



LIFE GROUP DISCUSSION GUIDE

For the week of 1/21/2024

This week, we look at how King David handled seasons of fear, anxiety, betrayal, and disappointment. We can gain insight from David's raw prayer journal in the Psalms during his wilderness years on the run. We discover practical ways to process emotions, remember God's faithfulness, and trust Him amid chaos. We are refreshed and find hope for our own cave moments because God meets us in our mess and delivers every time.

Reflecting on the Sermon

1. We discussed "cave moments" when life falls apart despite our faith. Can you share a specific moment in your life when everything seemed to fall apart, and you had to reconcile your faith with the situation? What was it like and how did you get through it?

Read Psalm 59:1-4 *Deliver me from my enemies, O God; be my fortress against those who are attacking me. 2 Deliver me from evildoers and save me from those who are after my blood. 3 See how they lie in wait for me! Fierce men conspire against me for no offense or sin of mine, Lord. 4 I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight!*

2. David was brutally honest in his prayers, laying out his fears, situations, and emotions. How comfortable are you with being honest with God in your prayers? How has prayer helped you be honest with yourself about the situations in your life?

Read Psalm 59:16-17 *But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble. You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.*

3. How does the act of worship, as described in the sermon, impact your soul during challenging times? What practical steps can you take to worship God and sing His praises in your cave time? How might that impact you?
4. Discuss the importance of remembering God's faithfulness, as highlighted in Psalm 59:16-17. How do you personally remember and reflect on God's past interventions in your life?

Psalm 34:5 *Those who look to him are radiant; their faces are never covered with shame.*

5. Have you experienced your countenance or perspective changing as you focused on God in difficult times? What did that teach you about God's presence?
6. During his time on the run, David wrote many Psalms that act as prayer journals. If you could write one journal entry to God right now about a struggle you're facing, what would you say? Individually journal silently for 5 minutes, then optionally share.

As you close, share any challenges, encouragements, and needs related to this week's message. Close by spending time praying for each other's "cave moments".