



Discussion Questions

Series Outline

Week 1 (June 3): Joy—Psalm 33:1-22

Week 2 (June 10): Abandonment—Psalm 22:1-31

Week 3 (June 17): Fear—Psalm 55:1-23

Week 4 (June 24): Depression—Psalm 88:1-18

Week 5 (July 1): Restlessness—Psalm 42:1-11

Week 6 (July 8): Contentment—Psalm 62:1-12

Week 7 (July 15): Uncertainty—Psalm 19:1-14

Week 8 (July 22): Disappointment—Psalm 107:1-43

Week 9 (July 29): Gratitude—Psalm 136:1-26

Scripture: Psalm 33:1-22 (Joy)

How do you usually publicly express your joy in the Lord?

What has the Lord promised that should cause us to be joyful?

Since the word of the Lord has the power to create the heavens and the earth, what does that say about His ability to perform what He has promised us?

Do you still sometimes doubt God's ability to do what He has promised? Do you doubt His willingness to do what He promised? Do you doubt that He would do these things for you?

God's power is such that He can bring the council of the nations to nothing. He is never at a loss to perform His word because of the opposition of unbelieving rulers and governments. What are some examples in the Bible of rulers who found themselves unable to stop God's plans?

Who are the opponents/enemies that may try to hinder God's promises in your life? Are they more powerful than the nations? Do you think God's power can defeat those opponents?

How would our joy be limited if we knew that God's promises only applied to us and not to our children's generation?

How was Israel's joy increased by being God's chosen nation? How is your joy increased by being God's chosen child?

God fashions the hearts and observes the deeds of all the inhabitants of the earth. Since He is the designer and judge of all people what might He know about our joy?

Do you believe that God is watching you and ready to deliver you? What does such confidence do for your joy?

What have you allowed in your life that will pull you away from the joy that God has available for you?

What do you need to do in order to appropriate the joy that God has for you?

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Scripture: Psalm 22:1-31 (Abandonment)

When have you experienced circumstances in life when you felt abandoned by God?

What thoughts go through one's mind when you feel that God is not there to help?

Read verses 3-5. In these verses the writer reminds himself of God's acts of deliverance in the past. What rescues have you witnessed God do for others that reminds you of His presence and power?

In verse 6 the writer struggles with his own unworthiness of God's attention. Upon realizing that you are unworthy, what truth can revive hope of God's goodness toward you?

In describing his trouble David used several images of animals attacking such as, bulls, lions, dogs, and oxen. What image best pictures your trouble? How do you need God to intervene?

Using other images in verses 14-15, David described the fear and despair he experienced at those forsaken times. Which of these images have you experienced?

- a. Poured out like water
- b. My bones are out of joint
- c. My heart is like wax
- d. My strength is dried up
- e. My tongue sticks to my jaws

In the psalm, the writer does not describe how God delivered him, he just anticipates God's deliverance. How does such expectation affect your perspective? What do you need in order to keep such a hope alive?

Once God rescues you from your trouble, how will you respond? Read what David promised in verse 22. How could telling others about your story of God's deliverance help them later on?

As you read this Psalm of forsakenness, realize that Jesus quoted verse 1, and verses 17 and 18 pertain to His crucifixion experience. What does the realization of Jesus' similar but much deeper and actual abandonment do to your perspective?

How can your praise and testimony contribute to the nations turning to the Lord?

What stories of God's faithfulness do you need to tell to the next generation so that they will possess the needed reminders during their feelings of abandonment?

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Scripture: Psalm 55:1-23 (Fear)

What are the circumstances that strike fear in you and make you want to run away?

When have you experienced opposition and unfair treatment at the hands of someone you had considered a friend?

Why opposition/betrayal from a supposed friend hurt more than opposition from one you know to be an enemy?

Jesus was betrayed by a close friend. Why was Judas' betrayal so hurtful and what does that story teach us?

When fear and faith battle inside us, what damage can such fear potentially have for our faith and our relationship with God?

Are there tendencies that you have that may weaken your faith and strengthen your fear? What are they?

During times of battle between fear and faith, how do we strengthen faith and defeat fear?

Prayer during times of fear and panic may not be "proper" and "formal." What might a fear-filled prayer sound like?

You cry out to God for deliverance during times of fear. What do you want Him to do?

Among God's many perfections, what are His attributes that cause you to turn to Him in times of fear?

Once God has delivered you, how will you respond? How would you counsel others during times of fear?

What does it mean to "cast your burden on the Lord (22)"? Are you casting?

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Scripture: Psalm 88:1-18 (Depression)

If you battle depression, what do you ask the Lord in prayer during those times? What passages of Scripture are helpful in your battles?

People who experience depression may sink into a disconnected state where they do not connect with anyone, not even God. What would you say to someone whose depression makes them want to just stay in bed?

When people are depressed, what changes are seen in their personalities? How does this affect them socially? How does this affect them physically? How does this affect them spiritually?

We understand our own responsibility if we fail to reach out to God in prayer, but there are occasions when we reach out but God does not answer immediately and allows us to feel disconnected from Him. Why does He do that?

When have you felt, as the Psalmist, that your life was “overwhelmed with troubles”?

During those periods of depression, why does it seem as if God is not even listening to us?

Read Psalm 88:6-8. Notice how the writer repeatedly states, “You have put me in the lowest pit...” “Your wrath lies heavy upon me...” “You have taken from me my closest friend...” In what ways is God responsible for your troubles? How do we reconcile this with God’s love for us?

Read Psalm 88:10-12. Is the writer bargaining with the Lord? Do you tell others of God’s provision and greatness?

Why might the Lord allow us to go through times of depression?

How might a good friend help you get through depression? What will you do if you are cut off from such a friendship?

What do you need to do today to battle depression in you or someone else?

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