

# Life Application Questions

## Psalm 56: The Song of Struggle

Psalm 56

### Scratching The Surface

Psalm 56 and the next four Psalms are “Miktams”, written from a place of pain and suffering.

- How does the world tell us that we should respond to trouble?
- What do think about the concept that the basic experience of the Christian life is to trust God through trouble?

### The Heart Of The Matter

- What do you think it means to trust God during times of struggle?
- How do we process the disappointment we often feel when God doesn't bring us the rescue we want or think we need?
- How does our relationship with Jesus bring us comfort during times of struggle and trial?

### Digging Deeper

Can you think of other examples of characters in the Bible who dealt with particular struggles? How did they deal with it and what enabled them to trust God in the end?

A few examples of characters you may wish to explore could include:

- Abraham (Genesis 12 and 15)
- Jonah (Jonah 1-2)
- Jesus in Gethsemane (Matthew 26: 36-39)
- Paul (2 Corinthians 11:16 to 12:10)

If you feel able to share, what struggles are you currently going through?

As a group, pray for each other to experience God's rescue / breakthrough, and to know his faithfulness despite the situation. It would also be a great opportunity to ask God for words for encouragement for each other – verse 4 and 10 exhort us to 'praise God's word' - words have power, and speaking the word of God over each other is one way to turn fear into faith.