

Discussion Questions
July 12, 2026 | Psalm 138
How I Learned to Pray: Praying the Psalms

UPWARDS – Growing in Our Relationship with God

1. The sermon quotes the fourth-century church father Athanasius, who observed that while “most of Scripture speaks to us,” the Psalms “speak for us.” How does knowing that God has given us, through the Psalms, a God-breathed vocabulary for prayer and worship shape the way you approach him in prayer?
2. The "ACTS" model (Adoration, Confession, Thanksgiving, and Supplication) provides a helpful structure for prayer, yet any structure can become routine if it replaces genuine fellowship with God. Have you ever found this to be true in your own prayer life? What helped you pray more personally and sincerely?
3. The Psalms portray God as King, Judge, Warrior, and Shepherd. Which of these aspects of God's character do you find most comforting or most challenging in this season of your life? Why?

INWARDS – Growing in Fellowship with One Another

4. In the Psalms, many of David's personal prayers were preserved by God to become the prayers of his people. How can we cultivate a small-group environment where we feel free to share our personal laments and pray for one another?
5. Jesus quoted three lament Psalms while on the cross, including Psalm 22: “My God, my God, why have you forsaken me?” How does Jesus' example encourage you to be more honest and open with God in your own prayers?
6. The sermon describes the Psalms as “spiritual journals” or “personal letters” to God and reminds us that the 150 Psalms are carefully crafted “word-tools” that help us bring our hearts before God. If you were to write a “psalm” today, what emotion, struggle, or praise would be at the center of your prayer?

OUTWARDS – Reaching Those Around Us

7. The Psalms proclaim the gospel and the good news of Jesus Christ to the world. How does the picture of Jesus as a King who listens to our laments challenge or contrast with the world's view of God?
8. Psalm 8 invites us to marvel at the majesty and greatness of God. Why is recovering a sense of wonder and awe before God important in a culture that often overlooks or diminishes his glory?
9. The final word of the Psalms is “Hallelujah,” that is, “Praise the LORD!” (Psalm 150:6). What does this ending teach us about the ultimate purpose of our lives and God's people?