

LIFE GROUP GUIDE

Starter Question: Describe a time when you knew God was with you in a crisis. How did you know?

1. Read Psalm 86:1-4
2. In your opinion, what does it mean to ask God to watch over you in a crisis?
3. What does it mean to ask God to bring you joy in a crisis?
4. Read Psalm 86:5-10
5. Of the attributes of God listed in these verses, which one most warms your heart? Why?
6. Praise refocuses our minds. How would you explain to someone the impact of praise in a crisis?
7. Read Psalm 86:11-15
8. Have you ever experienced a “divided” heart in a crisis? How did it effect you?
9. Use your imagination – how might God unite your heart during a crisis?
10. Read Psalm 86:16-17
11. Have you ever received a sign in the middle of a crisis that let you know God was with you? How did that make you feel?