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Discussion Questions

Psalm 68



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




Read Deborah's song in Judges 5. What similarities do you see with this Psalm?




What can we learn about God's character in this Psalm?

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Read Psalm 68:18 and Ephesians 4:8. What is the result of Christ's ascension? How does it impact His people? Why is it significant that God gives strength and power to His people? What is the purpose behind this?



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Read verse 19. God desires to bear our burdens daily. What keeps us from going to the Lord with problems, fears, and insecurities? What does it look like to allow God to bear our burdens?



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How does this Psalm point to Christ?

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

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