

SUMMER IN THE PSALMS

Somewhere Between Fear and Faith **Psalm 56**

1. When you have a bad day how does it usually start?
2. In what ways can you identify with what David is experiencing? When have you felt overwhelmed, attacked, alone, or afraid?
3. What is your typical reaction when you feel overwhelmed or afraid? Based on Psalm 56, is your reaction spiritually healthy or unhealthy?
4. Some people wrongly claim that true Christians should never feel depressed. How does this psalm speak to that?
5. How could you use Psalm 56 to respond to people who say that the Bible does not speak to modern day struggles?
6. Why is it so important that we believe in the authority of God's Word? What are some ways we demonstrate that we do not believe in the sufficiency of God's Word?
7. What does it mean that God puts our tears in a bottle? Which do you think gets more notice from God: our tears, sins, praises, or petitions?
8. Does being afraid lead you to trust God more or less? Does trusting God cause you to be more or less afraid?
9. What promises from God's Word do you rely on when you are afraid? Make a list and share with the group.