

**Psalms: A Medicine Chest for the Heart**  
**Week 9: When Life is Like a Roller Coaster**

1. God is always there. Ps. 30:1-5
  
2. From the roller coaster to a secure place of unshakable joy. Ps. 30:6-12; James 1:2-

*“Joy is a response to external circumstances with an inner contentment and satisfaction, because we know God is there, working things out, even the tough things for our good.”*

Get off that roller coaster:

- Remember who God is and remember that He is always there.
- Pray. Like David, invite God in. Cry out to Him. Ask for His help.
- Ask for forgiveness if you have messed up.
- Worship. Take time to thank Him for all He has done. Take time to worship every day to remind you, to keep you in that secure place of unshakable joy.

**NEXT WEEK: Special Father’s Day Service—interview with Kirk Cousins, Starting QB for the Minnesota Vikings. Pass along to every dad you know.**

**Discussion Questions:**

1. Take time to read aloud Ps. 30.
2. Share something that God spoke to you from Psalm 30.
3. Describe a time when life felt like being on a roller coaster?
4. When did you experience a time where you experienced God being there like we saw in Ps. 30:1-5?
5. Why is it so easy for people to stay on that roller coaster in life?
6. Why is it difficult for people to get off the roller coaster?
7. How are you experiencing biblical joy in your life? If not, why?

*Joy is a response to external circumstances with an inner contentment and satisfaction, because I know God is there, working things out, even the tough things for my good.*

8. If getting off the roller coaster is something you would like to do, how will you implement the steps outlined from Ps. 30?