PSALM <u>42:1-11</u> 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?



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

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



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

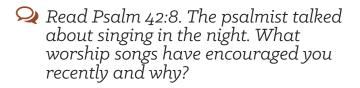


릗 What does it look like to hope in God? How can you practically place your hope in God the next time you face difficulty? See Romans 15:14, Romans 8:24-25; Psalm 46:2-3, Hebrews 11:1, Titus 1:1-2, 1 John 3:3.

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?





🗱 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?