

DISCUSSION QUESTIONS

1 How have you been doing through COVID-19? In what ways have you been most encouraged? In what ways have you struggled most?

♥ *In Psalm 42, the writer felt overwhelmed and discouraged. How do you cope with those kinds of things -- discouragement, despair, depression?*

🗨️ *What do you long for when you feel overwhelmed?*

⚙️ *What can you learn from the psalmist about responding to those seasons of difficulty correctly?*

2 Two times in Psalm 42, the psalmist writes, "hope in God."

🗨️ *What are some common places that people look for their hope?*

♥ *Which of those do you find yourself looking to most in struggle?*

📖 *What does it look like to hope in God? How can you practically place your hope in God the next time you face difficulty? See Romans 15:14, Romans 8:24-25; Psalm 46:2-3, Hebrews 11:1, Titus 1:1-2, 1 John 3:3.*

3 When it seems like God is silent (Psalm 28:1, Psalm 83:1, Job 30:20), what truths help you put one foot in front of the other?


♥ *What has God given you to remember His work and presence in your life?*


🗨️ *Read Psalm 42:8. The psalmist talked about singing in the night. What worship songs have encouraged you recently and why?*


⚙️ *What is the role of the community of believers in helping someone who is discouraged? How does Psalm 42:4 inform your answer?*


4

Are you more accustomed to listening to yourself, or talking to yourself? What can you learn about self-counseling from Psalm 42? Consider the following diagnostic questions if you are struggling right now:

-  Are my circumstances due to any known sin on my part (think about David in Psalm 32, 51)?

-  Does God want me to do anything to change my circumstances or do I need to learn to wait until he acts (think about Elijah by the brook Cherith or Joseph in prison in Egypt)?

-  If I can't change my circumstance, how does God want me to change my stance or perspective (think about Paul's reference to being an ambassador in chains instead of a mere prisoner)?

-  How does knowing God's sovereign control of this situation bring a sense of comfort?

