

3. Verse 7 speaks of our immediate access to God. Consider also Hebrews 4:16. How can that access help us when we are experiencing difficult emotions like sadness?

4. Read Psalm 5:8. This verse is a call for direction from God. When we experience sadness, it can be difficult to see a way through the pain. What insight does this scripture give you into how God can lead us through those difficult experiences?

5. Psalm 5 is an example of an imprecatory psalm, a psalm in which the writer calls for God's judgment against his/God's enemies. Similar statements are made in the New Testament (Galatians 1:8-9; 2 Timothy 4:14). Why would these Christian leaders pray such things?

6. The word "refuge," as seen in verse 11, is used 44 times in the Book of Psalms. It speaks of seeking protection. How have you experienced God's protection? In what areas of your life do you need protection right now?

Respond/Reinforce:

Be watchful this week for specific examples of how this world, or your life circumstances, cause sadness (e.g. divorce, murder, abuse, violence, greed). You may want to write these down in a journal. In each of the examples you think of, try to identify how the circumstance reflects the brokenness of a sinful, fallen world. Then write a brief statement about how you think God intends things to be different. Be prepared to discuss your findings with your Life Group next week.