Series *Sermon-based Growth Group*
Psalms: Songs from the Heart
Part 3: Trust
Questions
May 8, 2022

Introductory Discussion:
What from Sunday's sermon did you find most helpful, or eye-opening, or troubling (pick any or all of the above)?

Discussion:

1. **Psalm 11:1 says to take refuge in the Lord. What is the difference between taking refuge in the Lord and "fleeing like a bird to the mountains" (verse 2) from your problems?**
    a. **What are you tempted to "flee" to in difficult times?**
2. **Verse 5 says "the Lord tests the righteous." What does that say about the purpose of difficult times?**
    a. **If God is using trials to teach us (see Romans 5:3-5), why is it important that we not flee?**
3. **In Psalm 23, what do the first 3 verses say to you personally?**
4. **What is the promise of the first verse?**
    a. **How does that help us in difficult times?**
5. **What do verses 4 and 5 tell us about what happens to the dangers and struggles we face?**
    a. **So then, how does this help us deal with our problems?**
    b. **How does it help us to know that it is not death we face, but the shadow of death?**
6. **How does God treat you when you mess up?**
7. **What does it mean for us to keep the Lord continually before us (Psalm 16:8)?**
    a. **How does that keep us from being shaken?**
8. **What is the path of life that will be revealed to us (verse 11)?**

    a. **According to this verse, what characterizes a life on that path?**

9. **What advice would you give to someone who has trouble trusting God with life's circumstances?**

    a. **How can we make this the normal way we live?**