



# LIFE GROUPS

**THIS IS MY BIBLE**  
**Part 3: Mood Swings**  
**The Book of Psalms**  
**Life Group Questions**

## **GETTING STARTED**

1. Discuss with your group your favorite band/song.
2. What was your first or favorite concert?
3. Music has a way of speaking to us unlike anything else. Discuss your favorite worship song and why it's important to you.
4. Everyone has a favorite Psalm. Discuss your favorite.

## **DIGGING DEEPER**

Psalms, the poetic book of the Bible, can sometimes be challenging to understand. Who wrote the psalms and why? Oftentimes they're simply considered a random collection of ancient poems in the Old Testament. Yet the psalms are not a random collection but an intentionally organized testimony of a faithful God who hears all who cry out to Him in praise or pain, wisdom or confusion, confidence or doubt. The story told through this anthology is not only about past movements of God in Israel. It also offers future promises about where all of creation is headed—toward a new reality where we dwell with God, and He with us, forever.

1. Discuss which portion of the Sunday message spoke to you the most.
2. Have you ever noticed that the book of Psalms is broken into five books? Why is that important?

3. How do the Psalms guide our prayers and expressions of worship? What can we learn from the psalmists about how to approach God in prayer and praise?
4. Many Psalms express feelings of distress, anguish, and uncertainty. How do the psalmists navigate difficult circumstances, and what lessons can we learn from their responses to adversity?
5. In Psalm 2, the author writes about God as the true King. How is this encouraging for our lives today?
6. In Psalm 6, David cries out in pain and lament. How might David's honesty with God open the door for us to be honest with God?
7. Read Psalm 103. Why is it so important to take time to reflect on the goodness of God even in the midst of trouble?
8. Read Psalm 32 and Psalm 51. Why is confession so important? What other verses in the Bible teach us about the importance of confession?
9. Read Psalm 150. How are we to praise God?

### **APPLYING THE MESSAGE**

1. If you have never incorporated singing or music into your devotional time, try it this week.
2. Memorize Psalm 1 and read it to your children this week. Memorize it with your spouse or as a family.