



Psalms

Week 1: How to Worship when You're Angry

CCV Groups Discussion Guide

OPENING QUESTION:

When you have trouble sleeping, what's the typical cause? (temperature, indigestion, brain is swimming, worried about something, etc.) Do you have any good tips for how to get back to sleep?

GROUPS VIDEO GUIDE

READ:

[Psalm 3](#)

DISCUSS:

- Verse 3 mentions, "But you, O LORD, are a shield around me, my glory, and the lifter of my head." Share a time you felt like God was a shield surrounding you and/or a time when you felt God lifted your head so you could stand with confidence.
- Have you ever been betrayed by someone close to you? Are there any phrases from Psalm 3 that describe what you went through?
- How do you read verse 5 about laying down to sleep and waking to the Lord's protection? How does sleep reflect our spiritual health, and what has helped you sleep confidently?
- Verse 7 asks God to break the teeth of the wicked. Remember, in this context, that was his son, Absalom. How does this kind of "venting" help, and where can it go wrong?
- Read [Psalm 22](#) together as a group, reflecting on how Jesus handled his greatest moment of attack. What did Jesus do or say that you could apply to your own season of suffering?

PRAYER:

Take prayer requests for the group members who may be experiencing a difficult season of rejection or pain.

TAKE HOME QUESTIONS:

Table Talk (a question to ask your family): How could you use Psalm 3 as a model for appropriately expressing anger with each other in this family?

Water Cooler (a question to ask at work): When you think about what makes you the angriest, is that at home, at work, or somewhere else? [If they ask why you ask, tell them you had an interesting lesson at church about how to respond when you get mad at God.]

SCRIPTURES:

Related to Psalm 3:

2 Samuel 15:12, "And while Absalom was offering the sacrifices, he sent for Ahithophel the Gilonite, David's counselor, from his city Giloh. And the conspiracy grew strong, and the people with Absalom kept increasing."

Psalm 2:6, "As for me, I have set my King on Zion, my holy hill."

Psalm 58:6, "O God, break the teeth in their mouths; tear out the fangs of the young lions, O LORD!"

Revelation 19:1, "After this I heard what seemed to be the loud voice of a great multitude in heaven, crying out, "Hallelujah! Salvation and glory and power belong to our God."

Psalm 27:1-3, "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident."

Psalm 62:1-2, "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken."

Psalm 18:2-3, "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I called to the Lord, who is worthy of praise, and I have been saved from my enemies."

Proverbs 18:10, "The name of the Lord is a fortified tower; the righteous run to it and are safe."

Related to Psalm 22:

Isaiah 53:5, "But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed."

Zechariah 12:10, "And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of grace and pleas for mercy, so that, when they look on me, on him whom they have

pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a firstborn.”

Zechariah 13:7, “Awake, O sword, against my shepherd, against the man who stands next to me,” declares the LORD of hosts. “Strike the shepherd, and the sheep will be scattered; I will turn my hand against the little ones.”

Matthew 27:27–50, “About three in the afternoon Jesus cried out in a loud voice, ‘*Eli, Eli, lema sabachthani?*’ (which means ‘My God, my God, why have you forsaken me?’).”