



SERMON DISCUSSION GUIDE

"Set Us Free from Our Prison"

Psalm 142

Record your insights & observations from this week's sermon.

SERMON NOTES

GROUP DISCUSSION QUESTIONS

- 1) Read *1 Samuel 20:1-22:5*. Why did David hide in a cave? What was going on?
- 2) Read *Psalms 142; Psalm 57*. David wrote these two Psalms while he was in a cave. How have you felt like being in a cave this past year in dealing with COVID-19?
- 3) Read *Psalms 142:1-2*. David cried out to the LORD. While isolated in a cave he took the time to lament. How have you lamented this past year?
- 4) Read *Psalms 142:3-4*. David was overwhelmed and isolated. How have you been overwhelmed this year? How have you experienced isolation?
- 5) Read *Psalms 142:5-7; Psalm 16:5; 73:26; 119:57*. David turned to the Lord, and he described God as his portion. What did he mean by this?
- 6) What good things have come out of this pandemic? What have you learned through this season?

FOR YOUR FAMILY

- 1) Memorize *Psalms 57:1*- "*Have mercy on me, O God, have mercy on me, for in You my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.*"
- 2) Read *Psalms 142:1-4*. Discuss with your family why David was hiding in a cave. Talk about what he did while in isolation, and discuss how this relates to our dealing with COVID-19 today.
- 3) Read *Psalms 142:5-7*. Even though David was isolated and discouraged, he still displayed a great confidence in the Lord. How has your faith been stretched and challenged in these pandemic days? Discuss with your family.