

## Who's on your side? Psalm 56

### INTRODUCTION

In a tight spot? If you're not, you have been or certainly will be one day! Ill health, employment, family, finances and an entire list of other challenges show up rob us of peace and joy. David details his own journey and how his faith encourages him along the way. Grab your Bible, your small group and dive in!

### DISCUSSION QUESTIONS

1. Describe someone you know who has a phobia. What's the strangest phobia you've heard of?
2. How is fear different than a phobia? What things cause you to fret or worry?
3. Read I Samuel 21 and Psalm 56 together. What things are causing David to fear?
4. Repetition means something. What is repeated in this psalm? Why is it important?
5. When David asks, "what can man do to me?" he seems to be downplaying it. But this is what most of us fear. Reconcile this.
6. What do verses 8-9 do for you as you read them? What feelings and thoughts are prompted?
7. What is the connection between fear and trust? How can you model David when he says, "When I am afraid, I will trust in you?"
8. Read and reread Psalm 130 for next week.

### THINK ABOUT IT

When a father picks up his little daughter and tosses her all around in the air, she laughs and enjoys it, for she trusts has faith in her father. Even though she finds herself in unusual situations, like being up side down four feet above the floor with nothing supporting her (normally an uncomfortable circumstance), she does not fear, for she trusts her father. That is the sort of faith we should have toward our heavenly Father.