

Read Psalm 42.

1. Focus on verses 1-2. What imagery does the Psalmist use to express his soul's desire?
2. What type of relationship does that describe?
3. Do you find a desire like this in your own life? How is this desire seen in your day to day?
4. Focus on verse 3-4. What experience is the Psalmist describing in these verses?
5. Do you find yourself under attack or singled out because of your faith? What do you do when this happens?
6. Focus on verses 5-8. How does the Psalmist overcome his soul's despair?
7. What does it look like for us to put our Hope in God?
8. The Psalmist uses worship (verse 5) to focus his soul on God, even in difficult circumstances. How does worship impact your life? How has worshiping God helped to focus your soul on God in difficult circumstances?
9. The Psalmist, in verses 6-7, remembers places and ways where God has met him in the past to encourage his present situation. What moments in your life can you point to when things are difficult and see how God met you then? How do these moments encourage you to focus your soul on God during difficult circumstances?
10. In verse 8, the Psalmist, recognizes God's day by day leading in his life. In what ways do you see God's love impact the small moments of your day?
11. Focus on verses 9-11. The Psalmist is reminded of the troubling circumstances of the day. What is his response? How does he focus his soul on God?

12. How do we respond when the difficult circumstances of life re-appear? Do we allow discouragement and despair to linger when we have the same trials?
13. How do we continually focus on God despite the circumstances that may seek to pull us away?
14. What can you do this week to focus on deepening your desire for God?
15. What are you going to do about it?

Moving Forward

Below are additional Bible passages to review throughout the week. You can use the space below to write any observations and ways you will apply these passages this week.

Psalm 63; Psalm 139:23-24; Matthew 14:44-46; James 1:2-4; Romans 5:1-5; 1 Corinthians 1:26-31; 2 Corinthians 4:16-18; Philippians 3:1-14