

## REFLECT

1. What did you need to hear most from this week's sermon?

## ENCOUNTER

The book of Psalms was the songbook for the nation of Israel and eventually the songbook of the church. They give us words to praise God in any situation we face and any emotion we feel. Another way to say it is this: psalms are meant to be used, not just read.

Psalms 42 and 43 are clearly connected. Perhaps they were originally one psalm. Read and meditate on Psalm 42 and 43 together. Discuss how and when you use these Psalms to shape your own praise.

2. What similarities show the unity of Psalm 42 and 43?
3. What word pictures does the psalmist use to describe his suffering?
4. Psalm 42 and 43 model how we can counter the voice of our suffering hearts by speaking truth to our souls. What does the psalmist say to himself in the midst of his suffering?
5. Psalm 42 and 43 long for enjoying the presence of God within the temple. How do believers enjoy the presence of God now?

## TRANSFORM

6. Has there been a time recently that you needed to pray Psalm 42?
7. How can you let this psalm teach you to speak to God about faith in trials?

## PRAYER REQUESTS

*One More Disciple: Who are you praying for to trust Christ?*

*Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man's treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. "Why art thou cast down, O my soul?" he asks. His soul had been depressing him, crushing him. So he stands up and says, "Self, listen for a moment, I will speak to you."*

*~ Martyn Lloyd-Jones ~*