



1. Read Psalm 42. Have you experienced a season of deep and dark sadness that wouldn't seem to lift? If so – describe what it was like.

a. What factors do you think played into it?

b. How does experiencing seasons of great pain make us more sensitive to others in pain?

2. Fill in the blanks. Spiritual Principle - _____ myself to _____ in God brings _____ from _____.

3. Read Psalm 42:1-2. What can you learn about hoping in God through the Psalmist's example here?

a. Write a prayer to become more like this.

4. Read Psalm 42:3. Why is it helpful to hear a godly man confess this?

5. Read Psalm 42:4. How does remembering how you've encountered God while worshiping with God's people encourage fresh hope in God?

a. Name 1-3 times you've experienced God while worshiping with His people.

6. Read Psalm 42:7-8. How does believing God is sovereign over feelings of depression encourage hoping in Him?

a. What difficulty do you need to freshly remember that God is sovereign over?

7. Read Psalm 42:9-10. Why is praying to God like this in the Bible? Why is it helpful?

a. How can you grow in lamenting?

b. How have you been helped in your prayer life through lament?

8. Read Psalm 42:5-6a,11. What is the Psalmist doing here?

a. How does God use this spiritual approach to move us forward in battles against depression?

9. Give 5 specific things the gospel enables us to “hope in God” for.

10. How will you apply Psalm 42 to your spiritual growth?
