

COMMUNITY GROUP

DISCUSSION GUIDE

September 19-20, 2026

WELCOME / OPENING PRAYER

PURPOSE: *We are here as a group to make and multiply disciples.*

DISCUSSION GUIDELINES

RELATIONAL WARMUP: What's something you've found yourself craving lately—a food, an experience, a place, some time alone...anything?

SET THE STAGE: Cravings can be hints of deeper longings. Longings that aren't easily expressed may find their voice through poetry. In Psalm 42, a writer poured out his heart in a lament—a way of honestly sharing his distressed thoughts and emotions with God. While Psalm 42 is personal, this ancient poem expresses a universal “thirst.”

READ THE PASSAGE: *Psalm 42*

HEAD QUESTIONS

- How would you describe what the psalmist is experiencing?
- What does he seem to be longing for most?
- What do you notice about the ways he turns toward God in his distress?
- In what ways do his memories of God affect him?

HEART QUESTIONS

- Can you recall a time when you were especially aware of God's faithful presence? How might remembering that experience with God help you when life is distressing?
- This psalmist freely shares his thoughts and emotions with God. What do you notice about your own way of relating to God?
- When you feel discouraged or spiritually dry, what messages tend to run through your mind? How might you bring those thoughts honestly to God and listen for His response?

HANDS QUESTIONS

- What is one simple way you could make space to be with God this week—not to accomplish something for Him, but just to be with Him?
- Can you think of a friend or family member who is trying to satisfy their soul-thirst without God? Pray for them this week.

TAKEAWAY

CLOSING PRAYER