



Sermon-Based Study Guide | Menlo.Church

This guide is designed to guide a group discussion around the weekend sermon. You can also use this as an individual, but we highly recommend finding a friend and inviting them to discuss with you. Menlo Church has Life Groups meeting in-person and online using these guides. We'd love to help you find a group: [Click here for our group finder.](#)

What you will find in this guide:

A discussion guide for groups and individuals. If you are using this as an individual be sure to engage with each question in a journal or simply in your mind as you prayerfully consider what you heard in the sermon and seek to discover what God is inviting you to know and do.

Sermon-Based Discussion Guide for Groups and Individuals

Sunday, May 21 – Phil EuBank

Seasons: Summer

Every group is different; please choose the questions that relate best to your group, and don't feel like you must get to every question.

Connect

- Share your favorite summer memory before the age of 12.
- What is the most joyous thing you have experienced in the last year?

Engage

- Phil shared this quote from C.S. Lewis: "No soul that seriously and constantly desires joy will ever miss it. Those who seek find. To those who knock it is opened."
 - Agree or disagree? Why?
 - How does one seek joy?

Read Psalm 146

- How do you see hope and joy in this Psalm?
- What do you find troubling or encouraging in this Psalm?

Three Points

- Phil suggests:
 - Joy Acknowledges Limits
 - Jackie Hill Perry: "Everything in our life without a boundary is an idol."
 - Joy Recognizes Provision
 - Joy Delivers in Darkness
- Which of these points do need most this week? Why?

Apply

Which of Phil's suggestions will you apply tomorrow and how will you apply it?

1. Choose to see God.
2. Choose to be grateful.
3. Choose uplifting people.
4. Choose to see past your circumstances.

Prayer

Pray Psalm 146 using the following guide:

Here is the guide for praying the Psalms:

1. Pause. Tell God what you are feeling and what you need.
2. Read the Psalm to simply take it all in. Do any words or emotions stand out to you?
3. Read the Psalm again as a prayer. Go slowly. Add your own emotions, feelings, questions, and thoughts.
4. Pause. Ask God anything you want to ask. Listen for God to speak to you by his Spirit and through the words of this Psalm.
5. Record what you believe you hear from God and how this Psalm will shape your day

Going Deeper

Praying the Psalms Resources: menlo.church/seasons

Menlo Midweek Podcast:

Tune in every Wednesday for a conversation with the previous week's speaker. It's a deeper dive into the message and an engaging time to learn, reflect, grow—and have fun.

<https://podcasts.apple.com/us/podcast/menlo-church-sermon-podcast/id129950807>