

# DISCUSSION QUESTIONS

January 4, 2026

A Song for the Sad

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Passage: Psalm 88

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1. How do we know that, though he was despairing, Heman (the human author of **Psalm 88**) ultimately did not lose his faith in the Lord? Consult **Psalm 88:1a**.
2. At various points in the Psalm, Heman questioned God's goodness. Consult **Psalm 88:14-18**. Have you ever been tempted to do the same? If so, which Scriptures have re-centered your thoughts on God's true nature and character?
3. What does this Psalm teach us about the importance of persevering in prayer? Consult Psalm **88:1b-2, 13**.
4. During His life here on earth, Jesus experienced sorrow and grief. Consult **John 11:33; 12:27; 13:21; Isaiah 53:3**. In what ways does the Savior's example of persevering in the face of His suffering encourage you?