

# PSALMS OF SUMMER



## PSALMS OF SUMMER Part 5: Songs from the Cave Pastor Rich Harris

### USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your small group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so knock yourself out with the discussion questions but spend more time laughing than answering the questions.

### **[Psalm 57:1-6, NLT]**

*1 Have mercy on me, O God, have mercy!*

*I look to you for protection.*

*I will hide beneath the shadow of your wings  
until the danger passes by.*

*2 I cry out to God Most High,  
to God who will fulfill his purpose for me.*

*3 He will send help from heaven to rescue me,  
disgracing those who hound me. Interlude*

*My God will send forth his unfailing love and faithfulness.*

*4 I am surrounded by fierce lions*

*who greedily devour human prey—  
whose teeth pierce like spears and arrows,  
and whose tongues cut like swords.*

*5 Be exalted, O God, above the highest heavens!*

*May your glory shine over all the earth.*

*6 My enemies have set a trap for me.*

*I am weary from distress.*

*They have dug a deep pit in my path,*

*but they themselves have fallen into it. Interlude*

### **THE BIG IDEA:**

**There is priceless value hidden in “the cave season” when approached with the proper perspective.**

#### **1) Hide in the Shadow of His Wings (Psalm 57:1)**

**[Psalm 51:1]**

*With these parts bold & underlined:*

*Have mercy on me, O God, have mercy!*

***I look to you** for protection.*

***I will hide** beneath the shadow of your wings*

*until the danger passes by.*

**[Matthew 23:37, NKJV]**

*“O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! How often I wanted to gather your children together, as a hen gathers her chicks under her wings, **but you were not willing!**”*

***Those who choose to hide in the shadow of His wings experience a closeness with God that is unique to the “cave season.”***

**[Psalm 119:71, 92, NLT]**

*My suffering was good for me, for it taught me to pay attention to your decrees...If your instructions hadn't sustained me with joy, I would have died in my misery.*

**[Psalm 119:71, 92, RIV]**

*My suffering was good for me, for it taught me to pay attention to YOU...if YOU hadn't sustained me with joy, I would have died in my misery.*

**[Psalm 57:6-7, ESV]**

*They set a net for my steps;  
my soul was bowed down.  
They dug a pit in my way,  
but they have fallen into it themselves. Selah  
7 My heart is steadfast, O God,  
my heart is steadfast!  
I will sing and make melody!*

**2) Selah!**

### **DISCUSSION QUESTIONS**

- 1. Who are some people in your life with which it's easy to be real and transparent? Which of their qualities make it easy to speak truthfully?**
- 2. What was a highlight or low point for your week? Have you ever felt like you've even had days full of highs and lows?**
- 3. What perspectives have you gained in a "cave season?"**
- 4. How can we practically "hide in the shadow of His wings?" In other words, what helps us know God's character and friendship?**

- 5. The term “selah” means “pause, wait, and consider who God is.”  
What happens for us in those moments? Do you find that hard to actually do, and why?**
- 6. What things can you remember and verbalize to remind you of God’s faithfulness, no matter the season? Even if you’re grasping for things in your personal life, speak out Scripture (especially the Psalms) that bring hope and joy to your spirit.**