SCC Small Group Discussion
In Rhythm: Lessons from Psalms
Psalm 116 – The Gift of Grief

Derived from a sermon on November 22, 2026 by Pastor Rick Dietzman

Getting Started:

How do you typically deal with grief?

How do you know when your grief is no longer healthy or appropriate? What are some symptoms of unhealthy grief? (Answers may include isolation, living in the past, loss of purpose, focusing only on the loss, etc.)

Searching the Scriptures:

Read Psalm 116

1. Why is prayer such an important part of the grieving process in verses 1-4?

2. What kinds of feelings and thoughts does a person have when physically or emotionally exhausted?

3. According to verses 5-8 why was the writer able to rest in God? How does "resting in God" express thanks to him?

4. What does it mean to walk before the Lord (verse 9)?

5. What does verse 11 tell us about the psalmist's trust in God and trust in others? How might we feel the same way as we experience grief?

6. What indication do we have from verses 12-18 that the psalmist really sensed God's embrace in the midst of grief?

7. Why is worship important even while we are experiencing grief?

Applying the Scriptures:

In what ways have you failed to recognize God's embrace during your grief? How might his Word continue to remind you of his presence?

Based on our study, how might we be able to better pray for and encourage those in our lives who are currently dealing with grief?

Get discussion questions in word format & link to Bible App plan for this week at www.sequimcommunitychurch.org/downloads