



LIFE GROUP NOTES

Week Beginning: 19th February 2023



Psalm 42 and 43

Warm Up

What is your favourite part about coming to church each week? Why?

Do you always feel refreshed and ready for the week after coming to church? Why?

Background and context

It appears that this psalm (originally 42 and 43 were one psalm) was written by a person who was not able to go to worship at the temple in Jerusalem and as such felt distant and disconnected from God.

“The writer (of Psalm 42-43) viewed communion with God not as merely the sweetest of all luxuries, but as an absolute necessity, like water to a deer” (Spurgeon) – is this your experience when coming to quiet time / church / fellowship?

Thinking it through: Main discussion/activity

Read Psalm 42-43

1. In Psalm 42, the writer felt overwhelmed and discouraged. How do you cope with those kinds of things: discouragement, despair, depression?
2. What do **you** long for when you feel overwhelmed? What can **you** learn from the psalmist about responding to those seasons of difficulty correctly?
3. What does it look like to hope in God? How can you practically place your hope in God the next time you face distress / difficulty? (Romans 8:24-25; Psalm 46:2-3, Hebrews 11:1, Titus 1:1-2.)
4. When it seems like God is silent, what truths help you put one foot in front of the other?
5. How does the psalmist express the sense that God is not with him? What can lead you to feel like God is far away or has forgotten you?
6. What has God given **you** to remember His work and presence in **your** life? In Psalm 42:8, the psalmist talked about singing in the night. What worship songs have encouraged you recently and why?
7. How is God described throughout this psalm? Why is that significant?

Growing in discipleship: Practical application

8. Are you more accustomed to listening to yourself, or talking to yourself?
9. If you were to talk to your soul, what message would you convey?
10. If I can't change my circumstance, how does God want me to change my stance or perspective? (think Paul!)
11. How can this psalm be an example and guide for you in your own prayers when you feel downcast and disturbed?

Prayer time: Write your own Psalm

(Separate sheet available to write on. Available in Welcome Centre)

Spend about 15 minutes on this. You will need pens! Use the time to reflect on your relationship with God, like the psalmist did. You can share it or keep it to yourself.