
A Year in the Word

A Year in the Word: Part 22

Small Group Questions: The Truth About Hard Times

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Read

Psalm 55

Reflect

Psalm 55 is one of lament. David pours out his heart to God. Although close to God, David experiences many hardships and times of trial in his life. In this psalm he is in the thick of it, reeling from the betrayal of someone close to him. Yet before the psalm is over, David's outlook changes. Although his circumstances remain unaltered, there is a shift when he takes hold of who God is, and who he is because of it. Where does the shift take place in Psalm 55?

Pastor Josh Walters describes how in a hard season, you'll be tempted to:

1. Question your concept of God.
 - a. When you're going through a hard season, what questions do you tend to ask God?
 - i. What lies/whispers are you tempted to believe about yourself and God?
2. Entertain troubling thoughts.
 - a. When have you felt overwhelmed, where all you can see are your problems? How has focusing on them only escalated things?
3. Escape.
 - a. Have you wanted out of a situation so badly that you resorted to something that may not have been good for you? Explain.

To find relief in a hard season, you need to:

1. Go hard after God.
 - a. What have you gone hard after in your life?
 - b. Are you seeking God out of discipline, or desperation?
 - c. If asked to describe your relationship with God, what words would you use?
 - d. What habits and routine need to change?
2. Share the load.
 - a. Are you being honest with someone about what's happening in your life? With God? Do you believe you are alone and no one understands? How willing are you to be cared for?
 - b. How have you seen people rally around someone when they've asked for help? What difference did it make in the person?
3. Trust the Lord.
 - a. Consider saying out loud, "But as for me, I will trust in the Lord." What effect does it have?
 - b. How has singing and worshipping God helped you? Has a specific song ever impacted you?
 - c. In the past, how has God reminded you of who you are?

Respond: Where is God leading you? How can your small group support you?