



5-WEEK STUDY ON
THE PSALMS OF DAVID

WEEK 2

David's Prayer When
He Was Afraid

PSALM 56

WHEN LIFE GIVES YOU LEMONS
DISCOVERING HOPE IN THE PSALMS OF DAVID

WEEK 2



WEEKLY READING

Primary text from this week: Psalm 56

Secondary text from this week: 1 Samuel 18-19, Romans 8:31-39

Read ahead for next week: 1 Samuel 22:1-4, Psalm 142

GETTING STARTED

Goals for this session: To understand how to trust God even when we're afraid

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: Share an unusual fear or phobia you have with the group.

GROUP DISCUSSION

1. Read **1 Samuel 18:10-15**. King Saul is described as being "afraid of David." Why was he afraid of David? Based on what Pastor Doug talked about in this week's message, what do you think Saul's fear tells you about his highest priority and his misplaced trust?

2. Pastor Doug described fear and anxiety as two different things. He described **fear** as a response that is directed at a specific threat, and **anxiety** as a hollow, numbing feeling that seems to come from everywhere and nowhere all at once. How have you experienced each of these in your own life?

3. Read **Psalm 56:1-2** and **5-6**. Have you ever felt like that? How do you typically respond when it feels like people are out to get you?

4. Read Psalm **56:4** and **56:11**. Pastor Doug warned us that when we put anything in the place of God in that phrase, the rest of it falls apart. What are you tempted to put your trust in?

5. Read **Romans 8:31** and compare it to **Psalm 56:4**. What differences do you notice? What similarities do you notice?

6. Read **Psalm 56:8**. This verse presents the imagery of God recording (literally "bottling up") our tears. How does it feel to know that God cares deeply about your pain and heartache?

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