

## The Heart of the Matter

12. What causes God to seem far away at times? Who moved, God or you?

13. In dealing with depression, this man freely cried (42:3), talked to himself (42:5,11; 43:5), reminded himself of God's nature (42:6,8), and prayed honestly (42:9; 43:2). By comparison how do you deal with your depression from time to time? How can this example be of help to you?

14. Of the adjectives and titles which this man ascribed to God, which ones best describe your relationship with God?

15. Is the possessive pronoun "my" one that you readily use in relation to God? Why or why not? How has God been "yours" in recent weeks?

Praises and Prayer Requests:



## Life Group Study Guide

### Finding Hope In God Psalm 42:1-11 For the Week of April 23, 2023

#### Getting Started

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling?
2. What do you find best quenches your thirst?
3. When are you homesick? What do you love the most about being home?

### **Digging Deeper**

4. In many Hebrew manuscripts Psalm 42 and 43 constitute one Psalm: What refrains and themes are common to both?

5. From 2 Kings 14:11-14, we see hostages being taken captive from Judah: How might such a situation give birth to these psalms (43:1-3)?

6. From the descriptive words and phrases, what diagnosis best fits this psalmist's condition: Thirsty? Depressed? Exiled? Homesick? Hopeful? Doubting?

7. What prescription does the psalmist recommend in verses 5 and 11? Is this a realistic way to handle grief? Why or why not?

8. Although the psalmist asks the same question in 42:9 that his foes ask in 42:3 and 42:10, what is the difference in how these questions are put?

9. The psalmist wants to be back in God's house in Jerusalem, but what is he learning about God from where he is right now?

10. How would you describe the meaning of verse 7? What images in your life does verse 7 bring up for you?

11. This psalm suggests that we should put our hope only in God: Why do we often find ourselves hoping in people and things other than God?