
GROUP DISCUSSION

Prayer Requests:

Group Discussion: What's one thing you've always had a tendency to get discouraged by or grip about?

Read aloud: Psalm 13

What negative stories of David's life are recorded in the Bible that would have discouraged him?

When I'm discouraged I need to remember to:

#1. Be honest with God. Do you have a hard time being honest with God? Do you think you're being irreverent? Do you feel like you're complaining? Does being honest with God always imply negative communication with Him, what about being honest in joy, thankfulness and appreciation?

#2. Gain perspective from God. How does God bring eternal vs. temporal perspective in your life? If the word salvation in the context of Psalm 13 isn't a theological word but has the implication of temporal rescue, what's an area of rescue you'd like God to address in your life?

#3. Maintain trust in God. What is trust? How do you know when you have finally arrived at trust? Have you ever seen a group of people play the game trust where someone falls backward and everyone catches them? What do you think of that game? In whom did you have the most trust, mom, dad, brother, sister, teacher or coach? Why?

Family Time: Read Proverbs 3:5, "Trust in the Lord with all your heart..." Play the game of trust with your kids and ask them how it feels to trust. Ask them if they could catch you and whether that means you can't trust them. Explain you have to be big enough and strong enough to be trusted in this way. God is big enough and strong enough to catch us and help us no matter what the problem.