



theridgechurch

LIFEgroup Discussion Questions

Sacred Psalms

August 3, 2014

Read: Psalm 42

1. Have you ever experienced seasons of spiritual dryness, depression and/or darkness? Was there reason for this season that was revealed to you? Why does God design such seasons for us?
2. As you look into Psalm 42 look at the subheading. What is the purpose of this song that has been written by the sons of Korah (hint: the word *Maskil* speaks to what kind of song this is)?
3. What is the condition of the Psalmist (42.1-2)? What metaphor does he use and how does it relate to him and God? What does it mean to pant and thirst after God? Who is the only one who can satisfy the ultimate thirst of our soul (John 4.14)?
4. What are we tempted to do at times when we find ourselves in such seasons? There are not always factors for such seasons, but we see some here in Psalm 42. What is one factor that we see according to where he is and what he is missing out on (42.2, 4, 6)? Why is community and corporate worship so important? Why can't we just have our own private bible study and prayer time and just watch a church service on TV?
5. What are the Psalmist's enemies taunting him with (42.3)? How is it affected him on the inside (42.9)? How is it affecting him physically (42.3)?
6. Do we have to surrender to such emotions of discouragement? How should we respond? Discuss how the Psalmist pours out his soul and the importance of that.
7. What is the discipline of self-examination (42.5)? How do we see this in this Psalm? What does the Psalmist remember (42.4, 8)? What does it mean to 'preach to your own soul'? What does that look like in Psalm 42 (42.5, etc)?

Pray.