

# In the Valley: Coronavirus

Psalm 103

1. What things have changed in your life, study and work in the past month?
2. What 'valley emotions' has this prompted in you: grief, fear/anxiety, anger, guilt, despair? What other emotions are you experiencing at the moment?

Read Psalm 103

3. The Psalm starts and ends in praise: 'praise the Lord, my soul'. Do you find it hard to praise God in the current circumstances? Why or why not? Why is it important to keep a praise mindset at the moment?
4. What benefits that God gives us are we called in to remember in this Psalm?
5. What characteristics of God are named through this Psalm? What difference does knowing these truths make for you at the moment?
6. This Psalm speaks honestly about our mortality: we are dust (v.14) and like grass which fades away (vv.15-16). Do you think much about your mortality? Has this changed in the present pandemic?
7. While we are mortal, God's love is everlasting (v.17). How does this help us? [You might also like to read Romans 8:38-39]
8. While we may feel out of control at the moment, this Psalm assures us that God is in control. How is this expressed in verses 19-22? What comfort does this give you? What questions does this raise for you?
9. Romans 8:28 reminds us that 'in all things God works for the good of those who love him'. Look again at the changes you listed in Q.1. What positive things might come from amidst these changes? What might fearing and obeying God look like in our present crisis?
10. Spend some time bringing your emotions to God (griefs, fears, anger, guilt, despair, etc.) in the present situation. Ask God to do good amidst our present crisis. Pray for each other as you face the challenges ahead of you this week.