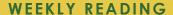


5-WEEK STUDY ON THE PSALMS OF DAVID

WEEK 3 David's Prayer When He Was Lonely PSALM 142

WEEK 3



Primary text from this week: Psalm 142

Secondary text from this week: 1 Samuel 22:1-4, Hebrews 4:16 **Read ahead for next week:** 2 Samuel 11-12, Psalm 32, Psalm 51



Goals for this session: To understand how to pray when we're lonely

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: Tell the group about your best childhood friend.

a difficult situation you are going through right now?

GROUP DISCUSSION

1.	Read 1 Samuel 22:1-2. David is still on the run from King Saul and ends up in a cave, surrounded by a motley group of men. Why do you think David felt lonely even though he had others around him?
2.	Perry shared some of his own personal experiences of loneliness. Has there been a specific time in your life when you felt especially lonely?
3.	Read Psalm 142:4. Have you ever felt like no one cares about you or really understands what you're going through? What can you learn about how David presented his feelings to the Lord?
4.	Read Matthew 26:36-46 . How does it feel to know that Jesus dealt with loneliness and isolation?
5.	Read Psalm 142:7. Does it surprise you that David chose to praise God and acknowledge His goodness in the middle of everything David was going through? How can you praise God despite

6. Perry's last question was: "How do we approach loneliness in those God has put in our path?" Discuss ways that you might be able to reach out to those in your life who are dealing with loneliness.





WEEK 3



PRAY

Pray for each other: Have the group leader or a volunteer pray that God would give group members wisdom to identify those in their life who are experiencing loneliness.

Pray on your own: Ask God to help you connect with those in your life who are experiencing loneliness.

ACTION STEPS

Identify one person you think might be dealing with loneliness. Find a way to connect with them (examples: invite them over for dinner, take them out to coffee, get their number and text them).

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WHEN LIFE GIVES YOU LEMONS DISCOVERING HOPE IN THE PSALMS OF DAVID