

## Small Group Discussion Guide

### When You're Up and When You're Down — A Study of Psalm 27

Associate Pastor Robert J. Morgan • May 10, 2026

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**Psalm 27** reminds us that God is faithful in every season of life—whether we feel strong and victorious or discouraged and weary. This is a psalm for every believer learning to trust God through both confidence and struggle.

#### When You're Up

##### We Face More Battles Than We Realize

<sup>1</sup> The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid?

##### We Have More Strength Than We Know

<sup>2</sup> **When the wicked came against me to eat up my flesh, My enemies and foes, they stumbled and fell.**

- Psalm 27 talks about battles, fear, and opposition. What are some hidden battles people face today that others may not see?
- David says, “The LORD is the strength of my life.” During difficult seasons, how can you recognize someone who is relying on God’s strength from someone who is trusting in their own abilities?

##### We Have Supernatural Confidence

<sup>3</sup> **Though an army may encamp against me, my heart shall not fear; Though war may rise against me, in this I will be confident.**

- What does “supernatural confidence” look like in everyday life, and how is it different from self-confidence?

##### We Have a Sacred Rhythm for Daily Living

<sup>4</sup> **One thing I have desired of the LORD, that will I seek: That I may dwell in the house of the LORD all the days of my life, To behold the beauty of the LORD, and to inquire in His temple.** <sup>5</sup> For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.

- These verses describe seeking God daily and dwelling in His presence. What habits or rhythms help you stay spiritually grounded throughout the week?

##### We Have a Song That Brings Joy to Each Day

<sup>6</sup> **And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.**

- David chose to sing and offer “sacrifices of joy” even while surrounded by enemies. How can worship and gratitude change your perspective during hard times?

# When You're Down

## **We Have a Voice That God Hears**

<sup>7</sup>**Hear, O LORD, when I cry with my voice!** Have mercy also upon me, and answer me. <sup>8</sup>When You said, “Seek My face,” my heart said to You, “Your face, LORD, I will seek.”

## **We Have a Friend We Can Trust**

<sup>9</sup>Do not hide Your face from me; do not turn Your servant away in anger; You have been my help; **do not leave me nor forsake me**, O God of my salvation. <sup>10</sup>**When my father and my mother forsake me, then the LORD will take care of me.**

- In verses 7–10, David cries out to God and trusts Him as a faithful Friend. When have you experienced God's comfort, guidance, or closeness in a difficult moment? Did it increase your faith? In what ways?

## **We Have a Guide Who Knows the Way**

<sup>11</sup>**Teach me Your way, O LORD, and lead me in a smooth path**, because of my enemies. <sup>12</sup>Do not deliver me to the will of my adversaries; For false witnesses have risen against me, and such as breathe out violence.

- This verse asks God to “teach me Your way.” Why is it sometimes hard to wait for God's direction, and how can we learn to trust His guidance?

## **We Have a Remedy for Discouraging Moments**

<sup>13</sup>I would have lost heart, unless I had believed that I would see the goodness of the LORD in the land of the living.

- We can be encouraged when we believe we will see “the goodness of the LORD.” How can we encourage each other to keep hope alive during discouraging times?

## **We Have a Reality That Strengthens Our Souls**

<sup>14</sup>Wait on the LORD; be of good courage, and He shall strengthen your heart; Wait, I say, on the LORD!

- What helps you hold on to hope and courage when you feel discouraged or uncertain?
- What does it mean to “wait on the LORD” in a culture that encourages instant answers and quick results?

**PRAYER:** Lord Jesus, thank You for being constant through every season of life—in joy, in uncertainty, in waiting, and in hardship. When difficult days come and our hearts feel weary, give us courage to keep standing firm. Remind us that we are never alone, and that Your strength is greater than our fears. Help us to trust You more. Give us peace when life feels overwhelming, endurance when the road is long, and faith that continues growing through every trial. Shape our character through these seasons and help us become more like You. We give You all the praise, honor, and glory in every season of our lives. In Jesus' name, amen.