



## **Good Grief!**

### **Week two - *Faithful and Frustrated***

#### ***Psalm 6***

**Bottom line: The difference between holy frustration and being wholly frustrated, is remembering and affirming God's faithfulness in the midst of it, not in spite of it.**

1. Let's name them - what are your biggest frustrations in life right now?
2. How honest are you when you talk to God? Do you share your frustration and anger more with God than you do others, or less?
3. Read Psalm 6
  - a. What stands out to you about how the writer talks to God? Is there anything he says that you feel like you would not say to God?
  - b. Which parts of the prayer would you categorize as faithful? And which parts would you categorize as frustrated?
4. What's the difference between the expression, "Things are bad, but God is good," and, "Things are bad, and God is still good."?
5. How have you experienced God's faithfulness in the midst of a difficult situation or season?