



JULY 13-18, 2020
SESSION 4: PSALM 119:49-64

HOMEWORK (one hour of your choice)

OPENING THOUGHTS

Describe a time when you found the courage to face something difficult or scary because of the assurance of someone with you.

(a parent teaching you to swim, helping you ride a bike, learning to drive, etc.)

***Why did you believe in their assurance?
What made them trustworthy to you?***

How did their encouragement give you the courage to take that risk?

Throughout life, there will be times when we will face difficulty. During those seasons, it may even be difficult to see God in the midst of the pain. When those times come, we can find great comfort in the assured promises of God, which is where we want to focus our time today.

READ

Psalm 119:49-64

WATCH

Session 4 Video (12:30 minutes)

ANSWER

(DISCUSSION PREP)

We live in a Genesis 3 world, which is to say we live in a broken world. Life does not function the way God intended from the beginning and because of that we experience suffering.

Matt explained that three causes for suffering are ... 1) the fallenness of our world, 2) the sin of others, and 3) our own sin.

How have you experienced suffering in your own life?

How do you tend to respond to suffering? What do you turn to for comfort and support?

As we know from Psalm 119, David was experiencing oppression and slander from those around him. He suffered like the rest of us and wrote about where he turned for comfort and support, which is important for us because his answers are true for us today as well.

Verse 50, Matt first pointed out that we find comfort in the promises of God.

When you hear that phrase—the promises of God—what comes to mind?

What are some biblical promises that stand out to you? Why?

How should the promises of God reshape the way you respond to times of suffering?

Matt described the promises of God as a “warm blanket for a weary soul.” During his journey through chemotherapy, he focused on biblical promises as light in his darkness. They continually remind us of the future that awaits us, but they are not the only source David describes as offering comfort.

What did Matt identify as a second source of comfort from verse 57?

(The nearness or presence of God)

One of the lies we often believe is that giving our lives to Jesus will lead to a comfortable life. Yet, nearly every book of the New Testament promises that those who follow Christ will experience suffering. As Matt said, the true gift of our faith in Jesus is that we get God and He is enough regardless of life’s circumstances.

How have you found God’s presence to be a sufficient “portion” in difficult times?

If God Himself is our portion, then so are all of His attributes, which is where David turns in verse 58 by asking that the Lord extend to him favour and grace. In the same way, those who are in Christ enjoy not only the presence of God, but also His character, especially that of His grace.

How would you define grace?

As Matt explained, through faith in Christ we are reconciled to God by His grace. Our salvation is not dependent on our own works, but upon the grace of God extended to us in Christ. His grace is unchanging, constant, and redefines all that we experience in life.

What should change about our view of suffering as recipients of God’s grace?

(God does not intend suffering for our punishment, but allows it in the same way that a surgeon wounds for the sake of removing what would ultimately harm us.)



With God as our portion, we enjoy His constant presence, His grace, and His testimonies, but we also receive the invitation to approach Him at any time. In fact, He tells us to come to Him with our needs for He is willing and ready to provide. David points out two crucial provisions in verses 62–63, the first of which is that God is always available to us even in the dark hours of the night.

How should the truth of God's constant availability encourage us in times of darkness?

Jesus says in Matthew 11:28, “Come to me, all who labor and are heavy laden, and I will give you rest.”

In the weeks ahead, what can you do to be more proactive about running to God in times of weakness, failure, and suffering?

In addition to the nearness of God, David also touches on God's provision of companions who will walk alongside us. Look back at verse 63.

How have you found the companionship of other believers to be a comfort to you in difficult periods of life?

Who could you invite into your life to help you carry whatever pain and loss you may be experiencing?

LIVE IT OUT

Pray: Whatever pain or struggle you are feeling today, spend some time each day this week confessing it to God and asking for Him to meet you in your need.

Resolve: Whether you are in a season of struggle or one of comfort, resolve to face times of difficulty with confidence that God is at work in the mess.

Memorize: Select 2–3 of the biblical promises mentioned in the session and devote those passages to memory. Ask that God would comfort you with them in times of trial.

Encourage: If you know someone who is struggling, reach out to them and encourage them with the promises of God. Schedule a time to get coffee or take them to lunch and be intentional about offering them refreshment through the truth of Christ.

Invite: Be proactive about seeking community this week. Invite trusted believers into whatever pain, hurt, or doubt you are experiencing and allow them to help you bear that burden.

GROUP MEETING

Zoom (Saturday, July 18, 9-10pm)

