
Date: October 1, 2023 **Message:** A Simple Song for a Complex Life

Scripture: Psalm 56

Emotions David experienced:

David's method for working through those emotions:

Questions for Reflection and Discussion

Psalm 56

1. How do you typically work through your fear, anger, and/or sadness when they become excessive?
2. How did David work through his in Psalm 56? By learning from his approach, how can you modify your approach the next time you face excessive fear, anger, or sadness?
3. How do you know when you need outside help to improve your mental/emotional well-being? In what ways have you sought outside help in the past?
4. Is there ever a time you should work through your emotions totally alone? Why or why not?
5. When have you experienced fear, anger, or sadness break through to comfort or even joy? What helped you get there?
6. How does God's promised future (redeemed earth, elimination of sin and death, eternal joy in His presence) inform your emotions today?