



## THRIVE CHURCH

GROWTH GROUP STUDY GUIDE | SERIES: SEASONS OF THE SOUL  
TITLE: A SONG FOR THE VALLEY OF TROUBLE  
SCRIPTURE: PSALM 3

### **One Thing Follow-up:**

We ended the last series discussing the fact that we are in a spiritual battle. Scripture has prepared us to make our stand and WIN in this battle.

Q. How does Ephesians 6 change the way we approach spiritual battles?

Q. Was there a step you took to follow God's leading from the lesson?

### **Opening**

Each of us face seasons when we find ourselves in the valley of trouble. It is during these times that we must remember the hope that can be found in God's Word and Character.

### **Series Review:**

The book of Psalms has been a hymnbook and prayer book for countless generations of Jews and Christians. It covers the entire range of emotion and experience, from the highest points of joy and thanksgiving to the lowest points of depression and loss.

Psalms provide guidance through these experiences. They provide clarity in confusion, expressions of praise and thanksgiving. They even validate our pain and provide guidance in grief.

Written by King David, Psalm 3 is the prayer of a man in the valley of trouble. We find David on the run from his oldest son, Absalom. Absalom hates David and wants to usurp his throne. The background is a twisted story of family disfunction, pain, and sin. Although David repented of his sins, consequences followed. Here the reader is reminded of the complexity of life. Every family has struggles and pain.

## Reviewing the Message:

Explain a time when you thought an issue was as simple as right or wrong only to find out there were several layers that ended up changing your view of the scenario.

Q. How does understanding our role in a troubling situation change your approach to resolution? How does the gospel affect that approach?

## A Closer look at the Text

Often Hebrew writers wrote in a way that made the writing memorable. A pattern was used to drive to the main point the author was attempting to communicate. Take a moment to examine this structure in Psalm 3. Notice the parallels.

- *LORD, how my foes increase! There are many who attack me. Many say about me, "There is no help for him in God." Selah*
  - *But you, LORD, are a shield around me, my glory, and the one who lifts up my head.*
    - *I cry aloud to the LORD, and he answers me from his holy mountain. Selah*
      - ***I lie down and sleep; I wake again because the LORD sustains me. I will not be afraid of thousands of people who have taken their stand against me on every side.***
      - *Rise up, LORD! Save me, my God!*
    - *You strike all my enemies on the cheek; you break the teeth of the wicked.*
  - *Salvation belongs to the LORD; may your blessing be on your people. Selah*

Q. According to David's song, how does he get to the point where he can sleep in the valley of trouble?

Q. How does knowing who God is, and what he does, change the way we face difficulty?

The message provided a partial list of the attributes of God, his feelings towards his people, and the proper response.

### What is God like?

Always capable – Ps 147.5; Ps 33.6

Always the same – Heb 13.8; Jer 23.34

Always right – Romans 11.33

Always faithful – 2 Tim 2.13

Always just – Deut 32.4

Always gracious – Ps 145.8

Q. Have you struggled to believe one or more of these? Why?

### **How does God feel toward us?**

Read John 3.16-17

Read 1 John 4.9

Q. How do these verses change the way we face difficulty?

### **What is our response?**

Read Acts 16.30-31

Read Matthew 16.24

### **What is the result?**

Read Romans 8:1

Read Romans 8:35-39

The better we know God, the better equipped we will be to face difficulty.

Q. The sermon mentioned God being like a lighthouse in a storm. Why do we need something outside of ourselves to make it through struggles?

*When we struggle through life's issues, our understanding of God and relationship with him, provide comfort and clarity.*

Q. What is God saying to you through this study?

Q. How will this affect the way you approach difficulty?

Q. How can this group help?

## **Living It Out Application:**

## **Prayer:**

**Prayer** (Consider breaking up into small groups of 3 or 4, as couples, or as just men and just women)

We should pray that as individuals and as the church we understand that there will be struggles, but we can have confidence in the outcome and live life differently.

Are there any specific things we need to pray about or needs to focus on?

We should pray that as individuals and as the church that we could follow Jesus' example and show the world that God loves them.

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