

LifeGroup Study Guide
Deer Park Alliance Church
20 January 2019

1. How was your week? What were some of the emotions that you encountered, in yourself and others too maybe. Was your week steady, or more up and down? Did you feel like it was a typical week for you, or out of the ordinary?

2. The Psalms deal with and express a very wide range of human emotion, both positive and negative. Do you have a favourite Psalm, or a verse from the Psalms that has been a comfort or encouragement to you in a special way? What are the emotions that that Psalm or verse conveys? Why do you think you have such a significant connection to it?

3. Read together Psalm 25, which contains a pretty broad spectrum of feeling; what are the emotions that are expressed in this Psalm? Why do you think there is such a range of feelings in this one Psalm? Have you ever felt like this? What is your own closest connection point to Psalm 25? Compare 2 Timothy 3:16-17.

4. How would you describe the connection between verses 8-10 and verses 16-19 in Psalm 25? What does it tell us about God, and about what it means to have a normal Christian life, that these two passages occur right in the middle of the same Psalm? Do you think that we are good at expressing these kinds of emotions all together, as in this Psalm? Why or why not?

5. One of the things which the Psalms do is help to give us language for our prayers to God. With that in mind, why do you think it is important that the Psalms model such a span of human emotion? Are there emotions that find easier or harder to express to God in prayer? Why do you think that is? For the emotions that are more difficult to pray, what could help you feel more free to share this portion of your heart with God?

6. As a group, take the time to pray together some of the themes of Psalm 25, especially as they connect to the experience of your own life this week.