



LARGE GROUP DISCUSSION QUESTIONS



4.16.25 & 4.23.25
Psalm 77

Lesson Summary:

Tonight's message comes from Psalm 77, where Asaph begins by feeling abandoned by God and questioning His faithfulness. He recalls past struggles and wonders if God has turned away from him. However, Asaph then remembers God's past miracles, like parting the Red Sea, which helps him regain hope. He acknowledges that even in difficult times, God is still powerful, faithful, and guiding His people. The psalm shows how remembering God's past faithfulness can shift our focus from despair to hope, reminding us to trust in His unchanging character.

Key Points:

Overcoming Depression Requires

1. REMEMBERING God's Past Works
2. RECOGNIZING Who God Truly Is
3. CHOOSING To Trust God Even When You Don't SEE The Way

Discussion Questions:

1. Can you relate to what was shared in the intro about hiding what you're really feeling? What does that look like in your life or your school?
2. Asaph was really honest in Psalm 77—he didn't hide his emotions from God. Why do you think it's hard for us to be that real with God sometimes?
3. The first point was about remembering God's past works. What's something you've seen God do in your life—or someone else's—that you need to remember more often?

4. What are some practical ways you can remind yourself of who God truly is when you're struggling emotionally? (ex: music, verses, journaling, talking to someone)
5. Verse 19 says, 'Your path led through the sea... though your footprints were not seen.' How does that speak to what it feels like when you can't see or feel God?
6. When you're overwhelmed or in a dark season, what usually helps you most? (Be honest—this is a safe space.)
7. What's one step you could take this week to move toward healing—whether that's talking to someone, praying differently, journaling, or letting someone in?

