Notes for Leaders: Hey Group Leaders! Thank you so much for leading your groups this week. We’ll be praying that God is able to help you lead your group well to learn to confess well and experience God’s power. The purpose of the guide is to help you lead the discussion. Let the Holy Spirit lead the discussion where it needs to go, don’t feel you need to force anything. But let the conversation flow naturally.

ICE BREAKER

[Q] What songs come to mind about making mistakes? Does listening to these songs make you feel better or worse?

SERMON REVIEW

[Q] What in the message did you resonate with, agree with or disagree with?

[Q] Pastor Nithin talked about how we can be the source of the crashes in our lives. Have you ever crashed in life? How did you respond to it?

[Q] David wrote Psalm 51 in response to his sin with Bathsheba and Uriah. How have you responded to sin in your life? Have you covered it up as David did at first? Or do you take it straight to God?

[Q] Do you have a hard time acknowledging or admitting your sin? Or is it easier to simply justify it.

[Q] Who is your Nathan? Who feels safe enough to call you out on your sin or failings?

[Q] How is saying “I’m sorry” different from repentance? Why can repentance seem much harder?

[Q] What sin do you need to take ownership of? Do you need to stop blaming anyone?
APPLY THE BIBLE

Today we’ll be exploring Psalm 6. This is also in the same genre as Psalm 51. Have your group read through Psalm 6 together.

King David wrote 7 Psalms that are known as the penitential Psalms. These Psalms are prayers of confession and apology. They were popular throughout the history of the church for worship. They are Psalm 6, 32, 38, 51, 102, 130, & 143. Today we’ll be looking at Psalm 6. In your study, you’ll be exploring how even when we fail or at fault, God promises to be with us and not leave us nor forsake us. Read Psalm 6.

Observation Questions

[Q] What is David’s emotional condition? spiritual condition? physical condition? David describes his emotions in vivid detail. He has been crying for several days, he experiencing sorrow and is weak. David could be describing depression. Spiritually it seems like there is a rift between him and God. David feels like God is angry with him. Physically David seems to be in pain. The word for soul in Hebrew can also mean life, so his life is in anguish. Not only that, but he also says that his bones are in agony. Some scholars say that David could be struggling with a physical illness. David is describing being in pain on several different fronts.

[Q] What group of people are giving David so much anxiety and grief? David is saying that his enemies are causing him all of this anxiety and grief. The Psalm does not tell us the nature of these enemies. They could be a foreign power, the people in his kingdom seeking his death or spiritual enemies.

[Q] Why is David appealing to God? David appeals to God’s unfailing love. The Hebrew word Chesed means the loyal, covenant love of God. This is the kind of love that God will never take away, never leave His people and will champion them and fight for them no matter what. God is the God of Israel, and He is a God of complete loyalty. So he goes to God first.

[Q] What is David’s relationship with God like right now? David indicates that God is angry with him. David feels that God is the cause of his pain and illness.

Interpretation Questions

[Q] What do you think makes God angry? Throughout scripture, we see that God expresses emotion. Even emotions such as anger. God gets angry at many things throughout the Bible. He gets angry at sin (Isaiah 30: 27-28), He gets angry at nations and individuals (Psalm 88:16) who exploit the poor (Psalm 94:7), and oppress the needy (Psalm 12:5). God even lays out the sins that He hates (Proverbs 6:16-19).

[Q] Do you think there is a difference between wrath and anger? Anger and wrath are similar, but different depending on whether it is used by God or by man. The Holman Bible Dictionary gives this
definition of the wrath of God “It is the emotional response to perceived wrong and injustice. Both humans and God express wrath. When used of God, wrath refers to His absolute opposition to sin and evil.” Only God can use wrath justly, it is His Divine justice against evil and sins invasion of culture and society. Wrath is focused on judgment, but anger is an emotion that we express, both justly and unjustly.

**[Q]** At what period of time in David’s life do you think he wrote this Psalm? Scholars do not give us a specific time in David’s life that this Psalm was written. He could have written it out of the guilt he felt for what he did to Bathsheba and the murder of Uriah (2 Samuel 11-13). Or when his son Absolom killed his son Amnon (2 Samuel 13: 23-38) because Amnon raped Absolom’s sister (Amnon’s half-sister) Tamar (2 Samuel 13). What we learn that no matter the situation, David was in a place of deep pain and suffering. Where he was fighting off enemies on the outside and on the inside.

**[Q]** What is the significance of David saying, “No one remembers you when he is dead. Who praises you from the grave?” In David’s desperation, he is bargaining with God. He’s reminding God that from the dead there can be no praise. The incentive for God to save David is that David will worship God with abandon. In the Psalms, we frequently see bargaining taking place between the Psalmist and God. They think that if they can convince God to save them they will be able to praise him. The Psalmists, however, continue to praise and seek God no matter what.

**[Q]** What do you think is the reason why David suddenly changes his tune from vs. 7 to verse 8? This is a common form in these types of Psalms. The penitent Psalms have a lot in common with Psalms of lament. They usually end with confident trust in God. This is because the Psalmist always goes back to the character of God. David mentioned God’s, unfailing love. This love is what David puts his trust in. He knows that God is good and trustworthy even if God is angry with David. God’s love and mercy are bountiful.

**[Q]** What do we learn about God’s mercy in this passage? The Holman Bible Dictionary defines mercy as follows: “In both the OT and NT mercy is an action taken by the strong towards the weak, the rich towards the poor, the insider towards the outsider, those who have towards those who have not.”

