



# Discussion Questions

## Psalm 31



What stood out to you in the podcast and/or in the reading of this Psalm?




Look up every instance of "hand" in Psalm 31. What can we commit to God's hand? What IS in His hand? Whose hand will he deliver us from?




What are some of the emotions David feels in this Psalm? Can you relate to any of these?


In this hardship, David is tempted to look at his circumstances and despair. What truths does he confess to refocus him in these times? What are we tempted to turn to in our overwhelming circumstances?



Do you pour out your pain to the Lord, like David, or are you tempted to keep it inside? When have you noticed trials impact you physically? Emotionally? Spiritually?



Why is it important to focus on God's steadfast love through trials? How can this encourage us to "be strong," "take courage," and "wait for the Lord"?



What truths in this Psalm encourage your heart? Which truths challenge you?

