

PERSONAL REFLECTION GUIDE

11/9/25

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- Do you think the church (ours and others you've been a part of) does a good job of talking about suffering? Why or why not?
- **Read Psalm 88.** What emotions stand out to you from this psalm? What does this psalm reveal about the human condition?
- Heman – the author of this psalm – was a temple musician and wise man. **Read 1 Chronicles 25:1-6, 2 Chronicles 5:12, and 1 Kings 4:31.** What do these passages reveal to you about Heman? How does this shape the meaning of this psalm?
- How does Heman describe his relationship with God in the midst of suffering?
- Does the psalmist display trust in God? How do you know?
- Unlike many laments, this psalm does not shift to praise or hope. What does that fact teach about the walk of faith? What does it teach us about faith in hard times?
- If you were to summarize the meaning of this psalm in a sentence, what would it be?
- Have you ever experienced a psalm 88 moment? When was the darkest period of your life when God seemed distant or life was hopeless?
- What role does the church play in our suffering?
- How honest are you with others in your life when you are struggling?
- What can you do to encourage others to be honest about their suffering and discouragement?
- Sometimes Christians can rush to encouragement. What might this psalm have to say about that?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read Psalm 133. What is the difference between worldly and godly unity?



UPCOMING EVENTS – for more info, scan the QR code with your phone
Tuesdays Jonah Bible Study – connect with others and God's Word
11/16 Membership Class – become a member of Southland Church
12/3 Southland Women Christmas Gathering – with ornament exchange

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FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week as challenging or encouraging?
- Think of a time when you were in the dark – like a power outage, camping, walking at night. How did it feel not to see where you were going?
- **Read psalm 88** out loud as a family, taking turns every few verses. What words or phrases stand out to you?
- Heman was a worship leader in Israel. He and his children were dedicated to the worship of God. What makes it surprising that he is writing this psalm?
- What emotions does Heman – the author of the psalm – express?
- By the end of this psalm, there is still no hope or praise. Why do you think God included a psalm in the Bible that sounds so sad?
- Did Heman still trust God? How do you know?
- Do you think it's okay to feel angry or scared or hopeless, and still pray to God? Why?
- What does this psalm tell you about God? About people?
- Have you ever felt like God was not listening? What does it look like to trust God when life doesn't make sense?
- How can we – as a family – support each other when things seem dark and hopeless?
- What is one thing God wants you to do or believe from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.

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