KINGSBURG COMMUNITY CHURCH

COMMUNITY GROUP DISCUSSION GUIDE

Week of 11/1/26

Opener (10 minutes or less)

What are your two favorite traditions/activites in the fall?

DISCUSSION (50 minutes or less)

Begin your discussion time in prayer.

Scripture Reading: Psalm 6

Questions:

1. When have you experienced a season of physical, emotional, or spiritual exhaustion where God felt distant or silent? What was helpful to you and your faith in that season? What was not helpful?
2. How does Psalm 6 give us permission to be completely honest in our prayers?
3. How can/does the reality of God's grace change the way we approach Him when we feel we have failed or are facing the consequences of our own mistakes?
4. Why is spiritual and emotional suffering so often accompanied by a temptation to isolate ourselves from community? What makes reaching out so difficult in those moments?
5. V.8–there is a shift in David's posture: What does this teach us about the difference between changing our situation and changing our perspective through prayer?
6. The Psalm ends with confidence in God; what are the movements you see in this Psalm and have you experienced this in your own prayer life?

PERSONAL (30 minutes or less)

1. Oikos - the 8 to 15 people God supernaturally and strategically places in your life. Any oikos moments you would like to share..
2. What is going on in your life (note prayer requests and praise reports)
3. Pray

Psalm 6

O Lord, Deliver My Life

To the choirmaster: with stringed instruments; according to The Sheminith. A Psalm of David.

1 O Lord, rebuke me not in your anger,
nor discipline me in your wrath.

2 Be gracious to me, O Lord, for I am languishing;
heal me, O Lord, for my bones are troubled.

3 My soul also is greatly troubled.
But you, O Lord—how long?

4 Turn, O Lord, deliver my life;
save me for the sake of your steadfast love.

5 For in death there is no remembrance of you;
in Sheol who will give you praise?

6 I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.

7 My eye wastes away because of grief;
it grows weak because of all my foes.

8 Depart from me, all you workers of evil,
for the Lord has heard the sound of my weeping.

9 The Lord has heard my plea;
the Lord accepts my prayer.

10 All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.