



May 12-13, 2018
Cry of the Heart in Guilt
Dr. Kurt Bjorklund

MESSAGE NOTES

Psalm 6

Condemnation	Conviction

LIFE GROUP STUDY GUIDE

Reference:

Open in prayer and read Psalm 6.

Review:

What was one thing from this weekend's message that challenged, confused, or stood out to you?

Reflect:

1. As you read through Psalm 6, did you relate to the emotions David expressed? Explain.
2. What are the things we often feel guilt about? What are the things that cause you to feel guilt?
3. Re-read verses 6-9. Why do you think it took a long night of grief before David had confidence that God heard his prayer? Why wouldn't he believe that right away?
4. What is your reaction to verse 4, where David pleads for mercy based on God's love, not his own merit? How can that help you the next time you experience a low point?
5. Some say prolonged depression and/or anxiety are a symptom of weak faith. What do you think?
6. Paul's words in Romans 8:31-39 express similar sentiments to David's words in verses 8-10. What does it mean to be "more than a conqueror" in life?

Respond/Reinforce:

Who do you know who might be struggling with guilt and lacks the freedom and joy of the gospel? Pray for them this week and ask God to give you clear direction about how to encourage them with the love of Jesus. Maybe you can draw on your own life-changing experience of the gospel to inform how you will approach this person with the grace of God.