

Life Group Reflection

Psalm 77

1. What particularly stands out to you in this this Psalm?
2. How free do you feel to express your emotions in your prayers and conversations with God? What are the things that hold you back from fully sharing your feelings with Him?
3. Can you share a testimony of an 'exile' experience in your life, and how did you come out of it?
4. Why not spend some time reflecting on your story – what are the 'deeds of the Lord' that you can remember and be encouraged by?
5. What is the Good News in this Psalm?