

GROWTH GROUP

Study Guide

Psalm 119:25-32 – Feeling Blue? Take a Run!

My Story

1. What is one of the saddest TV shows or movies you've ever watched?

Digging Deeper

2. What are some passages of Scripture which God has used to "revive" you over the years (v.25)? How did those verses help you?
3. Why is it sometimes hard to be honest with God (and ourselves) about our sin (vv.26+29)? Why is it futile to try to hide it from God?

4. Read Psalm 13. Writing from the depths of despair, how does David turn things around by the end of the chapter? How does this parallel Ps. 119:25-32?

Reflection

5. What are some coping mechanisms people use (good or bad) to deal with discouragement and depression? How can we strive to make the "good" choices?
6. What are some ways we can seek to encourage others who are struggling with discouragement and depression?

SERMON NOTES

Psalm 119:25-32 – Feeling Blue? Take a Run!

Taking the Next Step

Place a note in your Bible to read the next time you are feeling down or depressed. In that note, invite yourself to reflect on one of the following chapters in Psalms: 34; 37; or 42. Ask God to help you remember His provision in times of difficulty.

Praises / Prayer Requests

→

→

→

→

→

→

→