



LIFE GROUPS DISCUSSION GUIDE

November 1, 2020

ABBA FATHER Psalms 31

CONNECT

1. When you feel fear, what do you do to cope? Share a few examples around the group.

CELEBRATE

2. David wrote Psalm 31 reflecting personal fear and anxiety, yet he wrote it for corporate worship. How do you feel when your leaders at church are honest with you about their struggles? Does it help or hinder your trust?
3. In 2020, what is your refuge? What are you trusting in? To ask it another way, what outcome will give you the most personal peace? Why are you trusting in that outcome as your salvation?
4. We may believe God won't help us because we're not good enough, sinless enough or righteous enough. Read Psalm 31:1. Whose righteousness do we depend on for refuge? How does this affect our ability to run to God in times of distress?
5. God sees us in our distresses and afflictions. Read Genesis 16. Who does God see? What distress was she suffering? How did this incident affect her relationship with God?
6. Time is in God's hands. He sees every day of our lives before they come to be. Consider all the future stresses and fears of your life. Then reflect on how God already knows about each one and is already working to support you through them. How does that knowledge affect your relationship with God?
7. David gives the Lord the formal respect He deserves, yet he also cherishes intimacy with this same God. God is King but He is also Father. Is it easier for you to see God as King or as Father?
8. What should a loving father be like? Take a moment to brainstorm a few aspects of what good fathers should be. Then read through Psalm 31 together and call out every aspect where God is being a good, loving father. Take time to praise Him specifically for these things.

CONTRIBUTE

9. Lamentations 3:21 reads, *"I call this to mind, and therefore I have hope."* Which truths from Psalm 31 can you call to mind in times of distress to give you hope? Consider the world around you and all those in your life who may feel distress in this election season, in the COVID season and everything else 2020 brings. Which truths from Psalm 31 could you bring to them to give them hope in their times of distress?