



OPEN

Go around and let everyone answer...
Tell about a time that you wondered if God was really paying attention to the difficulties of your life.

DIG

Many of the Psalms serve as reminders that worship to God helps maintain a balanced perspective during troubling times.

Read PSALM 145:9-13 to see reminders of God's power.

"The Lord is good to all; he has compassion on all he has made..."

What is the purpose of God's creation according to verses 11-12?

What are some reminders about God's goodness that are especially meaningful to you from history or from your own life?

Read PSALM 145:14-16 to discover ways God works in your own life.

"The Lord upholds all who fall, and lifts up all who are bowed down..."

How do the words of this passage reassure you in uncertain times?

What gives you confidence that God will "provide food" and "satisfy desires" as proclaimed in this passage?

If you have ever had doubts in God's ability to provide, what has helped you regain faith in God again?

APPLY

What concerns do you have now that your group can pray about?

As a group, read together the last verse, **PSALM 145:21**

"My mouth will speak in praise of the Lord.

Let every creature praise his holy name for ever and ever."

The psalms served as a song book in ancient Israel. Pick a simple song of worship and sing it together with your group.

-GLR

Leaders

Sermon

This discussion guide is based on a sermon from the Old Testament book of Psalms, an ancient collection of Jewish poetry and songs.

Big Idea

This lesson is a reminder that understanding God's goodness helps alleviate worry and give hope for facing challenges in life.

Prayer

Pray for God to give your group wisdom to worship, especially in the middle of difficulties.

Group Discussion Reminder

Be sensitive to the needs of others in your neighborhoods and extended families. Identify practical ways that your group might help with some specific need.