



## Message Notes & Discussion Guide

### MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE WORRY & WORSHIP

#### SCRIPTURE PASSAGE

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Psalms 13

#### THREE MOVEMENTS

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1. David was \_\_\_\_\_ about how he was feeling
2. David \_\_\_\_\_ in the midst of his questions, frustrations, and disappointments
3. David \_\_\_\_\_ God for \_\_\_\_\_

**Worship \_\_\_\_\_ worry**

#### DIGGING DEEPER

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1. Why do you think the Psalms have remained so powerful and personal for believers across centuries?
2. Why is it sometimes hard to be honest with God about how we're really feeling?
3. What might happen if we always try to hide our pain from God?
4. Think about a time when you poured out your heart to God. How did that change your perspective?
5. What does trusting God look like when you're still full of questions?
6. Can you recall a time when God asked you to do something hard that didn't make sense at first?
7. Why is trust still possible—even when God feels distant?
8. How can praising God shift our hearts even when our situations don't change?
9. What are some attributes of God that help you stay anchored in tough seasons?
10. Is there a song, verse, or truth that helps you remember God's goodness in difficult times?
11. What worries are you carrying right now?
12. How could turning to worship help you release them to God?
13. What step of honest expression, trusting faith, or heartfelt worship can you take this week?