

Week 36– Questions to Consider

Psalms 105 ~ Psalm 106 ~ Psalm 107 ~ Proverbs 22:1-16

Small Group Warm Up Question:

What are some tips you would share with a new Christian about studying the Bible?

1. What does it mean to “seek” after the Lord’s presence and strength? How can we practically do that? What obstacles will we face when we “seek the Lord”? (Psalm 105:4)
 2. What is one of your favorite Bible stories, miracles, or truths? Why? (Psalm 105:5) Why do you think God highlights some of the specific Bible stories that He does in Psalm 105 (Abraham, Joseph, Moses, the Exodus)? How do you these reminders correct or encourage you?
 3. Psalm 106 contains a lengthy confession of their ancestors’ “corporate” sins (v.6-7, 13-40). How is the remembrance and confession of group/corporate sin (sins of a nation, people, or family) important? Why do we not usually practice such confession? When should confess “corporate” sins alongside our usual confession of individual sin?
 4. What are some of the descriptions in Psalm 106 of the Lord’s responses to sin? (Psalm 106:8-11,15,17-18, 23, 26-27, 44-46) How do these responses of the Lord instruct us? What reasons are given for the times the Lord was merciful to Israel? When have you experienced the Lord’s discipline in a life-altering way? When did the Lord show you undeserved mercy?
 5. Psalm 107 begins with a focus on gratitude. Why is it so easy for us to forget to be grateful? What habits have you developed to cultivate a more regular attitude of gratitude in your life?
 6. How have you experienced contentment and satisfaction of your soul since you were born again as a Christian? What was your life like spiritually before your salvation? (Psalm 107:9)
 7. Why is sin ultimately a spurning of “the counsel of the Most High” (Psalm 107:11)? How does that description of sin help reveal to us the seriousness of sin?
 8. If you could go back in time to change a past sinful choice, what might you change? What pain and suffering came out of those choices? (Psalm 107:17) How did the Lord rescue or grow you in that season? (Psalm 107:19-20)
 9. How would you define wisdom? Why do you think Psalm 107 finishes by telling us, “Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD” (Psalm 107:43)?
- More questions @ www.southfork.church/psalms-proverbs-discussion-guide

How to Cry Biblically: Psalms of Lament

Psalm 106

Psalm 106:6 “Both we and our fathers have sinned; we have committed iniquity; we have done wickedness.” (ESV)

7 *Types of Psalms*: Hymns (worship), **Lament (sorrow - individual and corporate)**, Thanksgiving (gratitude), Remembrance (praise), Confidence (trust), Wisdom (righteousness), Kingship (peace)

- www.gotquestions.org/types-of-psalms.html

Psalm 106:7 “Our fathers, when they were in Egypt, did not consider your wondrous works; they did not remember the abundance of your steadfast love, but rebelled by the sea, at the Red Sea.”

What We Do When You Lament Biblically:

7 Steps to Humbly Express Your Emotions

1. Pass Your P_____ to Jesus
2. Share Your Sadness through the Holy Spirit
3. Give Your G_____ to God the Father
4. Raise Your Regrets to God
5. Honestly Address the World’s B_____
- Suffering, Accidents, Disasters, Illness, Injustice, Evil
6. Ask Your Creator for Help
7. W_____ Genuinely in All Seasons of Life

Psalm 106:8 “Yet he saved them for his name’s sake, that he might make known his mighty power.”

What God Does When You Lament Biblically:

7 Ways God Works In Us

1. Knits Our Hearts Together in Prayer
2. Deepens Our T_____ in Him
3. Grows Our Compassion for Others
4. Provides H_____ for Our Hearts
5. Strengthens Our Souls for Spiritual Battle
6. Fuels Our E_____ for the Struggles of Life
7. Guards Our Minds from Satan’s Attacks

Psalm 106:43–45 “Many times he delivered them, but they were rebellious in their purposes and were brought low through their iniquity. Nevertheless, he looked upon their distress, when he heard their cry. For their sake he remembered his covenant, and relented according to the abundance of his steadfast love.”

Will We Cry Out to God?

- Ephesians 5:19–21 “addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.”
- 2 Corinthians 4:16–18 “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

Psalm 106:47–48 “Save us, O LORD our God, and gather us from among the nations, that we may give thanks to your holy name and glory in your praise. Blessed be the LORD, the God of Israel, from everlasting to everlasting! And let all the people say, ‘Amen!’ Praise the LORD!”

In Order to Lament We Need To...

1. Have a Saving Relationship with God: Be Born Again
 - “How Can I Become a Christian?”
 - www.spiritualwarfare.blog/saved
 - “How Can I Be Sure I am a Christian?”
 - www.spiritualwarfare.blog/examine
2. Go to God D_____.
 - Father, Son, Holy Spirit, My Lord, My Creator, My Provider, My King, My Defender, My Rock, My Strength, My Deliverer
 - Call Him by Name: www.spiritualwarfare.blog/names-of-god
3. Be Specific and Honest with Your Complaint
 - Exhausted, Discouraged, Lonely, Angry, Frustrated, Abandoned, Betrayed, Forgotten, Hopeless, Depressed, Hurting, Doubting, Struggling, Tired, Stressed, Afraid...
4. F_____ on God’s Goodness & Promises
 - Deepen Your Faith. Change Your Thinking.
 - Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

This Next Week’s Psalms & Proverbs Reading Plan:

- Week 37: Psalm 108-110 ~ Proverbs 22:17-29
- **Hope & Purpose in Jesus:** www.southfork.church/jesus
 - **Daily Verse by Text Message:** remind.com/join/sfbcdevo
 - **Our Plan:** www.southfork.church/2023-bible-reading-plan

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2. Go to God Dependently

- Father, Son, Holy Spirit, My Lord, My Creator, My Provider, My King, My Defender, My Rock, My Strength, My Deliverer
- Call Him by Name: www.spiritualwarfare.blog/names-of-god

3. Be Specific and Honest with Your Complaint

- Exhausted, Discouraged, Lonely, Angry, Frustrated, Abandoned, Betrayed, Forgotten, Hopeless, Depressed, Hurting, Doubting, Struggling, Tired, Stressed, Afraid...

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