

TOBYMAC

Artist: TOBY MAC TOBYMAC.COM	Album Title & Record Company: HEAVEN ON MY MIND FOREFRONT RECORDS	Song: OH MY SOUL (PSALM 103)	Theme: TRUSTING GOD, DEPRESSION, DOUBT
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Oh My Soul

- What part of the lyrics stood out to you?

- How does this song relate to struggles you or others have faced?

- What is TobyMac reminding us about faith and God?

Psalm 42:11

- How does this verse connect to the song?

- What does it mean to “put your hope in God” when struggling?

Matthew 11:28-30

- What burdens do young people carry today?

- How can we find rest in Jesus?

2 Corinthians 12:9-10

- How does this verse give hope in times of weakness?

- Why do you think God allows struggles in our lives?

- Share a time when you felt like you were barely holding on.

- How do you remind yourself of God’s presence in hard times?

- What are some practical ways we can encourage each other in our faith?

Dear Soul,