

Remembering the Truth in Times of Distress

Psalm 77

Exodus 14; Psalm 40; Isaiah 43:1-7; Hebrews 2:14-18; 4:14-16

Transformed by the Truth

Questions for Reflection & Discussion

1. Read Psalm 77. When has it felt like God has forgotten you? Why?
2. Read Psalm 40:11-17. What do these verses teach you about prayer?
3. Read Exodus 14:16-31. How has God shown you His love and power in the past? Does remembering those times help you through times when it feels as if He is far from you? Why or why not?
4. Read Hebrews 2:14-18 and 4:14-16. What truths do you find in these passages that are relevant to your life right now?
5. Read Isaiah 43:1-7. What have you learned about God through the most difficult trials in your life? What did you learn during those times that you may never have learned any other way?