

HEARING FROM GOD

40 Days in the Psalms

Group Discussion Guide

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“Hearing from God” is designed as a guidebook for your faith journey, equipping you to hear from God and find guidance in life’s storms. This 40-day adventure into the Psalms through biblical mediation and prayerful application can also be shared and amplified by going through it together with others.

Better Together: The Bible gives us a way to hear God’s voice. He can also speak uniquely and directly as we listen for Him. He may give us a picture, a word, an emotion, a song, or a Scripture verse. God may also speak to you through another person.

When we share what and how God is speaking in community with others—who are also paying attention to His voice—we can receive correction where we’ve misunderstood or get confirmation when we are aligned with Scripture and find unity with one another. The following pages provide some ideas and discussion points to help you lead a few friends, your family, or LifeGroup through using “Hearing From God” as a resource for your shared journey into God’s Word and discovering more of His will and ways for your lives.

Preparation: Before anything else, begin with prayer. Ask the Lord to speak to you as you spend time in His Word through the Psalms. Commit this season of growing together in community to Him. Be sure to get your own copy of “Hearing from God” - available on Amazon or at StevenSewell.me

Pacing and Plan: The plan for this as a shared experience can vary based on how often you’ll be able to get together. So it is divided into a flexible amount of sessions, anywhere from 5-8. Explain this roadmap to your group during your first meeting, including what date the 40-day plan will start for after Session 3 so that you can do the 40 days at the same time..

- Session 1 overviews the Psalms with a focus on Psalm 107 and the big idea of the book.
- Session 2 gets people into the book and telling their own stories.
- Session 3 explores Psalm 46 and details the start of the 40 day plan in the Psalms.
- Session 4 is a check-in of encouragement and shared learning from the journey and can be repeated as needed, depending on how often you meet.
- Session 5 wraps it up with a study of Psalm 95 and how we can cultivate a life of worship beyond this 40 days together in the Psalms.

Session 1

Introduction: An overview of the structure of the Psalms

Doxologies: Psalm 41:13, 72:18-19, 89:52, 106:48; 150

Looking into Psalm 107

What are the 2 commands given in vs 1-2?

Why are we supposed to do these things as God's people, what is our motivation?

What are the various types of distresses the Lord rescues His people from in vs 4-32?

What is the common refrain that each of these acts of redemption should inspire?

Conclusion: God is faithful and gracious to His people, especially when He allows storms and difficult seasons to drive us toward trusting Him rather than relying on our own ways. In the closing verses 42-43 we see that the knowledge of God's steadfastness and love will cause rejoicing among the righteous, silence among the wicked, and meditation among the wise.

Close by sharing prayer requests and praying for each other with this framework in mind:

- What can we be praising God for together?
- Are there any struggles or sins you need prayer for?
- What do you need wisdom for in your life?

Between now and next time: Read the Introduction through Chapter 2 (pages 3-37)

Session 2

Chapter 1: A Light to Your Path

Steve shares about his first and second Bibles (pg 11). Do you remember getting your first Bible?

On page 12 Steve tells his story of coming to faith in Jesus. Share briefly of your relationship with Jesus - how it began or how it's going.

Like Steve's hearing loss and stuttering (pg 13-19), have you had any circumstances in which God met you and provided healing or help?

Looking into Psalm 27: Waiting on the Lord

In the section on the Psalms (pg 19-24) was there anything that really stood out to you?

Do you have a favorite Psalm?

Chapter 2: Steps to Quieting Your Soul

Has there been anything in your life for which you trained regularly or for a long time?

Looking into being a "Disciple"

Do you have a regular habit of daily devotions or a consistent pattern of time you spend with the Lord?

What does that usually look like for you?

Are there quiet time frustrations or distractions Steve lists (pg 28-32) that you can relate to? What do you think about ideas for fighting back - any you'd add?

What did you notice are keys to finding fruit in faithfulness? (pg 33-37)

Close by praying for one another: Consider the framework from Psalm 107 again or introduce a time of listening prayer, waiting to hear from God and sharing how He is speaking.

