

# *Session 1: If God Had a Playlist*

## **A Psalm for Every Situation**

We sometimes feel like we need to curate our emotions when we talk to God. But God wants us to come to him honestly, no matter what we are feeling or going through. Join Bible teacher Lisa Harper as she teaches from the book of Psalms, looking at the variety of circumstances faced by followers of God. In this eight-session series, we learn how to find comfort in any situation based on this songbook of the people of God.

Every session has a point—what each participant should walk away from the discussion knowing, feeling, and doing.

**Main Idea:** The Psalms invite us to receive the love of God as we express to him the full range of our emotions.

**Head Change:** To know that we can avoid filtering our emotions before God.

**Heart Change:** To feel liberated from projecting filtered emotions before God.

**Life Change:** To receive God's love as we read the real-life responses of God's people in the Psalms.

Pay attention to Lisa Harper's teaching. As you watch, pay attention to how she answers the following questions.

**What are the major genres found in the Psalms?**

**Who are the identifiable authors of the Psalms?**

**What hope do the Psalms provide when we face challenges in our lives?**

## Collective Girl Talk

#1 What does it mean to lament? How is lament different from despair or complaining?

#2 When in your life have you been most joyful, most discouraged and how have you invite God into the emotions you experienced?

#3 Is your initial response to life's circumstances directed towards God or directed towards people?

#4 What would it look like if you vented your frustrations to God? How would you do that?

#5 What has been your experience memorizing Scripture? How could memorizing psalms help you as we encounter different life events?

