

Psalm 42 | When God Feels Far Away | Pastor Abhishikth Babu

Read the passage. What does the text say? What is the theme of this passage? Do you notice any key words?

What does the image of a panting deer teach us about the deepest longing of the human soul?

Why do you think the psalmist describes his greatest struggle as God's apparent absence rather than simply his difficult circumstances?

What does the repeated refrain ("Why are you cast down... Hope in God") reveal about biblical faith?

Why does the psalmist continually remember God's past faithfulness even though his present circumstances haven't changed?

How does Jesus fulfill the longing expressed throughout Psalm 42?

Why is it significant that Jesus cried, "I thirst," and "My God, my God, why have you forsaken me?"

How does knowing Jesus has secured God's loving presence for us transform the way we experience seasons of spiritual dryness?

What future outcome are you most tempted to attach your happiness or hope to right now?

When God feels distant, which response do you naturally gravitate toward?
Why?

- Listening to despair
- Trying harder to fix yourself
- Preaching the gospel to your own heart

What "sermons" do you find yourself preaching to yourself most often?

Have you ever mistaken God's silence for God's abandonment? What helped—or could help—correct that perspective?

Where have spiritual disciplines subtly become attempts to earn God's favor instead of resting in His grace?

What would it look like this week to "take the microphone back" from fear, shame, or anxiety?

What would it look like for your Community Group to become a place where people are safe to admit, "God feels far away," without fear of judgment?