



# NS LIFE GROUPS

NorthStar Church

How to Survive in the Desert

Psalm 63

August 5, 2018

**Main Idea:** How to survive in a spiritual desert when God seems distant.

**Icebreaker:**

Do you have a relationship with someone (a best friend, a spouse, etc.) that is or has been in a dry place? Maybe you felt disconnected or you had lost the closeness you once had? What steps did you take to reconnect? (Allow group members to share their experiences.)

**Study:**

When David wrote Psalm 63, he was in deep despair due to the betrayal of his son (2 Samuel 13-15). Like David, sometimes we walk through difficult or dry seasons of life where we are desperate to know and be close to God. Read the following points, the corresponding scripture and any notes you may have taken during the sermon and discuss within your group.

**How to Survive in the Desert:**

1. **Be desperate for Him. (v. 1-2)** Are you truly desperate to experience intimacy with God like these two verses describe? Do you long for this with deep desire? If not, why not, and how can you begin praying that God would give you this desire?
2. **Praise Him. (v. 3-5)** David lifts his hands in praise and surrender. Do you find it difficult to praise God when you're in a spiritually dry season? Why or why not? And what do you need to surrender to Him?
3. **Cling to Him (v. 7-8)** David clings to God, and God upholds Him. How do you need to cling to God more when you are in a desert? What does this clinging to God look like?
4. **Rejoice in Him (v. 11)** David says, "But I will rejoice in Him." The key word is "but"—as in no matter what. How can you choose rejoice in God even during the hard times and in even spiritually dry times when God seems distant?

**Application:**

To be able to walk with God through spiritual deserts in the above ways, we must first follow these steps:

1. Know Him
2. Obey Him
3. Seek Him

How can you, in a practical way, put these Biblical principles into action in your life starting this week? What changes can you make to your daily life? Name specific actions and begin to form a plan.

**Pray:**

Pray for each person in your group and their various requests. Pray that we remember to live in the Presence of God daily and rejoice in Him even in the desert. Pray for a desperate longing to be closer to God (like verse 1 describes). Pray for a specific person on your mind who is currently in a spiritually dry season.