

Discussion & Reflection Questions

- 1) Ryan said that vv. 1-2 are not only the psalmist's (David's) story, but it is also likely all of our stories. Break into pairs and take time to share with your partner a time when you were in a "pit of destruction" or "miry bog" from which the Lord delivered you?
- 2) Ryan, referencing Colossians 3:16, said that one of the reasons we sing in worship is to *teach* one another. What do you think about that insight?
- 3) In discussing vv. 7-8, Ryan confessed, "Let me bear witness that even in the best moments of my best days with the best of intentions, there is a little monster . . . a little lizard that will poke his head out of my chest pocket that will try to take all of my acts of love and service and make them all about *me*." Does that resonate with you? How?
- 4) Jesus is the only person who could truly declare vv. 7-8; however, these words are part of the Psalms, which were meant for us to say, pray, and sing in corporate worship. How is it possible for us to say these words with integrity?
- 5) Ryan spoke of "the great exchange of the Cross." What is that exchange?
- 6) What is our response to our accusers that say to us, "Aha, Aha!"?