

SORROW & ANGER



Warm Up: When things go wrong, is your first instinct to blame yourself or others?

Read Psalm 38.

1. This psalm is written by someone who is overwhelmed with the weight of their sin. Have you ever experienced anything like this?
2. Sam talked on Sunday about this place being “the wall” and that we have two options when we encounter it: to experience **shame**, which keeps us stuck there; or to experience **Godly sorrow**, which enables us to go through it and find the grace of God.
 - In your own words, what is the difference between shame and Godly sorrow?
 - Have you experienced for yourself that journey from sorrow to repentance to grace?
 - Is there anything you feel shame about now that you need to choose Godly sorrow about instead?

Read Psalm 109:1-20

4. What initial responses (thoughts/feelings) does this psalm provoke in you?
5. Can you think of a time when you've felt this way about someone?
6. Is the psalmist right to feel this way? i.e. is this “righteous anger”?
7. If the psalmist didn't “give” this anger to God, what might have happened to this anger inside of him?
8. Is there anger in you today that you need to express/give to God?

REMEMBER: God can handle all our emotions! Even the negative ones about ourselves and others. When we bring them to him we find grace and hope.

PRAY: God help me trust you with all of me & find grace for each moment.