



5-WEEK STUDY ON
THE PSALMS OF DAVID

WEEK 3

David's Prayer When
He Was Lonely

PSALM 142

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

WEEK 3



WEEKLY READING

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

GETTING STARTED

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.

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 a difficult situation you are going through right now?

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.

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