

MAIN POINT

When the world is dark, Jesus is the answer. Resting in His presence restores us and remind us of His goodness.

INTRODUCTION

What are some of the ways you cope with something challenging in your life? Would you say these coping mechanisms are healthy? Why or why not?

Can you recall a time when you saw Jesus show up in the midst of dark circumstances in your life? How did this impact the way you faced the situation?

Our world feels very dark at times. Many are struggling with mental health and people everywhere are searching for something to hold onto that is constant and unchanging. It is easy to look around and feel that we have been abandoned by God. However, in times that are dark and frightening, Jesus is the answer. The moment we step into God's presence and seek refuge in Him, we are reminded of His great love for us. When we rest in His presence every day and continually place our faith in Him, we are better equipped to face difficult times. He is a trustworthy refuge, no matter our circumstances.

DISCUSSION

> READ PSALM 73:1-28.

Name a few recent events that demonstrate the presence of evil or suffering in our world. How do these things impact your perspective of the world and of God?

How do you feel when you see sinful people succeeding? Why is it easy to relate to the psalmist and feel frustrated or hurt in these moments?

Does your perception of God change when you are in a challenging season? How can we keep right perspective in these moments?

When overwhelmed by the darkness of the world and the seeming success of evil, how can you seek a turning point like the psalmist described in verses 16 and 17?

How did Asaph's view change when he spent time in the presence of God? Can you recall a time when your view changed drastically after spending time with Jesus?

Reread Psalm 73:23-28. What are some of the important truths Asaph realized about God? Where do you need to remember and embrace these same truths?

Why is it important to build your faith daily? What is the value of consistency in walking with Jesus?

APPLICATION

How can you practice building your faith daily in the coming weeks? What are some ways you can fix your eyes on Jesus, even when the world feels dark and chaotic?