

**WEEKLY SERMON RECAP**  
**"God in the Cave of Despair"**  
*May 31, 2020*

1. Read **Psalm 142**. Can you relate to David, being in a place of despair? Describe your experience.
2. Review **Psalm 142:4**. What would have happened if David would have remained in the mindset that "No one stands up for me..." "There's no refuge for me..." "No one cares about me..."?
3. Sometimes our situations can temporarily blind us to what we know to be true about God. What did David do to change his unhealthy mindset? Read **Psalm 57**.
4. In **Psalm 18**, David refers to God as his STRENGTH, his ROCK, his FORTRESS, his SHIELD, and his STRONGHOLD. Which of these descriptions do you experience most in your relationship with God?
5. "When pressures and problems rain down, raise up your praises to God." Talk about what this means and what the word *praise* is all about.
6. What did David specifically praise God about? (Go to **Psalm 57:10**) Right now: practice praising God for His faithful love by verbally thanking Him for something within this past week.

**Verse to Memorize this Week:**

"I will praise you, Lord, among the peoples; I will sing praises to you among the nations. For your faithful love is as high as the heavens; your faithfulness reaches the clouds. God, be exalted above the heavens; let your glory be over the whole earth."

Psalms 57:9-11 CSB