

May 10, 2026

## Rage Psalm 35

*Warmup: What is the pettiest thing you've ever gotten irrationally angry about?*

### READ Psalm 35

- How would you describe David's emotional state in this psalm? What words or images reveal what he is feeling?
- What fuels David's anger? (Verses 1-16)
- Verse 10 asks, "Who else rescues the helpless from the strong?" From scripture, what examples can you name where God rescues the powerless from those who overpower them?

### REFLECT

- How do you respond to this quote from Pastor Gavin Bennett? "Anger is one of the most honest forms of prayer... Risking what might happen if we confront or accuse God with His perceived silence or absence or injustice, and as we do, we find Him there waiting for us with open arms." What resonates with you and what feels challenging?
- What situations tend to stir anger in you? Can you recall a time when you brought your anger honestly and unfiltered before God?
- After we give voice to our rage or frustration, what is essential in that moment, and in every ongoing conversation we have with God?
- What have you learned (or are currently learning) about God's timing when truth and justice feel delayed? How do you lean into God when answers and right outcomes seem slow to come?

### RESPOND

- What rhythms or practices do you need in daily life to be equipped with the spiritual stamina and armor required to trust God's timing without growing weary?
- In what ways might God want to redeem or redirect our anger for His purposes? What do you sense God asking you to do with your anger right now?
- How might your testimony of God standing up for the weak offer hope, courage, or relief to someone else? How is God inviting you to respond?

*"To transform religious and irreligious people into Fully Devoted Followers of Christ."*