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15 Nov 26 | When the Darkness Doesn't Lift | Psalm 88 | Nelson Schonfeldt

Groups & Families Discussion Questions

Follow along with the sermon and use these questions to dive a little deeper with your group, with your families at home or for your own personal reflection.

Sermon Notes: Can you identify the main point, the subpoints and application of today's message?

Life Group Questions

1. Conversation Starter: When choosing a greeting card, what's your go-to? Heartfelt, funny, or cheapest? What's the most memorable card you've given or received?

2. Read Psalm 88. What stands out about the way Heman describes his suffering? How does this psalm challenge our expectations of what life with God should look like?

3. Heman speaks very honestly to God, especially in verses 6-8a, 9b-12, and 15-18. What does God's inclusion of this prayer in Scripture tell us about coming to him?

4. Heman calls God "the God who saves me" (v. 1), yet feels rejected by him (v. 14). What might trusting God look like when what we know about him seems at odds with what we're experiencing?

5. Read Mark 15:33–34 alongside Psalm 88:10–12. How do Jesus' death and resurrection bring hope to the questions Heman asks, even when our present circumstances remain?

6. Heman describes the pain of being isolated from others (vv. 8, 18). When someone is going through a hard time, what kinds of words or actions help, and what might unintentionally hurt? How can we keep caring for someone when their situation doesn't improve?

7. What habits or expectations in church life might make it difficult for someone to admit they're struggling? How could our Life Group make room for people whose darkness isn't lifting?