

T H E P S A L M S O F PSALMS

A SUMMER
STUDY FROM
EXCHANGE CHURCH



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A SUMMER

Read Psalm 69

Discussion Questions:

How can we balance expressing raw emotions to God in times of distress while still maintaining faith in His character and promises?

In what ways might lament be a spiritually healthy practice, and how can we incorporate it into our prayer lives?

How does anchoring ourselves to God's character during difficult times help us navigate suffering and injustice?

What role does community play in supporting believers through seasons of lament and helping them hold onto truth?

How can we reconcile the imprecatory elements of some psalms with Jesus' teaching to love our enemies?

In what ways does the cross of Christ speak to human suffering and provide an eternal perspective on pain?

How might viewing God as present in our suffering, rather than distant, change our approach to difficult circumstances?

What are some practical ways we can remind ourselves of God's sovereignty and care when we can't see or feel His presence?

How does the practice of lament challenge or enhance our typical understanding of faith and trust in God?

In what ways can we cultivate a faith that holds onto God's promises even when our current reality seems to contradict them?