

Leader Notes – Lesson 3 – “Nobody Knows the Trouble I’ve Seen” Psalm 142 & 143

PLEASE DON'T READ THESE NOTES UNTIL YOU HAVE COMPLETED YOUR LESSON.
YOU WILL ROB YOURSELF OF THE JOY OF DISCOVERY!

These are some comments, etc. on the lesson.
Don't try to include everything and you may not need to use any of the below!
I make these comments to clarify and give some additional thoughts and suggestions.

**In case you don't have time to discuss all the questions,
be sure to ask your group which questions
they want to make sure they get to.**

As a facilitator, you might want to read, for background, about the story of David and Saul in 1 Samuel 18-24.

BACKGROUND:

You can summarize the story of David (or have someone else do it) and see if there are any questions.

Have someone read the last paragraph of the Background information that explains a Psalm of Lament.

DISCUSSION STARTER:

This is a good discussion starter! Don't let it go too long!

Have someone **pray** and ask God to give understanding and to see wonderful truths from His Word.

Read the scripture out loud:

Since this is poetry, you might consider reading the scripture with this pattern:

Psalm 142

Reader A: Odd verses

Reader B: Even verses

Psalm 143

Reader A: 1-6

Reader B: 7-12

Question # 3

Have different ones share titles and or favorite verses

Question # 4

See how many similarities your group found

Question # 6

From these Psalms we know David is in trouble, he's being pursued by enemies, he's desperate, alone and trapped.

1 Samuel 18-24 is good background material for these Psalms. If you need to, fill in your group on the story of Saul and David.

♥ We may not all come running to God like David did when we feel overwhelmed. Find out from your group what people do when they feel overwhelmed.

David was feeling isolated and alone. How does it help to have a friend when going through a hard time?

Question # 7

As your group mentions David's emotions, notice how the different Bible versions describe these emotions.

♥ First and second heart questions really go together. What is the benefit of "pouring out our heart" and expressing how you feel? Let your group talk about what God might be feeling when we pour out our heart.

♥ Ask if anyone ever felt like David did? What were the circumstances?

Question # 8

What is the value of telling God exactly what you want him to do? Can anyone in your group think of scripture that gives us permission to do this? Is God offended by this?

♥ Encourage discussion of the heart questions. Have someone read Mark 14:32-36. Jesus told God what he wanted, but he also said, "Not my will, but yours be done." This is a great example for us.

Why is it important to add, "Your will be done?" Why is it a good idea not to insist on something to be done our way?

Is "your will be done" the same as "if it be your will?"

Question # 9

Add 142:7 to the list of verses to look at for this questions.

Have your group answer the question this way:

God, help me because:

- You know which way I should go
- I'm desperate and my enemies are too strong for me
- it will be a good reflection on you
- Etc.

♥ God is never offended when we "build a case" with him, especially if we remind him of his own promises from the Bible. **"God loves to be taken at his word."**

Question # 10

David was not proud or arrogant as he pushed God for answers. He was very aware of his dependence on God and his humble standing before God. He admits he doesn't deserve God's mercy and that he needs God. He calls himself God's servant.

Question # 11

David was confident that God would answer because he **knew** God. You have to KNOW God before you can TRUST God. David reminds God of who God is.

♥ How can we be more confident? 1) Get to know God. 2) Find out what his promises are. 3) Believe his promises. **GOD LOVES TO BE TAKEN AT HIS WORD.**

Ask your group: If someone you don't know well says, "Trust me . . .", What would it take in order for you to trust that person? Whatever their answers are, it is probably the same thing they would have to do with God in order to trust him.

Question # 12

David tells God what he will do when God comes through for him. He reminds God how answering his prayers will bring glory to God's name. He let's God know that he expects God will answer.

♥ If you are asking God for something, make celebration plans for when you receive the answer! Tell god what you will do. Plan how you will give God the credit. Imagine what you will feel like! Let God know you expect he will answer you!

Question # 13

Remembering God's faithfulness in the past helps us trust him in the present situation.

♥ Have some in your group share how God was faithful to them in a past situation. How does that encourage us now?

Question # 14

Complaining to God is never harmful. Complaining to God is prayer. God can take what we have to say. Complaining to others can be harmful and unhelpful.