

GROUP DISCUSSION GUIDE

PRAY TOGETHER

Ask someone in your group to open us in prayer.

OPEN DISCUSSION

Reflect on a time when you overslept and missed something important. What led up to that moment and what did the experience reveal about how you respond to pressure or unexpected setbacks?

READ SCRIPTURE

Psalms 55: 1-23

DIG DEEPER

1) In moments when life feels like it's a 'dumpster fire', what do you notice about your reactions?

2) Life's challenges tend to surface two common responses: confrontation vs. avoidance. Do you find yourself more inclined to confront challenges directly, or to withdraw and 'fly away' when life feels overwhelming, and why?

3) Betrayal often brings a wave of emotional turmoil, loss, and disillusionment. Reflect on a time when someone you deeply trusted betrayed you. How did that experience affect your understanding of trust and the way you approach relationships now?

4) Reflect on a time when your anger showed up as retaliation or humiliation. Looking back, what would you have done differently, and what led you to that insight?

5) Why might one of the three essential responses to overwhelming situations, focusing on God's sovereignty, His salvation/deliverance, or His sustaining power—be more challenging for you to practice than the others, and why might another come more naturally?

6) In times of crisis, finding joy in life can challenge us. What might it mean to truly trust God, even when the outcome we hope for isn't guaranteed?

PRAY TOGETHER

As we wrap up our time together, let's take a moment to close in prayer.

TAKE

ACTION

Choose a burden you're carrying and give it back to God through prayer, journaling, or a tangible action that represents releasing it to Him.