



Sermon Discussion Guide

September 21, 2025

Refresh

Read Psalm 42 to get the Scripture passage back in your mind.

Discuss

Have you ever experienced a season of life when you felt far from God? What caused you to feel this way? How did you respond, and what helped you to endure that challenging season?

The Psalmist struggled with persecution from enemies around him. In what ways do those external forces sometimes cause us to struggle spiritually, mentally, or emotionally?

We were encouraged to “be real with God about our feelings.” Why are we sometimes tempted to suppress our feelings rather than process through them with the Lord? What are some of the benefits of bringing our feelings before the Lord?

Why is it important that we don’t live our lives based off our feelings? In what ways do our feelings at times deceive us? How can we rightly discern when our feelings are helpful or unhelpful?

What does it look like to “cultivate a longing for God”? Why is this important for us to be regularly pursuing in our lives? What are the dangers of not cultivating a longing for God?

How does God’s sovereignty inform how we deal with our depression and anxiety? What are some practical ways to keep the realities of God’s sovereignty on the forefront of our hearts and minds?