Strong Tower Bible Study

Agenda

Lesson 35

Time 6:00pm -7:30pm

Topic: Healing for our Hurts

Welcome

Opening Prayer:

Scripture text: Psalm 6:1-10

1 Lord, do not rebuke me in your anger
or discipline me in your wrath.
2 Have mercy on me, Lord, for I am faint;
heal me, Lord, for my bones are in agony.
3 My soul is in deep anguish.
How long, Lord, how long?

4 Turn, Lord, and deliver me;
save me because of your unfailing love.
5 Among the dead no one proclaims your name.
Who praises you from the grave?

6 I am worn out from my groaning.

All night long I flood my bed with weeping

and drench my couch with tears.

7 My eyes grow weak with sorrow;

they fail because of all my foes.

8 Away from me, all you who do evil,

for the Lord has heard my weeping.

9 The Lord has heard my cry for mercy;

the Lord accepts my prayer.

10 All my enemies will be overwhelmed with shame and anguish;

they will turn back and suddenly be put to shame.

Things to know:

-God does not want us to be trapped by hurts that we have suffered

-Unhealed hurts can lead to various symptoms (physical pain, emotional pain, and spiritual distortion)

-Knowing the savior will restore (peace, trust, and love) in a person's life

-Those who are wounded tend to lash out at others.

-David expressed his hurting heart to God the Father

New Vocabulary: Iniquity: moral perversion, corruption, lawlessness, being without God's Law

Discussion Questions:

1. Do you believe there was a reason behind the pain you have experienced in life? If yes, do you think God was upset with you for being upset with Him? Vs 1
2. How deep was the Psalmists' distress? Vs 2-3
3. Why do you think the Psalmist asked the Lord to "Return" what did David think? Vs 4
4. What was the Psalmist really saying to God in Vs 5?
5. How can you relate to verses 6-7?
6. Do you know how it feels to have an enemy?
7. Who are the workers of iniquity? Can you think of any?
8. How did David warn the workers of iniquity around him? Verse 8
9. What has David claimed to be true? Vs 9-10
10. How has the Lord vindicated you in the past?

Faith in Action:

-Set an alarm to pray at 12:00pm noon

-Call another brother or sister this week to pray with

-Reach out to a young person and share an encouraging word

- Seeking God in pain – turning to Him for comfort and strength.
- Trusting His presence – knowing He is near when we are broken.
- Resting in His care – letting Him take the weight of our burdens.

- Looking forward to His promises – believing in His plan for hope and renewal.

Challenge of the Week:

Refrain from complaining - Sing instead

Refrain from repeating the same offense -Repent for non-forgiveness

Refrain from negative self-talk-Claim the Truth of who God says you are (you are loved, fearfully and wonderfully made, Royal,)

Scripture Application:

Psalm 147:3- Have you experienced this healing? Share your testimony with someone

Psalm 62:8- How can we pour our heart out to God?

1 Peter 5:7- Practice, Practice, Practice

Closing Prayer: