

These questions are provided for your further study and application of the message. Thoughtfully writing out the answers to these questions will help to drive home the point. It is also helpful to discuss your answers with others.

Discussion Questions

Psalm 56

1. David wrote Psalm 56 during the events of 1 Samuel 21. He begins this psalm with a request for grace. Read 1 Samuel 21. What happened in 1 Samuel 21 that caused David to call out for grace?
2. The fight or flight instinct is real; it happens when you are afraid. Because David was scared, he lied multiple times in the account recorded in 1 Samuel 21. How do you know when you are afraid? How can fear drive you to sin before it drives you to God?
3. Verse 4 of Psalm 56 connects our ability to trust God directly to his word. Why is God's word essential for you to trust God?
4. Read Luke 17:11-17. Jesus healed ten men but only one returned to express his gratitude. Do you think the nine were grateful? Why is unexpressed gratitude understood as ungratefulness?
5. David said that when he was afraid, he could trust God. There is not a single spiritual condition that trusting God doesn't fix. Insert any other negative feeling into the sentence below and give a reason backed by Scripture why you can trust God in that situation.
 - a. When I am _____, I will put my trust in God.
6. Family verse: Read and memorize Psalm 56:3. Discuss why being afraid can be a good thing.