

# GROWTH GROUP

## Study Guide

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Psalm 119:81-88 – Hanging On  
When You're at the End of Your Rope

### My Story

1. What has been the longest/greatest test of physical endurance you've ever completed?

### Digging Deeper

2. We see the psalmist's suffering in this section of Psa. 119. Why does God allow His people to suffer persecution & affliction? Consider Matt. 5:3-13 in your answer.
3. What things helped or were a part of the psalmist's perseverance in vv.81-88? How do these help or encourage our perseverance?

4. What are some practical steps we can take to persevere in obedience to God (vv.87-88)? List some passages of Scripture which encourage our perseverance.

### Reflection

5. What has helped you to hang on when you've felt like you were at the end of your rope?
6. Where do you need God's help to persevere in your life right now? How can your group pray for you?

# SERMON NOTES

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## Taking the Next Step

God wants us to persevere. One of the helps He has provided for us is the support of one another in the Body of Christ. Read Ecclesiastes 4:9-12 this week. Who might you look to for help in persevering?

## Praises / Prayer Requests

