniquities, Who heals all your diseases,

⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,

⁵ Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

⁶ The Lord executes righteousness And justice for all who are oppressed.

⁷ He made known His ways to Moses, His acts to the children of Israel.

⁸ The Lord is merciful and gracious, Slow to anger, and abounding in mercy.

⁹ He will not always strive with us, Nor will He keep His anger forever.

¹⁰ He has not dealt with us according to our sins, Nor punished us according to our iniquities.

¹¹ For as the heavens are high above the earth, So great is His mercy toward those who fear Him;

¹² As far as the east is from the west, So far has He removed our transgressions from us.

¹³ As a father pities his children, So the Lord pities those who fear Him.

¹⁴ For He knows our frame; He remembers that we are dust.

¹⁵ As for man, his days are like grass; As a flower of the field, so he flourishes.

¹⁶ For the wind passes over it, and it is gone, And its place remembers it no more.

¹⁷ But the mercy of the Lord is from everlasting to everlasting On those who fear Him, And His righteousness to children's children,

¹⁸ To such as keep His covenant, And to those who remember His commandments to do them.

¹⁹ The Lord has established His throne in heaven, And His kingdom rules over all.

²⁰ Bless the Lord, you His angels, Who excel in strength, who do His word, Heeding the voice of His word.

²¹ Bless the Lord, all you His hosts, You ministers of His, who do His pleasure.

²² Bless the Lord, all His works, In all places of His dominion.

*Bless the Lord, O my soul!
(NKJV)*

Icebreaker: Favorite Praise Songs

- Brainstorm a list of your favorite praise songs.
- Discuss what words in the lyrics help you praise God.
- Sing a few of your favorite praise songs. If you have some praise song recordings feel free to sing along to a few of those.

Discussion Questions

- What stood out most to you from the video?
- Toward the end of the video, Pastor Phillip Kelley said that it's not HOW you worship that matters: what matters is THAT you worship God.
 - ▶ Discuss various ways to worship God.
 - ▶ Which ones have you tried?
 - ▶ Which ones give you a sense of connection to and appreciation for God?
 - ▶ What practical things could you do to increase how often you worship God?
- In **Psalm 103**, read the following verses aloud, one verse at a time. After reading each verse, list one or more things about God that are praiseworthy.

3-	4-
5-	6-
7-	8-
9-	10-
11-	12-
13-	14-
17-	19-

- Ask each person in the group to pick and read aloud one verse from **Psalm 103** that especially makes him/her want to worship God. It's okay if some people pick the same verse.

The most valuable thing the Psalms do for me is to express the same delight in God which made David dance. -C.S. Lewis

Application Exercise:

- Every day during the next week, read aloud the verse that you picked (the one that makes you most want to worship God). Then offer Him a prayer of praise featuring the key point from that verse.
- To further explore worship, find another way to worship Him such as:
 - ▶ writing Him a poem of praise
 - ▶ taking a praise walk where you point out to Him things about His creation that fill your heart with praise for Him
 - ▶ creating a melody that you can use to sing parts of **Psalm 103** to God
 - ▶ drawing or painting a picture that portrays things about God that are praiseworthy
 - ▶ keeping a praise journal
 - ▶ other?

What Do You Want Me to Do for You?

Scripture: Psalm 143

Hear my prayer, O Lord, Give ear to my supplications! In Your faithfulness answer me, And in Your righteousness.

² Do not enter into judgment with Your servant, For in Your sight no one living is righteous.

³ For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, Like those who have long been dead.

⁴ Therefore my spirit is overwhelmed within me; My heart within me is distressed.

⁵ I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

⁶ I spread out my hands to You; My soul longs for You like a thirsty land. Selah

⁷ Answer me speedily, O Lord; My spirit fails! Do not hide Your face from me, Lest I be like those who go down into the pit.

⁸ Cause me to hear Your lovingkindness in the morning, For in You do I trust; Cause me to know the way in which I should walk, For I lift up my soul to You.

⁹ Deliver me, O Lord, from my enemies; In You I take shelter.

¹⁰ Teach me to do Your will, For You are my God; Your Spirit is good. Lead me in the land of uprightness.

¹¹ Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble.

¹² In Your mercy cut off my enemies, And destroy all those who afflict my soul; For I am Your servant. (NKJV)

Icebreaker:

Share stories of God doing amazing things in your life or in the lives of those you know.

*Beware in your prayers, above everything else, of limiting God, not only by unbelief, but by fancying that you know what He can do.
-Andrew Murray*

This is our Lord's will...that our prayer and our trust be, alike, large. -Julian of Norwich

Discussion Questions

- What stood out most to you from the video?
- At the close of the video, Pastor Phillip Kelley asked, “If Jesus were to ask you, ‘What do you want me to do for you?’ What would you say?” Share your answers.
- Under what circumstances are you most likely to cry out to God in prayer? When do you hesitate to pray (**Php 4:6**)?
- When you sense God leading you, what obstacles do you encounter (**2Chr 20:12-13** and **Heb 4:16**)? As a group, pray for God to overcome obstacles and teach you.
- What does it take for you to pray according to God’s will (**1John 5:14-15** and **Psa 143:10**)?

Application Exercise:

What one big, bold desire do you have in each area of your life? List them and begin to pray big for each one. Be part of the miracle.

your relationship with God
your family
your work
your ministry and community
other?

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