



**Search Me, O God
November 23, 2025**

Read: Psalm 38:4; Galatians 5:1

Think about travel baggage as an illustration for spiritual and emotional baggage. When you think about your own life, what kind of “baggage” comes to mind (guilt, shame, regret, fear, etc.)? You don’t have to share details, but how aware are you of the weight you’re carrying?

Read: Matthew 11:28

The sermon connected guilt with a sense of “debt” that we try to pay off by being good enough for God. Have you ever had this mindset? What are some signs that a believer is living like they’re still in “debtor’s prison”?

Read: Galatians 5:1

Paul says that Christ set us free for freedom, not for more bondage. In your experience, what is the difference between genuine conviction from the Holy Spirit and unhealthy religious guilt/shame? How can we tell which one you are dealing with?

Jesus invites the weary and burdened to come to Him and find rest. Practically speaking, what does it look like for you to stop “checking” your baggage and actually leave it with Him? What gets in the way of doing that?

Re-Read: Psalm 139:1–4, 23–24

David prays, “Search me, O God... test me... point out anything in me that offends you.” How comfortable are you with praying that kind of honest prayer? What fears or hesitations rise up when you consider asking God to examine your heart at that level?

Re-Read: Psalm 139:7–12

We can’t escape God’s presence—He is with us in the highest and lowest places. How is that reality both comforting and unsettling? Can you share a time when God’s nearness in a dark or shameful season became good news instead of bad news for you?

Re-Read: Psalm 139:17–18

The sermon contrasted the picture of a harsh, angry God with Psalm 139’s picture of God’s “precious” (valuable) thoughts toward us. What voices tend to dominate your inner world—condemning, critical ones or the truth of how God sees you in Christ? How can this group help each other live more out of God’s love than our guilt?