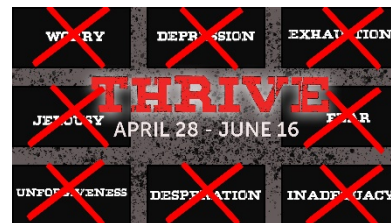


LIFE GROUPS

DISCUSSION QUESTIONS

1. Believers should not feel depressed. Do you agree or disagree?
2. What causes you to feel far away from God? What are some common sources of struggle for people in today's world?
3. Our world loves 'quick fixes'. Why doesn't God give us a 'quick fix'?
4. Read Psalm 42 in its entirety. How do you think the Psalmist feels? Describe the state of his emotions.
5. Why is it comforting to know that the writer of this Psalm also struggled with feeling downcast? Is this relatable?
6. Read verse 1-2. What is the Psalmist thirsting for? Why is it so important to experience the presence of God? What are some ways we can experience the presence of God?
7. Read verse 5 & 6. He uses the phrase "I will". Why is it so important to look to the future when you are presently feeling downcast?
8. Read verse 7. Why does the Lord allow the waves of life to break on us so hard? What do you do when you feel overwhelmed?
9. Verse 8 says God 'directs his love'. Is God's love dependent on our feelings? How does knowing God's sovereign love comfort you?
10. Verse 11. What is the Psalmist doing to deal with his struggle? Why must we constantly remind ourselves of Biblical truths?
11. What specific Biblical truths do you need to call to mind? How would you encourage someone who is struggling with depression?



Depression

Psalm 42

May 05, 2019