



Discussion Questions:

1. Read Psalm 5. Both Psalms 4 and 5 are cries from the Psalmist to God for relief and help.
 - a. What specific aspects of these Psalms can be a source of comfort when difficulties arise?
 - b. Share a time when you cried out to God for relief from suffering or a difficult situation, and how God responded. What did you learn in this situation?
2. In Psalm 4, David calls out to God and demands an answer. The Psalms set an example of how we can *boldly* approach God in this way.
 - a. Read and discuss the following texts: Psalms 22:1-5, 42:9-11, and Hebrews 4:16.
 - b. Is this something that is or has been practiced in your prayer life? Why or why not?
3. Mark explained at the start of the sermon that one of the characteristics of a flourishing spiritual life is that you talk to yourself, instead of listening to yourself. Discuss this idea.
 - a. What lies are you listening to or have you listened to instead, and what was the effect of this?
 - b. How can we be sure we are telling ourselves true, Biblical messages?

“Going Deeper” Questions:

1. Read Psalm 4:6-8, 34:18 Romans 5:3-5, and James 1:2-4. We heard from Debbie at the end of the sermon, and how she has joy in the midst of suffering.
 - a. What stood out for you personally about what she shared?
 - b. Hardships will be a part of this life; what can we do now that will affect how we face hardships in days to come?
2. Psalm 4:3 refers to “knowing God.” Read Jeremiah 31:33-34, 1 John 4:6-11, 2 Peter 3:18, and Philippians 3:10. Share how you have experienced God in a way that expanded your knowledge of him. Are there ways you intentionally seek to experience and know God more?

Bible Reading:

- Psalm 42
- James 1:1-18

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