

# GROWTH GROUP

## Study Guide

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Psalm 119:49-56 – How's Your Memory?

### My Story

1. What is something stuck in your memory that serves no useful purpose (i.e., it's taking up valuable space in your brain)?

### Digging Deeper

2. The psalmist asks God to remember His word (v.49). Does God ever forget things? How do we know?

3. Remembering God's Word can bring comfort in difficult times (v.52). Look up and list a passage that would comfort you in each of the following circumstances:

When you are anxious -

When you are discouraged -

When you are tempted -

4. Reflecting on the names of God helps us remember Him and His qualities (v.55). Read Exod. 34:6-7. Where have you seen these character qualities of God show up?

### Reflection

5. What are some of the best methods or resources you have used to help you remember/memorize God's Word?

6. Which of God's character qualities have been most meaningful to you? Why?

# SERMON NOTES

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## Taking the Next Step

Take time this week to memorize Rom. 8:38-39. This is God's Word to those who believe in His Son, Jesus Christ for their salvation. Nothing can separate us from the love of God.

## Praises / Prayer Requests

