

Look Back

- What area in your life did you identify as the most likely area where you rely on your performance to receive value? What verse did you use to remind yourself of what God says about your value?

Connect:

- What do you think is the most dangerous lie that is being told today?

Look Up:

Read : Psalm 31:1-8

- What impact did “lies” have on the author (David) of this psalm? How do people today struggle with similar lies and truths?
- Where does David turn for relief? What does that look like for you to apply this personally?
- What characteristics, or attributes of God are mentioned in these verses? Which of these is most significant, or valuable to you right now?

Read : Psalm 31:9-13

- David turns the focus to his personal situation in these verses - what does he believe are the causes of his pain? Do you think that these were truths or lies? Why or why not?
- Have you ever felt like this? What happened and how did you overcome the feeling?

Read : Psalm 31:14-24

- David concludes the psalm by turning his focus back to God - what additional characteristics, or attributes of God are mentioned in these verses?
- What does David say are some of the reasons for his hope in the future? How much of this is based on his “performance” vs. God’s goodness? How can we apply this in our lives today?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead

Lies are something we will constantly wrestle with. The only way to combat those is believing what God says. What is a lie you are believing or wrestling with currently, what is one truth from God’s Word to combat that lie?

Leader Notes

The only way to combat lies is with the truth. Lies are something that always find a way to creep in, especially when we don't even realise it. They start small, grow and fester from there. There may be some in your group wrestling, you may be in a season of wrestling with some lies as well. Look into Gods Word together, our basis for truth, to be reminded of what God says. Hold strong to that even by putting them to memory.

Leadership tip