

LG DISCUSSION LIFEGROUPS GUIDE

Use these questions in your Life Group gatherings or for further discussion as a family.

TALKING WITH GOD IN REAL LIFE | JULY 5, 2026

SERMON RECAP

David, a man after God's heart, brought his emotions to God. The Psalms instruct us on how to bring our emotions like anger, joy, and grief before the Lord in prayer.

THE LEAD IN

- Who is someone that you feel like you can be completely yourself with? How is your relationship with them different than with others?

GETTING INTO THE TEXT

- In Psalm 10, David brings his anger towards the wicked to the Lord. Read this Psalm and consider specifically verses 1-2, 12, and 15. Can we bring our anger to the Lord? What stands out to you?
- Read Psalm 16 and Psalm 22. David wrote these in very different seasons. How does David talk to God differently in seasons of blessing versus seasons of suffering? What stays the same?

GOING DEEPER

- Prayer is not a place to be perfect; it's a place to be honest and known. What emotions have you been hesitant to bring to God in prayer? What has held you back?
- Joy can be dangerous when we get so used to God's blessings that we stop pursuing His heart. Where have you become comfortable instead of thankful? How could gratitude reawaken your dependence on God?

PRAYER

- Bring your emotions to God. Pray "God, I feel..." prayers together and then pray for each other with the emotions you're bringing to the Lord.