



We know that we should pray. We know that God has commanded us to pray. But in the moment, we struggle with what to pray. How do I pray when I am struggling to find the words? When we study the Psalms, we see what God-honoring and honest prayers are in the midst of daily life.

Message Passage: Psalm 140:1-13
Small Group Passage: Psalm 121 & 23

NOTES

[illegible]

Segway to small groups: What then does it look like to go to God honestly and sincerely in a prayer for deliverance when someone has hurt us or when our life is in shambles?

SMALL GROUP DISCUSSION

1. What stuck out to you in the message?
2. Why might God want us to take our offense and hurt to him in prayer, rather than settling the score ourselves?

READ: Psalm 121

Background of Psalm 121: This Psalm is part of a larger set of Psalms (120-134). That would be used as examples, or even recited, by Jews on a pilgrimage to Jerusalem. In those days, traveling was very dangerous and difficult. Jesus' later parable of the Good Samaritan (Luke 10:25-37) highlights this norm. This Psalm verbalizes trust in the Lord even when traveling

3. Vs. 1 - The Psalmist lifted his eyes and focused on God, the source of his help and protection. The issue is that seeking safety and comfort in so many other things is easy. What other things do we look for as the source of our protection?
4. Vs 3-4. Why was it so important that the psalmist remind himself that God never slept? What did he mean by that?
5. Vs. 7-8. Verses seven and eight declare that God is our protector in every area of our lives at all times. What situations have you been in where you had to remind yourself of that Truth?

READ: Psalm 23

6. What sticks out to you in this Psalm? What can we learn about trusting in God through prayer in all situations from this Psalm?

7. How is God our shepherd? What does that mean?
8. Why does the Psalmist fear no evil?
9. What does it mean that "you prepare a table before me in the presence of my enemies?"

PRAYER

DISMISS