



Psalm 42 (All Campus discussion guide)

Sermon Summary

It's an honest, human experience to evaluate your life, and all the difficulties it brings and ask why? Why am I experiencing this hurt? Why does God seem unconcerned? Why can't I shake this sense of loneliness? Why do I feel unfulfilled? Why, if I'm doing the things I'm supposed to be doing, does God still feel distant? The author of Psalm 42 knows that feeling but chooses to hope in God despite the circumstances around him. Let's see what we can learn when we go through seasons of depression.

Key Passage: Psalm 42

Questions for Reflection and discussion

Same as usual for the Know section

Grow

Do you see evidence of God's existence in creation? Talk about your thoughts regarding this.

Since the cause was not sin, what elements appear to have triggered the psalmist's condition? Look through the entire psalm (that is, both Psalms 42 and 43).

What have you learned in these psalms that can help you "pray your troubles" better?

Go

In what ways might you be spiritually dehydrating yourself? What you are looking to for hope that cannot provide spiritual refreshment?

How are you actively preaching the hope of the gospel to your own soul? Are you speaking truth over your heart and mind more than you are

listening to your emotions, fears, and the lies you might be tempted to believe?

How am I actively pursuing biblical community? In what ways might I need to grow in that pursuit?