

COMMUNITY GROUP STUDY GUIDE

Hope for the Troubled Soul

PSALM 42

OBSERVE, INTERPRET & APPLY // PSALM 42

Study the passage of Scripture aiming to faithfully interpret and apply what you observe. Remember we study God's word not just to increase our knowledge, but to increase our trust in and treasuring of Jesus Christ.

Overview/Big Idea: When (not if!) our souls are troubled, the steadfast love of the Lord invites us to cry out honestly to him and hope confidently in him.

1. Read Psalm 42.
 2. Notice the superscription. What's the significance that this Psalm was written for the whole choir to sing (i.e. the whole congregation)?
 3. Identify and discuss the various phrases this man uses to describe the present condition of his soul. How does this give us language to describe our own feelings when we are downcast?
 4. What details in this Psalm helps us understand why he feels the way he does? How do these reasons for being downcast map onto our own lives?
 5. Identify the ways the Psalmist presents his downcast soul to God? How is this different than complaining about God?
 6. Notice the refrain in verses 5 and 11. What is the Psalmist doing here? What might it look like for us to undertake this same practice of talking to our "self"?
 7. What's the significance that this refrain occurs twice in this Psalm and again in Psalm 43:5?
 8. How can the Psalmist be so sure that he will "again praise [the Lord]"? How can we have this same confident hope? How does this confident hope give us contentment in times of trial?
 9. How does Psalm 42, and the dozens of lament Psalms like it, help create unity and compassion inside the life of our church?
 10. How does Psalm 42, and the dozens of lament Psalms like it, equip us to share the gospel with the lost?
- General Bible study questions:
 - **God:** What does this passage teach me about the character of God?
 - **Humanity:** What does this passage teach me about myself and my need for God?
 - **Christ:** How does this passage teach me that God has met my needs in the person and work of Jesus Christ?
 - **Response:** How should I respond with my affections and my actions?
 - **God:** How does this passage help me hope in heaven?

ACCOUNTABILITY

Relationships developed and deepened during accountability provide regular encouragement, and when necessary admonition, to spur each other on to delight in the supremacy of Jesus Christ. Ask one another heart-probing, clarifying questions, and help each other apply the gospel to your lives.

QUESTION: How are you lamenting, moving in pain to the Lord's promises?