



PRAYER: Good God, we gather here as a community to fix our eyes on You. In a world that can feel chaotic and uncertain, we thank You for being our constant. We acknowledge the truth of Your Word today: that You are inherently, eternally, and perfectly good. We confess that “good” isn't just something You *are*—it is who You *define*. We praise You because Your goodness doesn't shift like the shadows or depend on our circumstances. Even when we cannot see the full picture, we trust that Your nature is kindness and Your heart is for us. Because You are good, we know that what You do is good. We thank You for the “good” we easily see: our friendships, our health, and the beauty of creation. We also trust Your goodness in the “hard”: the trials that refine us and the doors You close for our protection. Thank You for working all things together for the benefit of those who love You. In Jesus' name, we pray. Amen.

ICEBREAKER: Since Psalm 119:68 tells us that God is good and everything He does is good, what is one small 'good thing' you've noticed in your life this week?

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 Psalm 119:68 (NIV): You are good, and what you do is good; teach me your decrees.

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 Nature of Goodness:** The verse begins by stating, “You are good.” In a world where the word “good” is often used casually (like “good food” or “good weather”), how does the Bible's definition of God's goodness differ from our everyday use of the word?
3. **Character vs. Action:** The Psalmist links God's essence to His behavior: “You are good, and what you do is good.” Why is it important to believe that God is good even when His actions—or the circumstances He allows—don't “feel” good to us in the moment? How does knowing His character help us trust His timing?



Welcome!

SERIES: I Doubt It

Today's Message: Don't Doubt God's Goodness

Dr. Lance D. Watson, Senior Pastor

4. **Personal Evidence:** Reflecting on your own life journey, can you share a specific “what You do is good” moment? This could be a clear blessing, a “closed door” that protected you, or a time God provided for you in a way you didn't expect.
5. **The Response of a Believer:** The verse ends with a request: “teach me your decrees.” * If we truly believe God is good, why should that make us more eager to follow His rules and commands? How does viewing God as a “Good Parent” change the way you read the Bible compared to viewing God as a “Strict Judge”?

CHALLENGE: The words of the Psalmist are not a denial of pain, but an anchor for the soul. The Psalmist wrote much of Psalm 119 while facing affliction, making his declaration of God's goodness a choice of faith rather than just an observation of comfort. Choose goodness this week.

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 and like” 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.

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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.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@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

*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.*