

## **LIFE GROUP GUIDE: ST5 “Sing when you’re winning” (Psalms 20 & 21)**

**CONNECT IN with one another:** *If you had to watch either X Factor or The Voice, which would you choose and why? OR Can anyone tell us about a time when they sang outdoors? If yes, why were you singing outdoors, what song did you sing, and how long did you sing for?*

### **CONNECT UP with God:**

**PRIMING THE PUMP:** *Can you remember something valuable that you got from the talk? Can you remember any of the events from the life of David that Adrian referred to and how they were relevant to the talk?* [NOTE TO LEADER: For example, Adrian referred to David’s excellent attitude when defeating Goliath in 1 Samuel 17:45-47, and when sparing King Saul’s life in 1 Samuel 24 and 1 Samuel 26.]

**GETTING TO KNOW ME:** *Can anyone tell us about a time when you deliberately chose to NOT think about negative circumstances, but instead you chose to trust God?* [NOTE TO LEADER: Adrian used: “Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we rise up and stand firm.” (Psalm 20:7-8) as an example of choosing what you think about or who you put your trust in.]

- **INTO THE BIBLE:** *Why do you think that the commentators say Psalm 20 and Psalm 21 should be read together as a “before” and “after” battle anthems?* [NOTE TO LEADER: There seems to be a connection between Ps 20:4 and Psalm 21:2 for example]
- **INTO THE BIBLE:** *Is there anything in these Psalms that you think goes beyond a description of King David and runs into a description of the Messiah? Can you see anything that is a prophetic description of Jesus in these Psalms?* [NOTE TO LEADER: In the talk, Adrian suggested Hebrews 12:2 as a reflection of Ps 21:1, John 17:5 as a reflection of Ps 21:2 and Rev 19:12-16 as a reflection of Ps 21:3] [NOTE TO LEADER: You might want to divide your group in two and give half, Psalm 20 and the other half, Psalm 21]
- **APPLICATION:** *How could you use Psalm 21:7 as a tool to help you manage your thought life or “take your thoughts captive” [2 Corinthians 10:5]*
- **APPLICATION:** *What difference does it make to a practical situation you face that Christ is the Victor over sin, Satan and death? Can you think of an example from everyday life whereby this truth has affected what you have said or done?*
- **PRAYER:** *Psalm 20 and 21 emphasize the Victory of God through his anointed king, who is firstly David, but also David’s greater Son, Jesus. Is there anyone in the group who’s in a “battle” or who needs a victory in any particular situation right now? If so, let’s pray!*

**WORSHIP:** As Christus Victor, Christ, through his death and resurrection, defeated the powers of evil, which had held humankind in their dominion. The work of Christ is first and foremost a victory over the powers that hold mankind in bondage: sin, death, and the devil. Let’s use this as a launching off point for a time of worship.

- **CONNECT OUT with the non-church people around you** Let’s pray for those who don’t yet have “victory” in their life, because they have yet to enter the kingdom of “Christus Victor”. Pray especially for any who are trapped in negative thinking.