



Welcome!

SERIES: I Doubt It

Today's Message: He Gets Us

Dr. Lance D. Watson, Senior Pastor

PRAYER: God of all grace, we come before you as a community, grateful for our Great High Priest, Jesus the Son of God, who has passed through the heavens on our behalf. We find such comfort in knowing that He is not indifferent to our struggles but is one who was tempted in every way as we are, yet remained without sin. Therefore, we cast aside our hesitation and draw near to your throne of grace with bold confidence, trusting in Your promise to meet us there. In this moment of shared prayer, we ask for your abundant mercy and the specific grace we need to sustain us through our current season of life. In the name of Jesus, we pray. Amen.

ICEBREAKER: Share one common 'human struggle' or minor daily frustration you've faced this week that makes you grateful we have a Savior who truly understands what it's like to be us.

INTRODUCTION: In all honest faith, there is some real doubt. So often we discourage people from expressing their doubts or shame people because they have doubts. But the truth is, even the strongest believers (*in scripture and in life*) had doubts, and those doubts are what we're going to dive into on a deeper level in this series. Whether you call yourself a believer or not, this series is for you. It is for those of us who believe, but who also find ourselves saying, "Lord, help my unbelief!" It is also for those who don't believe because of their doubts. Doubts unexpressed are doubts unaddressed.

SCRIPTURE: Read Hebrews 4:14-16: ¹⁴ Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶ Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

DISCUSSION:

1. **What stood out in the message?** What's one thing you learned? What questions came to mind as you listened to the message?
2. **The "Empathy" Factor:** When you are going through a specific trial or temptation, do you naturally view Jesus as someone who truly "gets it," or does He feel far away? How would your perspective change this week if you truly believed Jesus felt the weight of your current struggle?
3. **Identifying the "Throne of Grace"**—Most of us treat God's presence more like a "Throne of Judgment" than a "Throne of Grace" when we've messed up. What is one area of your life right now where you are hesitant to approach God? What is holding you back from that "confidence" mentioned in the text?



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4. **Practical “Mercy and Grace”**—Mercy is not getting what we do deserve (punishment); grace is getting what we *don't* deserve (favor/strength). Looking at your upcoming week, where do you anticipate your “time of need” will be? Is it a difficult conversation, a recurring habit, or a stressful project? How can the group pray for grace specifically for that moment?
5. **Holding Fast to the Confession:** In a world that often pressures us to drift or stay silent about our faith, what does “holding firmly” look like for you in your workplace, school, or neighborhood? Is there a particular “confession” or truth about Christ that you need to cling to more tightly right now?

CHALLENGE: May 31st is **Emerge Sunday**. Our young adults are inviting their **COUSINS** and “*Play Cousins*” to join them in worship. Why not invite your COUSINS of whatever age to join you in worship for this special COUSINS celebration?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “*find, follow, like and share*” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

THE SAINT PAUL'S BAPTIST CHURCH
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We Care!

As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
Encore (50-59): Lisa Johnson: Lisa.Johnson@myspbc.org
Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.