

ChristChurch London Life Group Discussion Outline - 18/3/07
How to cope with a crisis
David Stroud

Psalm 4

This Psalm was most likely written whilst David was on the run from Absalom. You can read the story in 2 Samuel 15:1-17, 16:15-23, 18

1. How comfortable are you with expressing your emotions to God (v1,2)? When is this appropriate (note for the discussion leader: David started his time talking to God like this but ended in a position of trust and confidence)? To what degree is has this been helpful in your life?
2. Managing your anger (v4): give some examples, from personal experience, of times when members of the group have had “righteous” anger.

What is the difference between righteous and unrighteous anger?
What can we do to ensure that we do not “let the sun go down while you are still angry”? (Eph 4:26)

3. Learn some lessons through this (v4). Why is it so hard to “search your heart” and reflect on how you are doing in the middle of a crisis? How can we overcome these challenges?

What are the greatest character challenges you face when you are under pressure?

4. Receive joy and peace (v7,8): recount a time when you have experienced supernatural strengthening of God’s peace or joy. How can we enjoy more of these sorts of experiences, as David did?
5. Take some time to pray with members of the group who are facing difficult situations or who still feel the impact of previous difficulties.