

PERSONAL REFLECTION PAGE

REFLECTION QUESTION

READ Psalm 23. This Psalm is perhaps one of the most recognized portions of Scripture in the whole Bible and is so because of the comfort and assurances it communicates. If you have already read it, read it again – but this time, slower. Pause between each phrase. Take in the words, as if you were reading it for the first time. As you finish, which phrase stands out the most? Why is that? What might be going on in your life right now that this phrase might speak God's comfort and peace to?

PRAYER REQUESTS

WEEKLY BIBLE READING PLAN

Used from the **READ SCRIPTURE** APP, available on both Android and Apple devices.

In the **READ SCRIPTURE** app, be sure to set your start date for January 1, 2025

October 19: Acts 27-28 | Psalm 132

October 20: Romans 1-2 | Psalm 133

October 21: Romans 3-4 | Psalm 134

October 22: Romans 5-6 | Psalm 135

October 23: Romans 7-8 | Psalm 136

October 24: Romans 9-10 | Psalm 137

October 25: Romans 11-12 | Psalm 138

Modern Problems // Ancient Solutions

Psalm 34

The Wounded Spirit

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Gateway Community Church

October 19, 2025

Psalm 34, 1 Samuel 16:12, 1 Samuel 18:7, 1 Samuel 21:10-11, 1 Samuel 22:1-2a

WHAT DOES DAVID SAY ABOUT HIS OWN WOUNDED SPIRIT?

1. "I will _____ God _____ being wounded."

Psalm 34:1, 2 Corinthians 3:18

2. "I will _____ God to _____ me safety."

Psalm 34:8, Matthew 11:28-29, John 14:18

3. "I will _____ God to lead me to a place of peace."

Psalm 34:15, 2 Corinthians 4:7-9, Psalm 34:20

HOW DO WE HELP EACH OTHER HEAL FROM OUR WOUNDED SPIRITS?

• Things Christians say and do but shouldn't...

• Things Christians _____ say and do.

1. Be _____

Job 2:13

2. _____ deeply

3. _____ honestly

Psalm 34:18

4. Stay _____

Galatians 6:2



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LIFE GROUP DISCUSSION QUESTIONS

GETTING TO KNOW YOU

1. What was the best part of your last week? Why?
2. If you weren't in your current career, what would you choose?

QUICK REVIEW

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
2. This weekend, Pastor Adam talked about David's response to his own wounds, that he will praise God, trust God, and seek God. Which do you find the easiest, or hardest, in your own circumstances?

READ SCRIPTURE

READ Psalm 34

1. How does this passage highlight God's presence in our world?
2. What does this passage say about our broken human condition?
3. How does this passage call me to make change in my life?

OCTOBER 19-25, 2025 | WEEK #4

DIGGING DEEPER

1. READ Psalm 34:1-4. David writes this Psalm after "*pretending to be insane*" before Abimelech (1 Samuel 21:10-15). What emotions are going through David when writing this praise to God?

- This Psalm is an acrostic poem, meaning that the verses all begin with the successive letters of the Hebrew alphabet. Why do you think David used this format? What might it teach us about our worship of God?

2. READ Psalm 34:11-14. How might David's advice in this passage help us respond to those who are brokenhearted or crushed in spirit?

- **READ Galatians 6:1-10, Hebrews 4:14-16.** What wisdom from these passages inform how we are to respond to others in pain?

3. READ Psalm 34:17-20. Think of a time when you felt sorrow, grief, heartache, disappointment, or deep woundedness. What do we learn about God's response to our wounds?

- **READ Proverbs 14:10, 21:31, Psalm 139:1-6.** These passages speak to the inner nature of human experience, both pain and joy, and our need to experience compassion and grace when walking with others. What words or phrases stand out to you in these verses, regarding your own experience?

TAKING IT HOME

READ Psalm 34:8-10, 2 Corinthians 1:3-7. Christ is our instructor and model for how we are to respond to others who are deeply wounded. Recall a moment when you were deeply wounded. Who were those who were able to provide you comfort in that time? What did they do that was so comforting? What should you do for others?

