

# PSALMS

## A Worship Discussion Guide for Individuals, Groups & Families For the week of July 16, 2023

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

### Warm Up

- When have you been overwhelmed or discouraged lately? Why? What do you tend to do with feeling overwhelmed or discouraged?

### Psalm 42-43

### Hope in God

*To the choirmaster. A Maskil of the Sons of Korah.*

<sup>42:1</sup> As a deer pants for flowing streams,  
so pants my soul for you, O God.

<sup>2</sup> My soul thirsts for God,  
for the living God.

When shall I come and appear before God?

<sup>3</sup> My tears have been my food  
day and night,  
while they say to me all the day long,  
“Where is your God?”

<sup>4</sup> These things I remember,  
as I pour out my soul:  
how I would go with the throng  
and lead them in procession to the house of  
God  
with glad shouts and songs of praise,  
a multitude keeping festival.

<sup>5</sup> Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation <sup>6</sup> and my God.

My soul is cast down within me;  
therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.

<sup>7</sup> Deep calls to deep  
at the roar of your waterfalls;  
all your breakers and your waves  
have gone over me.

<sup>8</sup> By day the LORD commands his steadfast love,  
and at night his song is with me,  
a prayer to the God of my life.

<sup>9</sup> I say to God, my rock:  
“Why have you forgotten me?

Why do I go mourning  
because of the oppression of the enemy?”

<sup>10</sup> As with a deadly wound in my bones,  
my adversaries taunt me,  
while they say to me all the day long,  
“Where is your God?”

<sup>11</sup> Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

<sup>43:1</sup> Vindicate me, O God, and defend my cause  
against an ungodly people,  
from the deceitful and unjust man  
deliver me!

<sup>2</sup> For you are the God in whom I take refuge;  
why have you rejected me?  
Why do I go about mourning  
because of the oppression of the enemy?

<sup>3</sup> Send out your light and your truth;  
let them lead me;  
let them bring me to your holy hill  
and to your dwelling!

<sup>4</sup> Then I will go to the altar of God,  
to God my exceeding joy,  
and I will praise you with the lyre,  
O God, my God.

<sup>5</sup> Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

- Read Psalm 42 and 43 together-- they were originally two parts of the same Psalm written by the sons of Korah in the Hebrew Bible.
- How would you describe the mood of this prayer? List a few things the Psalmist is experiencing.
- Reflect again on recent time when you felt discouraged. What happened in your life to lead you to that place? Also, what happened in your heart to lead you to that place?
- The Psalmist repeats a message to his soul (42:5, 11; 43:5). What is it?
- How does the Psalmist express doubt that God is with him? When have you felt like God is far away or has forgotten you?
- How is God described throughout these Psalms? Why is this significant?
- Given all that is happening in your life right now, if you were to talk to your soul like the Psalmist, what message would you want to convey?
- Three times in this prayer, the Psalmist tells his soul to hope in God. What is “hope in God”?
- When it seems like God is silent, what strengthens you to put one foot in front of the other?
- The Psalmist recounts singing in the night (42:8). What is one truth about God that has strengthened you in your darkest nights?
- Psalm 42-43 ultimately points us to Jesus Christ. Jesus entered into our suffering—including the pain of a downcast human soul in turmoil ([Matthew 26:36-46](#); [Hebrews 5:7-10](#)). How do you respond to being reminded of Christ’s soul-suffering for you?
- Does this Psalm raise any questions for you that you would like to ask the group and bring to the Lord in prayer?
- Read the Psalm together again, and use it as a guide for a time of prayer.

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Questions? Contact Pastor Kevin Greene,  
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