



Week 3- “Frustration and Suffering”

In this series we will go on a journey experiencing the Psalms. The Psalms offers not just a practical, theological journey but also an experiential journey through poems and songs. The Psalms invite us to experience humanity in an honest and real way. In this week’s message we explore a Psalm that is written as a song. This is significant because it goes beyond our intellect to invite us to truly connect with God even in times of frustration and suffering.

Read Psalm 22

1. Pain and suffering is a part of life in a broken world. Why is personally acknowledging this so important?
2. How does knowing that David experienced such deep emotion help you have the freedom to feel deeply and honestly too?
3. Why is having a safe community so vital to navigating the pain and suffering we experience?
4. It can sometimes be difficult to do what is right and make healthy choices when you are frustrated and experiencing pain and suffering. How can a safe community help you keep your eyes on Jesus and take the next right step?
5. Who is someone in your life that you go to for this encouragement?

The beauty of the Psalms isn’t in its honesty and expression of raw emotion but in the real hope that we have in the midst of suffering because of what Jesus did for us on the cross.

6. What does it say about God's grace that he doesn't fix things in our kingdoms and that he invites you to find real hope and peace in Him?

7. Why is it important to evaluate what Kingdom you are living in?

Read 2 Corinthians 4:7-10

8. Have you trusted Jesus? Why or why not?

19. What do you think it practically looks like to allow the cross to be real to you?

10. Jesus' sacrifice proves how much he loves you, and it is strong enough to pick up the pieces of your own suffering. Have you experienced this? If so, can you share about it?

11. How can this group help you discover more about the real hope that is found in Jesus?

This Psalm ultimately points us to the cross, where we find our true source of peace and hope. The cross reminds us that true peace cannot be found in this broken world; our need was so great that Jesus entered into our suffering and bore it Himself. At the same time, it reveals the incredible depth of God's love, demonstrated through Jesus' willingness to suffer and die on our behalf. The cross also assures us that God is not distant from our pain—Jesus entered into human suffering and promises to be with us always. Finally, the resurrection gives us lasting hope, declaring that Christ has overcome sin and death and that one day all suffering will end as we share in His eternal victory.