



### Small Group Guide: Finding Hope in the Dark Night of the Soul

Opening Prayer: Begin with a prayer asking God to guide your discussion and open hearts to His truth and comfort.

#### **Key Takeaways:**

1. Psalm 77 is a lament that offers comfort in times of deep pain and spiritual darkness.
2. Even strong believers can experience periods where they can't feel God's presence or see His work.
3. It's okay to honestly express our doubts and questions to God.
4. Directing our thoughts to God's faithfulness, even when emotions lag behind, can lead to healing.

#### **Discussion Questions:**

1. Have you ever experienced a "dark night of the soul" where you felt distant from God? How did you handle it?
2. The psalmist asks challenging questions about God's character (verses 7-9). Why do you think it's important that these questions are included in Scripture?
3. How can we support friends or family members who are going through spiritual struggles without minimizing their pain?
4. The sermon mentions that "the God who handled the cross can handle your questions." How does this perspective impact your approach to doubts or difficult times?
5. In verse 10, the psalmist chooses to remember God's past deeds. How can recalling God's faithfulness in the past help us during present struggles?
6. What are some practical ways we can "direct our thoughts" to truth when our emotions and circumstances are overwhelming?

#### **Practical Applications:**

1. Journal Exercise: This week, write down your honest feelings and questions for God, following the psalmist's example. Then, write down three ways you've seen God's faithfulness in your life.
2. Memory Verse: Memorize a verse from Psalm 77 that resonates with you, to recall during difficult times.
3. Lament and Praise: Practice writing a personal lament, expressing your pain to God, but end it with statements of trust in His character and promises.
4. Support Others: Reach out to someone you know who might be struggling spiritually. Practice listening without trying to "fix" their situation.
5. Study God's Character: Choose one attribute of God mentioned in the psalm (e.g., His compassion, faithfulness) and study it throughout the week using other Scripture passages.

**Closing Prayer:** End by praying for each group member, asking God to strengthen their faith during difficult times and to help them cling to His truth even when emotions waver.