



SUNDAY+

SPIRITUAL DESPAIR

PSALM 42

ANNOUNCEMENTS

Men's Steak Night is Wednesday! - Deadline for ordering your steak is Monday at noon.
mValues Class Sunday, July 12th - 11:30a-1p Join us for a quick 90mtg session that pulls back the curtain to help you learn more about Mosaic and how you can really plug in and be a part of the family!

RELATIONAL CONNECT & CHECK-IN

Rank the TOP 5 things in your life right now that naturally get most of your attention or excitement.

GROUP DISCUSSION

Read Psalm 42 as a group. What stood out the most to you?

- 1) The Psalm begins with a desperate deer searching for water. Matt talked about how he was taught a pretty peaceful and serene view of verses 1-2. How do you view the deer? Does it change the way you understand spiritual longing?
- 2) Have you ever experienced a season where you knew God was true but struggled to feel His presence? How did you respond?
- 3) Read Psalm 42:3-4. Why do you think remembering God's past faithfulness gives us strength in present struggles? Share a time you've seen God prove Himself faithful.
- 4) The sermon challenged us to stop listening to ourselves and start preaching truth to ourselves. What's the difference? What lies are you tempted to believe?
- 5) Why do you think the Psalmist never asks God to immediately change his circumstances? What does he ask for instead?
- 6) Read Hebrews 10:24-25. How has gathering with God's people encouraged you during difficult? Why do you think church community matters so much when we're struggling?
- 7) What practical habits help you remember God's faithfulness when life feels overwhelming? (Journaling, Scripture, worship, prayer, community, etc. ?)
- 8) Who do you know that's walking through spiritual despair right now? How could God use you to encourage them this week

ACTION STEP

Every day this week, spend five minutes reminding yourself of God's faithfulness. Write down one way God has been faithful in your past and one promise from Scripture that speaks to your current situation. When discouragement comes, preach those truths back to your own heart.

Lastly: How can we pray as a group for you as a group? Be honest...