

BIBLE STUDY DISCUSSION GUIDE

When You Get Mad | Psalm 3

March 2, 2025



1. **Opening Prayer.** Invite the Holy Spirit to guide the discussion and open hearts to the lessons from Psalm 3.
2. **Icebreaker:** “Emotion Charades.” Like charades, play a game where each team tries to identify which emotion a teammate is acting. After the game, discuss as a group:
 - How easy or difficult was it to express or identify certain emotions?
 - Were there any emotions that were particularly challenging to act out or guess?
 - How does this activity relate to how we express emotions in real life?
3. **Introduction** (5 minutes). Briefly introduce the Book of Psalms as a collection of songs and prayers that express a wide range of human emotions. Summarize the backstory of David and Absalom from 2 Samuel 13-19. Discuss the significance of Ahithophel's betrayal and the role of Hushai. Highlight the emotional and spiritual turmoil David experienced.
4. **Scripture Reading** (5 minutes). Read Psalm 3 aloud as a group. Consider reading it in two different translations for a broader understanding. Discuss the initial reactions and thoughts about the Psalm.
5. **Discussion Questions** (40 minutes).
 - a. How do you typically respond when you are angry or upset?
 - b. As David demonstrated, why do you think expressing our emotions to God is essential?
 - c. How do the Psalms serve as a “Soundtrack for Life”? Can you think of a Psalm that has been particularly meaningful to you in expressing your emotions?
 - d. What did the sermon suggest about the importance of music and poetry in expressing our emotions to God?
 - e. What lessons can we learn from David’s response to his son Absalom’s rebellion?
 - f. How does David’s story of betrayal and hurt resonate with personal experiences of pain in your life?
 - g. How does the sermon illustrate the concept of letting God be your defender?
 - h. What practical ways can you “let God have it” when you are rightly angry?
 - i. What does the term “Selah” likely mean, and how can it be applied in our reflection and prayer to help us process our emotions and connect with God?
 - j. How does understanding that God “lifts our head” change how we view ourselves and our circumstances?
 - k. In what ways can seeing ourselves as children of God impact our relationships with others, especially those who have hurt us?
6. **Application.** What steps can you take to express your emotions healthily and God-honoring?
7. **Closing Prayer:** Pray that the group will have the courage to express their emotions to God and trust Him with their burdens. Ask that God’s peace and presence be evident in their lives.

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