

Study/Discussion Questions for "From Wounds and Weakness to Worship"

What are some of the physical, emotional, mental and relational symptoms you experience when you bottle up negative emotions over an extended period of time? Why do you keep them inside? How do you decide on when and how to let them out?

Praising God redirects your spirit and lifts you up. Where have you experienced this redirecting and healing power of praise?

Why does praising God strengthen you against despair? How does that work?

How can wisdom and power from God help you through heartache? (For instance, consider how pain can be meaningless or made meaningful. Consider also Job 12:13 [Message] {see above: point 3})

I have often told various persons in a troubled marriage, "Do what is right for its own sake, not because it is earned or deserved or will result in a positive outcome, but simply because it is right. For you are made healthier by doing right and your conscience will be clear (at least on this issue.) –This is good advice and yet it is difficult, for it means that I have committed myself to live by a higher set of rules than is being required of the other person. What is most persuasive for you when it comes to doing what is right for its own sake?"