

**Sermon Discussion Questions, January 29, 2012**  
*Finding Ultimate Contentment in Christ- A Series in the Psalms – Week Nine*

***Morning Prayer after a Dark Night***

*How to deal with the crushing pain of rejection-Psalm 3:1-8*

Introduction: When surrounded by foes, who should be friends, David did three things: he placed his total trust in God and he prayed. But he also made appropriate plans for the future.

***PROBLEM*** – Sometimes we can be in pain because fellow Christians rise up against us. Psalm 3:1-2 and superscription

1. Have you experienced a time when a fellow Christian was against you? What emotions did you encounter as a result of the situation? What lessons did you learn?
2. Why do you think honesty before God is important during painful times?

***FIRST RESPONSE*** – When enemies rise up we rest in God. Psalm 3:3-6

3. What are ways you can meditate on God when you face a dark season in life?

***SECOND RESPONSE*** – When enemies rise up we pray to God, but we don't neglect wise planning. Psalm 3:7-8

4. Think of biblical examples where God's leaders planned wisely. What do you learn from their example?
5. Why is it important to maintain your prayer life while you are facing a painful time?
6. Why do you think God asks us to pray and plan when we are struggling? What do you learn about the Lord in this Psalm? What attributes are most evident?