

Trusting God in Trying Times Discussion Questions

Psalm 56

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1. When have you felt like David in the Psalm? What caused you to feel like this? What was your response to the situation? How did God work in that situation?
2. What are some things you worry about or afraid of? Can you trust God with these worries and fears? Why or why not? How do you know when you are truly trusting God with them?
3. Do you have to remind yourself to trust God the way David did? Why do we have to remind ourselves of this?
4. How is God bigger than your fears or worries? How do you know this to be true?
5. David made the decision to trust in God and believe God's Word. Then he surrendered to God's sovereignty. What makes it hard to surrender to God's sovereignty? What are some things that God allows that we don't like or understand?
6. What are some things God accomplishes in us and through us during these trying times?
7. What does it mean or say to you that God keeps all of your tears in a bottle? How close does God have to be to collect your tears?
8. Do you know how many times you tossed and turned in your bed last night? Do you know how many hairs are on your head right now? Can you tell us everywhere you have gone this week? What does it say about God that He does know?
9. What benefits come to us from crying? What causes us to cry?
10. Why would God keep a book of remembrance? What benefit is there to this?
11. How does God show that He is for us? Does it always feel like God is for us? Why or why not?
12. What do we need to do or remind ourselves of if we feel like God is against us? Could there be sin in your life that God is trying to correct? Is there a lesson you need to learn or a character trait that needs to be developed? Will someone else respond to God's calling because of your suffering? Could it be that you desire something that won't be good for you?
13. How do you trust God with your years? What act of obedience do you need to do even though you may not feel up to it?
14. Do you choose to go through your suffering by yourself or with God? Why? How does God make it easier?