Day N Night

Flatirons Students // March 14th

Psalms 42

Icebreaker:
What is one thing you hate waiting for?

Scripture: Psalm 42:7–11

Discussion:
1. What's one thing that stuck out to you from the message?

2. What does "healing is not linear" mean? Why is this encouraging?

3. What "external" struggles does David talk about in these verses? Are you facing any "external" circumstances that are making life feel extra heavy?

4. What is the purpose of waiting? How can we trust God in seasons of waiting?

5. What steps are you going to take once this series is over? How are you going to find help? How can you best support people who are walking through this?