

Sermon Discussion Guide
100 Day Challenge: The Backstory
Week 9 - Psalms
February 28, 2021



 **Big Idea**

The Psalms were central to the way Jesus understood and related to God the Father. They made an incredible difference in how he lived, ministered, and died.

 **Icebreaker**

Who was your favorite band or singer growing up? What music do you listen to now?

 **Discussion Questions**

1. Jesus read the Psalms as a child and referenced them many times throughout his life. What things did you learn as a child that influenced your relationship with God or how you perceived Him?
2. Do you have a favorite reference from Psalm? Share it with your group. How has this Psalm helped you?
3. Read **Psalm 22:1** and skim the rest of the chapter. *Context is especially important to understanding the Psalms.* How does the rest of Psalm 22 give better context to verse 1? Think of some other verses from Psalms (see question 2) and look them up. How does their context help you understand them better?
4. Read **Psalm 41:5-10**. *Psalms teach us to be honest with God.* Here we see David's honesty even to the point of wanting payback. Are you honest in your prayers with God? If so, what does that honesty do for your relationship with Him?
5. Read **Psalm 31:9-14**. *Psalms teach us how to praise God in any circumstance.* How can we lament while still praising? What can you praise God for right now? Write everyone's praises down for your group's prayer time.

 **Concluding Questions**

The book of Psalms gives many examples of a beautiful, honest prayer life with God. How do your own prayers resemble the Psalms? What steps can you take this week to have that level of intimacy with God?

 **Application**

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Beyond prayer for each other, is there a way we can help each other apply what God is showing us?

 **Prayer**

Possible prayer topics for this week:

- Consider reading a Psalm together as prayer!
- Praising God in all circumstances
- Discernment of context in Scripture
- An honest, intimate prayer life