

When...

People Hurt Me
Psalm 4

Launch

Have you made plans for the Super Bowl? How could we use a Super Bowl party to engage with people in our oikos?

Explore

Read Psalm 4

Re-read verse 4. How is it possible to be angry without sinning? Do you think David is addressing other people or himself? What are the implications of each scenario?

David's honor was insulted, yet what does he experience? What words does he use to describe the state of his soul?

What does this Psalm tell us about David's relationship with God?

Apply

How would you answer if a person were to ask you, "What is Psalm 4 about?"

People were trying to damage David's reputation. Has this ever happened to you? How did you handle it?

David mentions freedom, joy, and peace. Which of these do you need most right now?

Pray

Pray for anyone in the group that is experiencing the effects of being hurt by other people. Personalize the words of this Psalm for their specific situation.