Between now and next time: Read Chapter 3 of "Hearing from God" (pg 41-60)

Session 3

Chapter 3: Finding Solace in the Storm

Looking into Psalm 46

Getting Personal: Steve opens this chapter (pg 41) with the story of his cancer battle and how it pushed him to change his perspective and grow his faith.

- Has there been a time in your life where everything seems to be out of your control?
- What helped you through that situation?

Be still: The words “be still” in verse 10 are translated from the Hebrew word raphah (which means to “to let down, let go, or cease.”) The word sometimes carries the idea “to be weak.”

- If you were in the midst of a battle and someone told you to do this how would you react?

Know God: What does Scripture tell us who God is, what He is like? Exodus 34:6-7 is the most quoted passage by other authors of books of the Bible. This passage is a list of God’s character traits that illustrates what God values and why he acts the way He does.

- Read Exodus 34:6-7 together.
- What character traits of God given here resonate with you the most?

Let go: Letting go of control and acknowledging our weakness is very hard to do.

- What difference does it make knowing that God asked us to let go in light of truly knowing Him?
- Is there a specific attribute of God that helps you “let go” or “surrender” a particular situation?

Getting practical:

- **Journaling** page 47-50
- **SOAP** page 51-53
- **Getting started** page 56-60

What might be your best time, ideal place, and plan to overcome distractions?

Close by sharing prayer requests and praying together: Consider the framework from Psalm 107, a time of listening prayer, or simply sharing requests and updates.

Between now and next time: Begin following the 40-Day plan detailed in Chapter 4. Plan on bringing your journal with you to our next meeting as well.

Session 4

Chapter 4: Resources for the Road Ahead

Share about your journey so far.

- Have there been any particular days that really impacted you?
- What has the journey been like so far?

Close by sharing prayer requests and praying together.

Between now and next time:

Keep following the 40-day plan detailed in Chapter 4. Once you've finished the 40 days, [read Chapter 5](#).

Session 5

Chapter 5: Cultivating a Life of Worship

Before reading this chapter, how would you have described what genuine “worship” is?

Looking into Psalm 95

From vs 1-7a what does the psalmist call us to do?

What are the reasons given for these commands?

What's the warning and consequence of 7b-11?

How do we experience the same temptations?

How worship changes us: Worship is formative, helping us resist these temptations by turning our attention to God and shaping our affection for Him as we respond to the revelation of who He is, what He’s done and all He’s promised to do with obedience, reverence and gratitude.

What are some ways that we can see Jesus in Psalm 95?

Hebrews 3-4 is a hyperlink back to Psalm 9. Read Hebrews 3:7-19 together

How should Psalm 95 and Hebrews shape the worship culture of our families or church?

Concluding Point: Psalm 95 begins with a call to worship and ends with the consequences of when we don’t. So, take steps to cultivate a life of worship that ascribes proper worth to God. Grow in your walk of sanctification through the work of the Spirit to become more like Jesus.

One of the main ways we do this is by spending daily dedicated time listening for His voice— remembering who He is and all He has done as revealed in His word and by His Spirit, then responding in obedience, gratitude and awe as your heart is realigned to His will and ways.

Close with a time of prayerful worship: declaring out loud your praise and thanksgiving for who God is and the things He has done.

ABOUT THE AUTHOR



Steven Sewell has served as a seminar and camp speaker, youth pastor, associate pastor, senior pastor, church planter, and recently as a hospice and in-workplace chaplain while preaching and teaching often. Now in full-time grief and bereavement training and counseling, Steven spends most of his time equipping and encouraging churches, businesses, and individuals to thrive through seasons of adversity and loss.

He has published two previous books:

AT A LOSS – Learning How to Comfort Others

FINDING HOPE – A Children’s Book about Grief

Discover more resources and find ways you can help support the mission of Encouraging Hope today at

www.StevenSewell.me