

Psalm

the language of faith

Notes

Psalm: The Language of Faith Praying Through Our Struggles Psalm 86 Group Discussion Questions

Read Psalm 86

The opening lines of this Psalm reveal a heart that is in great need and distress. What are your most pressing needs in this season of life? Do you feel the freedom to express them to God? How comfortable are you sharing your needs or struggles with those around you?

David describes his foes in detail in verse 14. Do you ever feel overwhelmed by threatening people or circumstances? Give an example.

This Psalm, called “the prayer of David,” provides us with wisdom on how to pray through our struggles. Can you identify the different sections that comprise this Psalm? What progression do you notice as you read through each section?

Eric Greitens defines *resilience* as “the virtue that enables people to move through hardship and become better.” How would you reword this definition in a way that incorporates God’s transforming power in our lives?

Which elements of David’s prayer can you incorporate into your own prayer life?

QUESTION	CURRENT ANSWER	TRUTHS FROM PSALM 86	NEW DIRECTION
Am I able to name my struggle and recognize that I need help?		<i>"Hear me, Lord, and answer me, for I am poor and needy." (v.1)</i>	
Where do I usually go for comfort?		<i>"When I am in distress, I call to you, because you answer me." (v.7)</i>	
What are the choices I can make that reflect the things I pray in my heart?		<i>"Teach me your way, Lord, that I may walk in your truth." (v.11)</i>	
Where does my strength come from?		<i>"Turn to me and be gracious to me. Give Your strength to Your servant." (v.16)</i>	
Is this struggle going to break me or make me? (stronger, wiser, etc.)		<i>"I will praise You with all my heart, Lord my God, and I will honor Your name forever." (v. 12)</i>	

Psalm Reading Plan

Week 1 (June 11-17) Psalm 1-12

- 1-2 3-4 5-6 7-8
 9-10 11-12 Reflect

Week 2 (June 18-24) Psalm 13-24

- 13-14 15-16 17-18 19-20
 21-22 23-24

Week 3 (June 25-July 1) Psalm 25-36

- 25-26 27-28 29-30 31-32
 33-34 35-36 Reflect

Week 4 (July 2- 8) Psalm 37-48

- 37 38-39 40-41 42-43
 44-45 46-47 48

Week 5 (July 9-15) Psalm 49-60

- 49-50 51-52 53-54 55-56
 57-58 59-60 Reflect

Week 6 (July 16-22) Psalm 61-72

- 61-62 63-64 65-66 67-68
 69 70-71 72

Week 7 (July 23-29) Psalm 73-84

- 73-74 75-76 77 78
 79-80 81-82 83-84

Week 8 (July 30-August 5) Psalm 85-97

- 85-86 87-88 89 90-91
 92-93 94-95 96-97

Week 9 (August 6-12) Psalm 98-108

- 98-99 100-101 102-103 104-105
 106 107 108

Week 10 (August 13-19) Psalm 109-119

- 109-110 111-112 113-114 115-118
 119:1-80 119:81-152 119:153-176

Week 11 (August 20-26) Psalm 120-136

- 120-121 122-124 125-126 127-128
 129-131 132-134 135-136

Week 12 (August 27-31) Psalm 137-150

- 137-138 139-140 141-142 143-144
 145-146 147-148 149-150

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