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LET'S *TALK* ABOUT IT.  
STUDY GUIDE 





**We all live in a world that is bombarded with negative messages, fear-based marketing, and real, tangible challenges like pandemics and inflation. It's no secret that significant mental health challenges abound in us and in the people around us.**

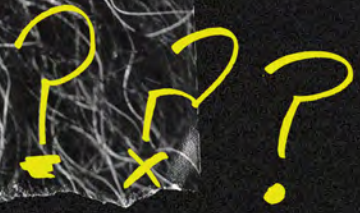
We want to show up healthy and well for our people and with our people. And we want the same for them. How do we invite God to meet us in our struggle and support one another well? Simple things can be done by each of us and for our people to offer real, helpful support in times of challenge. We can stand with one another in anxiety. We can navigate depression together. Fear can be faced and right-sized with the help of God and His people.

No matter the situation, the first place we should look to is God's word to see what He has said. The writers of Scripture were very familiar with struggle. They faced insurmountable challenges, and yet still found a way to look to God even in the hardest moments. In the following pages you will find 8 different Psalms that capture some of the struggle that many of us can relate to. We invite you to work through this simple way to study Scripture alongside some people in your life, and discover what God wants to say to you even in the midst of struggle or heartache. God has good in mind for each of us! Enjoy finding Him in the pages that follow.



## **HELP IS AVAILABLE.**

Find a variety of resources to help your people at [canyonridge.org/help](https://canyonridge.org/help)





# HOW TO GO THROUGH THE THREE-COLUMN STUDY

- 1. Identify the passage you're going to study.**  
Go to that passage and read it out loud in a couple of different translations.
- 2. Write the Scripture word-for-word on the first column of your Three-Column sheet.**  
While this might seem monotonous, you'll be amazed at what might stand out as you write it!
- 3. Re-write the Scripture in your own words in the second column.**  
How would you say the verses in your own way? If you're doing this alongside others, share out loud what you wrote when everyone is done.
- 4. In the top of the third column, write what sticks out to you about the Scripture.**  
What's important about the passage? What do you notice? Share that with the people around you.
- 5. Take a moment to reflect on what you've discovered and noticed so far.**  
Give space for God to speak to you.
- 6. In the bottom of the third column, write how you will obey the passage.**  
What step of obedience will you take to do what God has said? Share those with the people you're studying with, and commit to praying for one another as you walk in obedience.



WEEK 1

# PSALM 139:7-12







WEEK 2

# PSALM 121:1-8







WEEK 3

# PSALM 42:5-11







WEEK 4

# PSALM 119:25-32









WEEK 5

# PSALM 23:1-6







WEEK 6

# PSALM 116:1-9





WEEK 7

# PSALM 13:1-6





WEEK 8

# PSALM 30:2-11







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