

Discussion & Reflection Questions

- 1) Part of the reason the psalmist is downcast has to do with what others are constantly saying to him: “Where is your God?” (vv. 3 & 10). What constant messages do you hear from others that cause you to be downcast?
- 2) The psalmist tries to comfort himself by repeating, “Hope in God; for I shall praise him, my salvation and my God” (vv. 5 & 11). What slogans, lyrics, or Bible verses do try to encourage yourself with when you are feeling downcast?
- 3) The psalmist misses his old role of leading the people in procession to the Temple in Jerusalem. It seems to have been a role where he felt fully alive and engaged. Think about previous roles you have had (at work, school, or church, or in your family).
 - a) What is one former role that you miss doing?
 - b) What aspect of that role meant the most to you?
- 4) In his book *The Soul of Shame*, Christian psychiatrist and author Curt Thompson says that when we feel shame, our instinct is to hide and withdraw from others.
 - a) What are some examples from Scripture where people hid?
 - b) In which of those examples do you see shame being a motivation for their hiding?
 - c) In the sermon, Chris shared a time where he felt shame at work. If you feel comfortable, share a time in your life where you found yourself hiding or withdrawing from others because of shame.
- 5) Thompson asserts that the antidote for shame is not to withdraw but to lean into safe relationships in which we talk about our shame and experience restoration.
 - a) Consider how Truro (as a church) is functioning as a place where people can be honest about their shame and can experience restoration. How could we improve?
 - b) Consider how your Community Group is functioning as such a place. How could your Group improve?
 - c) Consider your relationships with friends, family, and coworkers. How might you signal to them that you are a person with whom they can share their shame?