**Group Discussion Questions**

What stood out to you from the Personal Bible Study or teaching?

When you’ve gone through dark times, what has been helpful in returning you to a place of hope/joy?

The psalmist’s memories of happier days included being with other believers at the temple. Please share a time when other believers helped restore your joy and hope.

Reminding one another of God’s promises can help us live in hope and joy. What are some promises of God that come to mind for you?

Many find that praising God when they are down is an uplifting exercise. Why do you think that is?

Was there anything else you wanted to discuss this week?