

1. How would you define prayer?
2. What would it look like for prayer to be a kind of therapy for our souls?
3. David wants God to answer him in his prayer. How can we listen to God answer us when we pray? How can we be sure we aren't just telling ourselves what we want to hear?
4. This isn't the first time David has prayed to God in his distress. Does that mean that David didn't learn his lesson?
5. What does it mean for our honor to be turned to shame? Have you ever experienced that?
6. Why is the fact that God has set apart the godly for himself comforting in times of distress?
7. Is it a sin to be angry?
8. What, ultimately, is David's source of joy and peace?

Extra Credit: Are the happiest and most joyful people in your life Christians?