In Lamentations, it says that God’s mercy is renewed every morning (Lamentations 3: 22-23). God is ready and willing to extend mercy to his people. David knows that this is God’s nature and is readily pursuing it. Even when it seems God is angry with David...he is still willing to ask for mercy in his weakness.

**[Q]** Can God both love us unconditionally and be mad at us? How does that work? Throughout Scripture, we see God has the capacity for wrath and love. These are two sides of the same coin. With His love, He invites us into a relationship with Him, forgives our sin, and prepares us to do good works. With His wrath, He punishes evil, judges injustice and makes wrong things right. God often shows His love for His people, but also His anger and frustration towards them. Anger does not mean that God does not love them, rather it is the opposite. The opposite of love is not anger...rather it is apathy. God is not apathetic, rather extremely zealous toward His people and has no problem expressing anger while also offering love and a way forward. Many parents know this reality, that they can unconditionally love their children even if they are angry with them because of a behavior or attitude.
Application Questions

[Q] Do the things that make God mad make you mad? Why or why not? With your group, try to make a specific list of the things that make God mad (lying, gossip, slander, unforgiveness, injustice). And ask if we are really angry at all of the things that make God angry. Or are there some things that make us angrier than others (we may get angry at human trafficking, but feel nothing toward gossip). If all sin offends God, why do only certain ones offend us?

[Q] Are there any situations in your life or the lives of those around you where you “grow weak with sorrow”? Take a moment to see what is going on in the lives of those in your group. David had no problem being vulnerable to God, so follow his example. Leaders go first, you may have to take the initiative with your group and share your own concerns before the group will open up. Remember these situations when you take time to pray with your group later.

[Q] Do you have any enemies that are causing you grief? Maybe not literal enemies but situations that seem like they are out to get you? Let your group share any areas of conflict they may be experiencing or going through. David gives us an example of how to handle difficult people, situations and problems in our lives.

[Q] Where do you need to receive God’s mercy in your life? God’s mercy is something that He desires to give us, but we don’t normally ask for it. Help your group share areas where they are struggling. They may be struggling with finding a job, parenting their kids or in their health. Pray for God’s mercy to come upon that situation.

[Q] Why can you be confident that God has heard your prayer? Just like David put his confidence in the love of God, we can put our confidence in Christ. Because of Jesus’ death on the cross and His forgiveness we can now pray knowing fully that God is able to listen to our prayers. We can even have greater confidence in our prayers when we pray according to God’s Will. When we pray God’s will the answer is always YES!

In this study, we will end with these questions for your group. These questions will help your group start to apply the Psalms into their daily lives. As leaders, take a moment to dig into these questions. You don’t have to do them each week, but you can recommend that they ask these questions in their own personal time with God.

Tim and Kathy Keller wrote an incredible devotional on the Psalms called The Songs of Jesus. There is one year of daily devotionals on all of the Psalms. After each reading, the Kellers invite us to reflect on the following questions. Share with the group what you are learning

[Q] What did you learn about God for which you could praise or thank him?

[Q] What did you learn about yourself for which you could repent?

[Q] What did you learn about life that you could aspire to, ask for, and act on?
BEAR BURDENS

What were the situations that made you weak with sorrow like David? Take time now to pray for those things. To pray for one another.

CHANCE TO SERVE

Has your group served together yet? Take time to look at the serving opportunities at your campus on liquidchurch.com/serve.

DIGGING DEEPER

Check out this video from Dr. Bryan Widbin on how we can find Jesus in the Psalms. This will give you some context in how we can see Jesus in the Psalms.

In this section, we’ll be looking at a few of the royal Psalms which are about the king. Here, we’ll see how Jesus fulfills those Psalms.

All of Scripture points to Jesus. But where is Jesus in the Psalms? There is actually a category of Psalms that points forward to Jesus. These Psalms are called Royal Psalms. These were songs that were written or sung during royal events where the king is at the center. This would be similar to the inauguration of the President or any other special events with heads of state. There are 11 of these types of Psalms. They are Psalms 2; 18; 20; 21; 45; 72; 89; 101; 110; 132; 144:1-11.

In our time of going deeper, let’s look at 2 of these Psalms and see if we can discover Jesus. Read Psalm 2 in your groups together.

[Q] Describe how you think this Psalm is referring to Jesus? In vs. 6 it says that God has installed a king on His holy mountain. In vs. 7 He declares that He is His Son. He rules over all the nations and the kings of the earth must be in line and fear Him.

[Q] What do these passages teach us about Jesus that we may not see in the gospels? These Psalms talk about the kingship of Jesus. Jesus came in the gospels as the Savior of the world, but when He returns He will come as ruler and king. The Psalms describe Jesus as king and ruler. That as King, the rulers of the world should fear Him because He is all-powerful, and the almighty protector of His people.

[Q] How is Jesus mentioned in this Psalm? One of the names of Jesus is the anointed one. The anointed one is assured of victory against any and all enemies.

[Q] Even though Jesus may not be mentioned by name, His Divine qualities are mentioned that will lead any careful reader of Scripture to see Jesus in the Psalm. What are some of those qualities that we read in this Scripture? God answers His prayer. God gives Him the victory. He fully and completely trusts in the name of God. He will answer when we call on Him. These qualities are like bread crumbs that lead us to see Jesus in the Old Testament.

[Q] From reading this Psalm, how is Jesus challenging you to trust in Him? What situations do you need to look to Him, not your circumstances? As you lead your group discussion, help your group understand that they can surrender their struggles to Jesus. And through surrender discover the victory that Jesus promises them. They can embrace it and find hope and healing because Jesus is the victorious King who in the end will overcome all sin, evil and injustice in our lives and in the world at large.