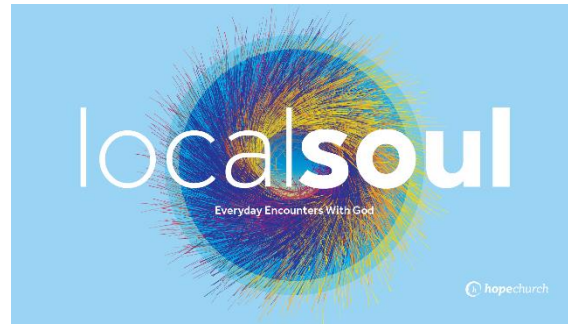


Looking for a Group to connect and dive deeper in your relationship with God and others?
Contact Community Pastor, Beth Yokley, at byokley@myhope.church.



Community Group Questions:

Psalm 109

1. What songs are on your angry/rage playlist?
2. How has music helped you channel your emotions? Both negative and positive?
3. Have someone read Psalm 109.
4. Teaching Point: Remember, the Psalms are the hymnal or worship playlist for ancient Israel. These words from David are meant to be a song or prayer to God amidst his anger. It may be helpful to think of Psalms like this as one of the “rage songs” on your playlist. This is how David was dealing with his anger and we can use this Psalm as a framework to build our own prayers of anger to God.
5. How do you typically deal with or manage anger or rage?
6. Have you prayed angry prayers? What do they typically sound like?
7. What might keep us from offering raw prayers of rage to God? Why is this kind of prayer helpful to us as we process anger?
8. We offered you a chance to release your anger to God in the form of dropping flash paper into candles. This is a physical representation of our prayers of anger offered to God. If you are comfortable, share with the group the anger you are asking God to deal with on your behalf.
9. What makes truly releasing our anger to God so difficult? How do we push through those things that make it difficult?
10. Close with prayer over those things we are angry about.