PSALM 42

"HOPE & HEALING"

FAMILY SERMON DISCUSSION GUIDE

LET'S TALK!

#1 Be Desperate for God

- Read Psalm 42:1-2. The Psalmist says to "pant" and "thirst" for the Lord. Why is that important?
- Why do we often thirst for the wrong things?

#2 Be Broken Before God

- Read Psalm 42:3. When was the last time your "tears have been your food?" What was happening in your life at that time?
- What are some things that we should mourn/weep over as Christians?

#3 Be Honest with God

- Read Psalm 42:9. The Psalmist confesses he felt like God had forgotten him. Have you ever felt that way? Why?
- Why is it important to be honest with God?

#4 Be Prayerful to God

- Read Psalm 42:7-8. The Psalmist is clearly a person of prayer. Why should God's people be a people of prayer?
- Many Christians struggle in prayer. Why is it important to have a deep and meaningful prayer life?

#5 Be Hoping in God

- Read Psalm 42:5,11. When your soul is downcast, what should you do?
- Why, no matter what the circumstances, can you always have hope in God?