

## **Home Group study: week beginning 29<sup>th</sup> August 2021**

### **PATHWAYS OUT OF SETBACK - PSALM 69**

#### **PART 1: THE PROBLEM**

##### **Read Psalm 69 verses 1-5**

David described problems and setbacks as like a flood. Why is this metaphor so appropriate?

Floods can come as flash floods or gradual rising of water levels. What setbacks are like flash floods & which are more like the water levels rising to above the mouth?

The sinking into the mud describes our emotional response nicely. What emotions accompany us as we face setback? Share a setback that you are comfortable with sharing. What emotions/attitudes accompanied it & how did this affect your behaviour & responses?

In verse 3 we get an emotional reaction to God not answering David's prayers immediately. Why does God sometimes respond in this way?

#### **PART 2: THE PRESCRIPTION. PRAYER, PROTECTION & PRAISE**

##### **Read Psalm 69 verses 13-18 & 29-33**

In verses 13-18, what lessons might we learn about prayer from these verses?

God answers in 'the time of his favour'. Why is this both discouraging & encouraging?

In verse 16 David's prayer includes a reminder of God's qualities. Why is this process helpful?

In verse 29 we see David requesting God's salvation. Why are we more secure in our salvation than David was in his? What are the benefits of this salvation?

Verse 30 sees David making a conscious & proactive decision to praise God. Why is this such an important antidote to the emotions described in Part 1?

What steps do you need to take to improve your personal praise & worship?

#### **APPLICATION**

Pray for anyone experiencing difficulty at the moment

Pray that the promises of verses 32 & 33 will come to pass here at Jubilee