

Connect Group Notes 22 September 2025

Chris began a new series on Sunday titled 'Heartsong'.

Read Psalm 73

The writer Asaph had become disillusioned with the success and prosperity of the sinful people around him. He poured out his heart to God about the sense of unfairness in all of this.

He went on a journey from comparison to introspection to worship. From looking outward, to looking inward, to looking upward.

Chris spoke about the importance of keeping our eyes on Jesus, rather than comparing our lives with others, or becoming too introspective and 'woe is me'.

Our antidote to this is gratitude to God for his consistent and eternal goodness to us.

Discussion Questions

- Have we had times when we have envied others and felt like we should have received the same gifts/successes as them?
- How comfortable are we in telling God how we honestly feel? What prevents us from doing this?
- Where do we notice comparison with others in subtle or overt ways? (think social media, talking with friends about things in their lives etc)
- How does comparison and a 'woe is me' attitude lead to dissatisfaction and potential withdrawal from God?
- How can we make room and be more intentional in our gratitude? What does intentional gratitude do to our hearts?
- What does worshipping with others do in us, in terms of refocusing our eyes on God, helping our gratitude and our ability to be content in whatever circumstance we are in? (Philippians 4:11-12)