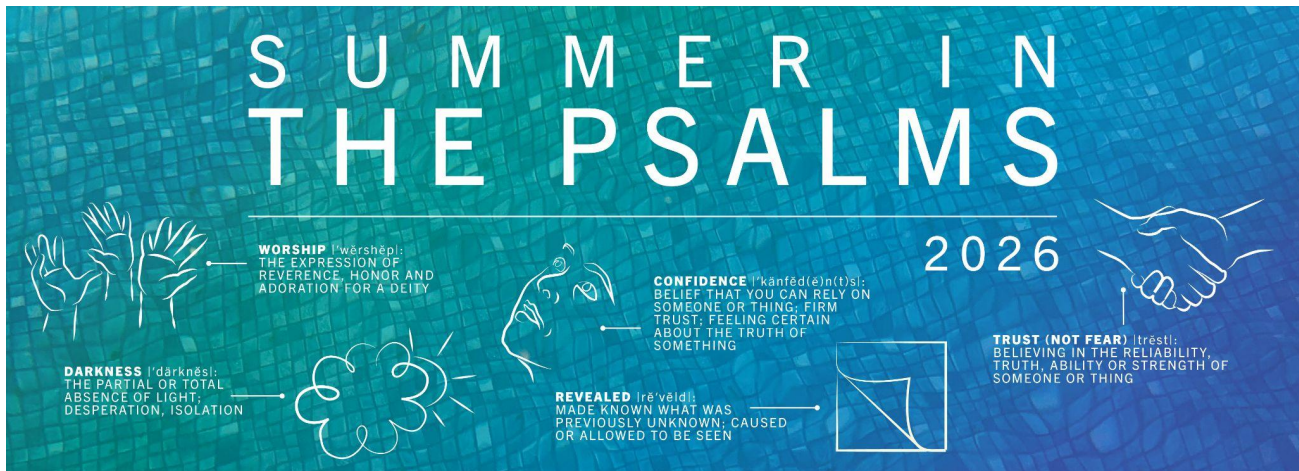




Psalm 88: Heman's Dark Song

July 5, 2026

Questions for Study and Group Discussion

Icebreaker

- Share a time when darkness (literal or figurative) frightened you.
- Which is more difficult for you to face: physical darkness, emotional darkness, or spiritual darkness? Why?

Read Psalm 88

- As you read, pay attention to two things:
 - How does Heman describe his suffering?
 - What does he continue to believe about God?
- What kinds of suffering is he experiencing?
 - Which part of his suffering stands out to you the most?
- What emotions do you hear in this prayer?
- Even in his despair, what truths does Heman continue to affirm about God?
- Where do you see evidence of God's grace in this psalm, even though Heman's circumstances do not improve?

Application

- Have you ever experienced a season when God seemed silent?
 - What helped you keep trusting Him?
 - What made trusting difficult?
- How can our small group better care for people who are walking through a "Psalm 88 season"?
- What is one truth about God you need to hold onto this week, even if your circumstances don't change?

Digging Deeper

- Where else do we see Dark/Light themes in the Bible?
- Consider these passages:
 - Genesis 1:1-5
 - Exodus 10:21-23
 - Psalm 27:1
 - Isaiah 9:2
 - John 1:1-5
 - Matthew 27:45
 - Revelation 22:1-5