



+DEEP DIVE

Make the inspirational **PRACTICAL**.



Episode 9 - Refueling for the Uphills and Downhills

*As the deer pants for streams of water, so my soul pants for you, my God.
Psalm 42:1*

1. What has been a recent uphill climb for you? When did you notice the trail was headed uphill?
2. Where have you found personal strength in the past?
3. What does Psalm 42:1 look like for you? Describe what your soul is like when like a deer it pants for God:



4. What are some things that cause the soul to pant? Read Psalm 42:1 to a friend and ask them how it makes them feel.
5. Which of the four effects of Scripture would help you most right now? "Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us." (2 Timothy 3:16-17 in the Message paraphrase of the Bible)



6. Try the four questions on one or both of these paragraphs of the Bible and see what God may say to you—Psalm Chapter 42 or John Chapter 15

- What does this say about God?
- What does this say about people?
- What does this say about God's plan?
- What does this say to me?

7. What task is God shaping you up for?

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