

# Discussion Questions

## Psalm 38

What stood out to you in the podcast and/or in the reading of this Psalm?

In what ways have you experienced the heavy weight of sin or suffering in your life? How did it impact you physically? Emotionally? Spiritually? Relationally?

What do you think is the purpose of trials in our lives? What should we do in times of need? How does David point us in the right direction?

Why is repentance such an important part of the Christian life? What are the things that tempt us to take our gaze off of God?

Why is confession of our sins to God often difficult for us?

Read Hebrews 12:5-11. How does this relate to David's situation in Psalm 38? What can we learn about the loving discipline of the Lord?

What truths in this Psalm encourage your heart? Which truths challenge you?