

Chapter Four

Finding Peace During the Battle

Psalms are prayers and hymns lifted up to God. There are psalms of joy, thanksgiving, sorrow, loneliness, hardship, oppression, and praise. No matter the emotion, the most important point to remember is that Psalms are prayers to the God who listens and understands our difficulties and sorrows. When you are overwhelmed with joy, sing a praising psalm to God. When you are overcome by sadness, sing a hymn of mourning to the Comforter. “May the Lord give strength to His people! May the Lord bless His people with peace!” (Psalm 29:11).

Spurgeon called tears “liquid prayers.” Is it sinful to cry out to God when in distress? Name some instances Jesus was filled with sorrow or cried out to God.

No matter what our trials may be, nothing will compare with what Jesus suffered. To what extent did Jesus suffer?

Read Psalm 66.

Name ways we can have joy during a trial.

What actions should follow joy?

Can you recall in a previous trial when the Lord brought you “to a place of abundance” (v. 12)?

How about now - can you say the same during this trial?

Read Psalm 138

Why must we give thanks with our “whole heart”?

When you are walking through a trial, what promises from God does scripture assure you of?

Isaiah 43:1-3

John 16:33

Psalm 94:19

James 1:3-5

Job 23:10

List some ways to be thankful during your cancer journey?

Read Psalm 27

Define fear. Contrast the difference between fearing God and fearing a perceived danger.

To overcome fear, we must place our full trust in whom? According to Psalm 27, what will the Lord do for those who “seek His face”?

Name a few ways David overcomes his fear in Psalm 27.

Read Psalm 34

How are “cries of joy” and “cries of boasting” different? How are they similar?

List the reasons David boasted in the Lord in this Psalm. What are some reasons you could boast.

How does boasting in the Lord affect those around us?

Read Psalm 77

These rhetorical questions are posed by the Psalmist: “Has His steadfast love forever ceased? Are His promises at an end for all time? Has God forgotten to be gracious?” What is your response to these questions?

How does the Psalmist overcome his hopelessness? Can you follow his example?

List some ways the Lord has previously worked in your life. Does remembering the “deeds of the Lord” help you overcome hopelessness?

What action has God taken toward you that should scatter all hopelessness?