

# Defeating Dark Days

December 1, 2024

## Discussion Questions:

1. Brother Mike posed the question, “What darkness are you facing?” and reminded us of several scriptures from the lives of Job and David. Read the following verses: Psalm 22:1, Job 30:26, Psalm 88:16. Can you relate to Job or David in any of those statements? If you’re comfortable, share about it with your group.
2. Read 2 Samuel 22:29 and Philippians 4:13 aloud. What do the writers mean by these statements? What is our part in allowing God’s power to work in our lives as described?
3. In order to allow God’s light to outshine the darkness in our lives, we must:  
BLESS people rather than CURSE them  
RELEASE negativity rather than REHEARSE it  
NEUTRALIZE anger rather than NURTURE it  
UNLOAD anxiety rather than UNRAVEL under it

Which of those is most difficult for you to do? Is there a specific situation that sticks out to you as the most difficult?

4. To circle back, what darkness are you facing in your life right now? Which of the four steps above do you think could make the biggest difference in allowing God’s light to defeat that darkness?

## Scriptures to read and discuss if time allows:

- Matthew 5:43-45
- Psalm 112:7
- John 1:5